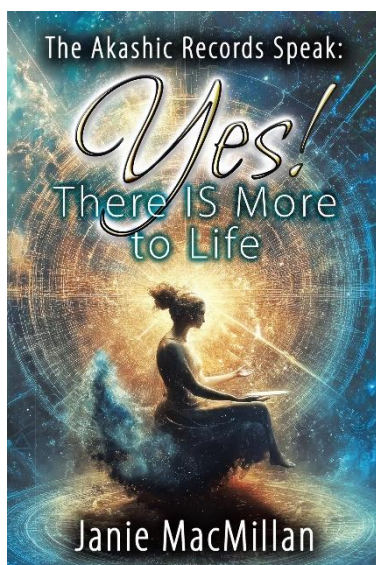




Sample Chapter

The Akashic Records Speak: Yes! There IS More to Life

By Janie MacMillan

Foreword by Rev. Sandra L. Gelinas

YOUR ENERGETIC HEART (FROM JANIE)

Just as you may struggle with the idea of reconnecting to your imagination, you may also wonder if you can connect to your energetic heart. I hope that sharing my experience with you will help ease your doubts and help you make the connection.

I had been connecting with my energetic heart regularly to open my own personal Records for several years before I learned how to open the Records of other people, places, and things. But during that class, I struggled to connect to my heart. I needed an even stronger heart connection to connect with Records of others. While trying to make a heart connection during class, I felt as though my heart was not accessible. I could feel my energetic heart, but it felt small and closed off—almost hard.

I shared this with the class and received several suggestions on how to connect. The process that finally worked for me began when I realized why my heart felt small and hard. I am what I call a “heart person,” which means my natural approach to life is through my heart. I feel my emotions deeply, and I can often sense others’ emotions and feelings. Yet, while growing up, my parents often told me to quit being so sensitive. (Writing that makes me sigh.) When I got upset or shared what I was feeling, they would shake their heads at me and say, “Everything is fine, Janie. Don’t be upset.”

I learned it was not okay to feel my emotions, and since I did not know what to do when I felt emotional or when I felt the emotions of others, I simply walled off my heart—protecting me from the pain and the roller coaster of my emotions. I learned to just ignore them.

I stepped away from the class and asked the Records how to reconnect with my heart. We came up with a way for me to feel connected to my heart while ensuring its protection. I imagine my heart light as a flame, and I imagine my heart center as a lantern with glass sides. Because the lantern containing my heart light has glass sides, my heart light can still shine and be shared while it is protected. Then, when I choose to connect to my heart light, the glass sides of the lantern gently fold open, giving me full access to my heart light.

If you take nothing else away from this book, I hope you learn the importance of being in connection with your energetic heart.

When a client and I access the client's Records, we do a visualization to connect them to their energetic heart and then ultimately connect them with the Divine. I can feel a powerful change in the client's energy when they connect to their heart and to the Divine.

For many, I can feel their soul's relief and joy when that connection is created—and I can feel how their soul longs for the connection. For others, it feels as though the client has reached out a hand to a loved one, and the loved one takes hold of their hand and reconnects with them after a long separation.

Sometimes it is a sigh of completion.

Sometimes there are tears—pure emotion and joy at the connection.

Sometimes it feels like gratitude and “thank you!”

Sometimes it is a complete re-energizing of the client's field—like recharging a battery. If you are not now connecting with your heart, remember that you do not need anyone else to help you make the connection. The Records share with you in this book how to make that connection, and they ask you to make that connection often.

Or perhaps you are already connecting with your heart and the Divine without fully realizing the importance of that connection. The Records hope you will appreciate how important that connection is, and they thank you for every time that you make the connection.

YOUR ENERGETIC HEART (FROM THE AKASHIC RECORDS)

Ah, the heart. Many of you may first think of the powerful, extraordinary muscle that sustains the flow of oxygen and nutrients in your physical body. Others of you may think of the powerful, extraordinary energy center that is your heart chakra, which plays a role in your ability to love and connect with others, and affects your emotional and mental well-being.

As amazing as your heart chakra and your physical heart are, even more is happening energetically within you. We would like to introduce you to the concept of your energetic heart center and your energetic heart light.

Your energetic heart center is in the middle of your chest, and your energetic heart light is in your heart center.

But before we continue our discussion of your heart center and your heart light, we invite you to explore the concept of permission, because it may play a part in helping you connect to your heart center and heart light.

You each have your own ideas about permission and when you need it: to think a certain way, to act a certain way, or to feel a certain way. The purpose of this book is to help you to realize that you can live your life differently—full and complete—and to empower you to create and embrace the life you desire. We offer this book to help you release the myth or belief that you need permission from anyone to live a life of love, joy, and purpose.

