

ADELINVERSE

AKASHIC RECORDS

Questions to Bring to Your *Reading*

A gentle guide to help you arrive with clarity.

COME AS YOU ARE ✨

BEFORE WE BEGIN

There's no *perfect* question.

The Records meet you wherever you are, so you don't need to arrive with the exact right words. Think of this guide as a way to notice what's actually alive for you right now.

Read through and see what pulls at you. A question that tightens your chest a little, or one you've been quietly circling for months, is usually the one worth asking. You can bring a single theme or wander across several. You can come with a clear question, or with only a feeling you can't name yet, and we'll find the thread together.

Wherever you land, trust it. The question you're drawn to is rarely random.

Start with the one that won't leave you alone.



YOUR REASON FOR BEING HERE

Soul Purpose

This is the doorway most people walk through first. Not because it's simple, but because something in you already senses there's work here that's yours to do.

- ✦ What is my soul purpose asking of me at this point in my life?
- ✦ How can I connect to my purpose more deeply, in a way I can feel day to day?
- ✦ What is my soul here to contribute to the people and the world around me?
- ✦ What themes are written into my blueprint for this lifetime?
- ✦ What keeps pulling me out of alignment with my purpose, and what would help me stay?
- ✦ What is my work here meant to create?
- ✦ What would it feel like to live fully in my purpose, and what is one step toward it?
- ✦ What am I holding onto that keeps me from stepping into it?

BEYOND THIS EARTH

Star Lineage

Some souls have lived beyond Earth, in other star systems, before arriving here. Think of those systems as different schools, each with its own lessons. Earth is considered one of the more demanding ones. If this is part of your story, the Records will show it.

- ✦ What off-Earth lifetimes has my soul experienced?
- ✦ How is my lifetime in *[a star system, for example the Pleiades]* influencing me now?
- ✦ Why did my soul choose to incarnate there before coming to Earth?
- ✦ What practices help me connect more fully with my star family and guides?

WHERE YOUR SOUL HAS BEEN

Past Lives

The Records hold far more than past lives, but this is often a powerful way in. Seeing what your soul has already lived can help you understand why you are the way you are now.

- ✦ What past life experience is still affecting me in this lifetime?
- ✦ What gifts and skills have I carried across my incarnations?
- ✦ Have I shared past lives with *[a person]*? If so, what is the nature of our soul contract now?
- ✦ Why do I feel such a strong pull toward *[a person or situation]*?
- ✦ How can I release past karma that's keeping me stuck?
- ✦ Did I make any vows in past lives, and if so, how can I release the ones no longer serving me?
- ✦ Is there a family soul contract from a past life still shaping me now?
- ✦ What role did *[a family member]* play in a past life of mine?
- ✦ Did I have a past life connected to the work I'm drawn to now?
- ✦ What talents have I cultivated across many lifetimes that I can call on today?

Ancestral Lineage

The Records can show you both your birth lineage, the ancestors of this life, and your soul lineage, the family your soul belongs to. Sometimes they overlap, sometimes they don't. What you carry from them shapes more than you realise.

- ✦ What ancestral wounding did I come here to heal?
- ✦ What is the soul purpose of the ancestral line I chose for this lifetime?
- ✦ Is my birth lineage the same as my soul family?
- ✦ How can my ancestral line help me connect more fully with my Higher Self?
- ✦ Why did I choose this particular family to be born into?
- ✦ What is my contribution to this ancestral line?
- ✦ What limiting patterns or beliefs have I inherited from my lineage?
- ✦ Why did these patterns arise in the first place?
- ✦ What do I need to do to move beyond them?
- ✦ What gifts and strengths have been passed down to me through my lineage?
- ✦ What am I ready to release and set down for good?

Abundance & Money

Money is rarely just money. Underneath it sits a whole story about worth, safety and what you believe you're allowed to receive. The Records can show you where that story began.