We give you full permission to be, do, act, live your way, as we remind you that you do not need permission. We share this with you now because in this chapter, you have your first opportunity to practice having permission to do something *your* way.

Some of you may imagine or visualize your heart center as an open area within your chest where your heart light resides. Or you may imagine your heart center as a lantern, as Janie does, that holds your heart light. Whatever way you visualize your heart center is just perfect for you. You have permission to create or visualize your heart center your way.

If you cannot visualize your heart center, then use your imagination to create it. You get to choose what it is and what it looks like. You have permission to imagine or create the idea of your heart center. Is your heart center more than just an idea? Maybe you just “know” it is there, with your heart light inside of it. Your heart center can be anything or any way that you want it to be.

Some of you may imagine or visualize your heart light as a flame or as a ball of energy. Or you may imagine your heart light as a magnificent, radiant light within your heart center. However you imagine or visualize your heart light is just perfect for you.

If you find it difficult to visualize your heart light, then use your imagination to create it. Again, you get to choose what it is. You can decide for yourself what feels right to you. Is it a flame? Is it a gorgeous, powerful light? What color(s) is it? Or is your heart light something else? Maybe it is a light bulb? Again, you have permission to imagine or create the idea of your heart light in any way that is just perfect for you.

Are you ready to practice?

We now offer you the opportunity to practice *connecting* with your heart center and your heart light. When we ask you to connect with your heart light, we ask you to *focus* on your heart light, and if you can, to *feel* it within your chest. If you cannot feel your heart light, simply *know* that it is there and that you are connected to it.

Use your imagination. Give yourself permission to allow yourself to connect to your heart light. Imagine or visualize your heart center and imagine or visualize your heart light within your heart center. If you have any difficulty focusing on your heart light, we suggest you place one or both of your hands lightly on your chest. This will increase your sense of connection and help you shift your focus to your heart center and your heart light.

Take all the time you need. You are seeking a sense of connection.

How does it *feel* to connect with your heart light? What emotions are you experiencing? Do you sense happiness coming from your heart? You may actually feel a warmth within your chest or on your hand. You might imagine the glow of the light. However, the most important part of connecting with your heart light is *knowing* you are connected and sensing a shift in your emotions.

We ask you to practice connecting to your heart light often because connecting to your heart light—imagining it, feeling it, putting your full focus and attention on it—is a way for you to connect to your soul.

Your soul has the Divine’s limitless capacity for loving, compassion, and connection. Your soul’s desire is to help you recreate the *feeling* of your life between lives—the *feeling* of infinite possibilities. Your soul seeks to create for you a beautiful, magical, authentic experience of life on Earth.

We are sharing this wisdom with you now to help you learn to connect to your soul and allow your soul—and hopefully embrace your soul—as it leads you to live in connection with

the Divine. We hope you will welcome the connection with the familiar without the limitations of the human mind.

Does this concept from Spirituality 101 make sense to you? You do not connect with your soul through thinking or logic. You connect with your soul through a sense of *feeling*—through your emotions. Since your energetic heart is your connection with your emotions and feelings, it makes sense that you would connect to your soul by connecting with your energetic heart. We invite you to honor and delight that your heart light is available to you. We ask you to know and affirm that your heart light is the symbol of your own divinity, and we ask you to choose to connect with it.

We remind you that your heart light is not a chakra. Your heart light is your own personal spark of the Divine.

Your heart chakra is part of a different energy system that flows through your energetic body. The seven main chakras, including your heart chakra, are the primary energy centers in this energy system.

We ask you to think of your heart light as your own individual aspect of Source, of the Divine, of All That Is that you carry within you. We ask you to know you can connect with your inner divinity, and thus the Divine, whenever you choose, because you carry that spark within you.

When you know you carry your heart light, the light of the Divine, within you, you know you are never separated from Source. The Divine is always within you.

Because your heart light is always shining within you, you are never alone. You are always connected to the Divine—loved, supported, nurtured, and believed in. You are always part of the Divine because you have part of the Divine within you.

So why is understanding your heart light so important? What part does your heart light play in living in a world of possibilities?

Connecting with your heart light is the second step to connecting with your soul and is the second step on the path to living in a world of possibilities.

The first step to connecting to your soul is unleashing your imagination. Your imagination allows you to step out of your perception of reality. Through your imagination, you can visualize or imagine your heart light and connect with it.

Your connection with your heart light—and understanding that your heart light is your own personal spark of Divinity—allows you then to connect with your soul. Your imagination and your connection with your heart light create the bridge to your soul—and its purpose, path, and desire to live in a world of *yes*.