- ✦ Have I made past life vows that limit my abundance, and how can I release them?
- ✦ Why do I feel lack around money, creativity, or abundance in general?
- ✦ What belief about money am I ready to release so my business can grow?
- ✦ What practice would help me come into alignment with abundance?
- ✦ What's limiting me from creating greater financial flow?
- ✦ Why do I feel financially stuck?
- ✦ What past life events are blocking abundance from reaching me now?
- ✦ How can I become better at receiving?
- ✦ Why do I feel disconnected from the abundance around me?
- ✦ What is my real relationship to money and abundance?
- ✦ What limiting beliefs do I carry about abundance, and how do I begin to release them?

Spiritual Practice & Energy

The Records can reveal the spiritual paths you've walked before and offer insight into your energy body, so you can find the practices that genuinely serve you now instead of the ones you think you should be doing.

- ✦ What practices would strengthen my spiritual gifts in daily life?
- ✦ Which of my chakras or energy centres needs attention right now?
- ✦ What does my inner child need from me at this time?
- ✦ How can I connect more deeply with my inner child?
- ✦ How can I strengthen my connection to my divine feminine or masculine energy?
- ✦ How can I come into greater alignment with my energy body?
- ✦ What spiritual lineages have I worked with in past lives?
- ✦ Why do I feel so drawn to *[a particular teacher, lineage or practice]*?
- ✦ How can I shift the conditioning that keeps me off my highest path?
- ✦ What does my Higher Self want me to focus on right now?
- ✦ How can I strengthen my intuition and learn to trust it more?
- ✦ How can I embody more of my Higher Self in everyday life?
- ✦ How can I bring my divine masculine and feminine into balance?
- ✦ How can I connect more fully to Source?
- ✦ What do I need to release to keep growing spiritually?

Relationships

The Records can show you whether a connection is here to grow you or to teach you something and move on. Soulmate, twin flame, karmic tie, each one carries a different lesson.

- ✦ What do I need to heal to move into a deeper soul-level connection?
- ✦ What is the nature of my soul contract with *[a person]*?
- ✦ How am I self-sabotaging in love?
- ✦ How can I open myself more fully to love?
- ✦ How can I improve my relationship with *[a person]*?
- ✦ What do I need to release to understand my patterns in relationships?
- ✦ What qualities am I truly looking for in a partner?
- ✦ How can I support myself in healing from my relationship with *[a person]*?
- ✦ What was my relationship with *[a person]* meant to teach me?
- ✦ Why do I struggle to accept *[a quality]* in this person?
- ✦ What is the highest possible path for my relationship with *[a person]*?
- ✦ What do I need to understand about my relationship with my *[mother, father or sibling]*?

YOUR CHILDREN

Parenting & Children

You can't access the Records of anyone under 18, or anyone without their consent. What you can explore is your own soul's relationship with your children, and what you're here to offer each other.

- ✦ How can I best support *[your child]* at this point in their life?
- ✦ What does *[your child]* need me to understand so I can help them thrive?
- ✦ Do I have past lives, on Earth or elsewhere, with *[your child]*?
- ✦ Why did my child choose me as their parent?

THE BODY YOU'RE IN

Health & Body

Your body is always speaking. The Records can help you understand what it needs to feel well, and which forms of support are genuinely aligned for you right now.

- ✦ What would serve me to let go of in my diet at this time?
- ✦ What's the best way for me to nourish myself through my meals?
- ✦ What form of movement would benefit me most right now?
- ✦ How can I connect more deeply to my body and its messages?
- ✦ Why am I struggling with *[a health concern]*?
- ✦ What is the best rhythm of rest and sleep for me right now?
- ✦ What healing approaches could support me with *[a condition]*?
- ✦ How can I best support my own healing journey?
- ✦ What practices are most aligned for this stage of my healing?



Whatever you bring, let it be gentle. You don't have to
arrive with everything at once.

Start with the question that won't leave you alone, and
trust that the rest will surface when it's ready.

With love, Adelina

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