



Akashic Record Reading

FOR JESSICA TAYLOR



DEAR JESSICA,

Thank you for choosing to have an Akashic Record reading! It is my pleasure to read for you.

As you signed up for this reading, it is likely that you already know that you are more than your human self – you're a soul, too! And your soul has a story and a history, one which governs your human strengths & weaknesses, your purpose, and your values – and not just in this lifetime, but in others, too.

I am going to give you the story of your soul in this report, and aim to clarify how this might impact on who you are in the here and now.

I hope it helps you to make better sense of your life and your path.

THIS READING IS SPLIT INTO SEVERAL KEY SECTIONS - I HAVE LISTED THEM BELOW —

1. Your Energy Centre of Training
2. Your Soul Group(s) of Origin
3. Your Life Lessons
4. Your Soul Trainings Between Incarnations
5. An Overview of Your Past Lives Here on Earth
6. Your Archetypes
7. Your Intuitive Gifts
8. The Spiritual Energies Around You

Without further ado, let's get into your reading!



1. YOUR ENERGY CENTRE OF TRAINING

The first aspect of your soul I want to go into is something called your **Energy Centre of Training**. You may be wondering what this term means...

Most of my clients have heard of the seven main chakras that we have in the physical. But what most people don't know is that there are also seven 'places' or realms which exist in the Universe, which hold the energetic frequencies that we associate with each of these seven main chakras, and each one is presided over by an Archangel.

Every soul who incarnates trains in one of these energy centres/realms. And when you do this, your soul becomes a specialist in bringing that particular energy forward with you into the physical plane here when you incarnate. So this is all about the energies that you bring in this world - not just in this lifetime, but in previous (and future) lifetimes, too. Expressing our energy centre of training is a major component of our soul's identity and purpose here on Earth.

LET'S HAVE A LOOK AT THE REALM YOU HAVE TRAINED IN:

You've trained in the **fourth realm**, which corresponds to the heart chakra. This realm is presided over by Archangel Raphael (so, as someone who has your training in this realm, you're called a 'Raphaelite').

This is the realm of **healing, love, empathy** and **giving** and so a big part of your soul's purpose is to bring healing energy into the physical realm. This is the archangelic realm of the natural-born healer – as you go through life, you will radiate healing and love energy, and having your training in this realm means you are very loving and giving and you will usually give with no thought for what you might

receive in return. Having this as your primary training also means that you will have a very open, sincere heart, which you will wear on your sleeve.

Note that Raphaelites are often healers in the 'being' sense, in that they are unconditionally accepting of others and as a result, they have a healing, soothing presence that is very nice to be around. They bring healing through the power of love and acceptance, and so they often attract the emotionally troubled or wounded for this reason. They make loving, caring and understanding friends.

Note that this healing gift does not have to be expressed through a career, although it is sometimes expressed in that way. I often encounter doctors, dentists, acupuncturists, nurses and counsellors with this realm of training. It is the realm of all kinds of healing – physical, emotional, spiritual and psychological.

The Challenges of Being a Raphaelite

As a Raphaelite, you will be learning to take care of yourself first. When you have this realm of training, your natural inclination is to give, give, give, until you have nothing left. And so Raphaelites often have difficult learning experiences which cause them to realise that caring for the self must come first, otherwise they have nothing to give to others.

I have often heard of the heart chakra as being described as a fountain. The more you fill it with care and nurture of the self, the more that overflows and you have to give to others. If you don't fill it with anything for yourself, there will simply be nothing to offer others. This is a key lesson for Raphaelites to thrive in this world.

Choosing Your Friends Well

Being a Raphaelite will make you naturally very empathic and you will be prone to taking on and 'absorbing' other peoples' pain and difficulties – you will be prone to establishing an unequal exchange of energy in your friendships and other relationships, without even noticing. The result is that you will become depleted from being around other people.

Because of this tendency, Raphaelites must be aware of whether there is an equal exchange of energy in all their relationships. Not everyone who comes to them for a

shoulder to cry on wants help or healing – some people are very invested in their emotional wounds and negativity and may simply want to complain or vent, and this will be draining for the Raphaelite. Because you have your primary training in this realm, you need to remember that not everyone wants to do what is necessary to be healed, and that you do not have to give to everyone.

Now, let's have a look at another important aspect of your soul's profile, your soul group of origin.

2. YOUR SOUL GROUP OF ORIGIN

First of all, I am going to give you a bit of context as to what the term 'soul group of origin' means:

Your soul group of origin means the place where your soul experienced its first few incarnations.

Here on Earth, about 75% of the world's population are what we call 'Earth souls'. This means that they have only ever experienced an incarnation here in this world. Then there is another category of souls that we call 'star travellers' or 'star seeds'. These souls make up about 25% of the world's population, and being a star traveller means that you have experienced your formative incarnations in a place other than Earth.

When you are a star traveller, you tend to have been impacted by the 'environment' your soul grew up in – it can affect your strengths, your gifts and your soul's mission.

So, the first thing I found is that **you are a star traveller**, so this means that you are in the minority here on Earth, and you're probably going to feel a little bit different or 'alien' (pardon the pun) compared to most people. I am going to get more specific and tell you about the place which has had the biggest impact on your soul.

For you, there are actually two star systems which have had an impact on who you are on the soul level, so this means your first several incarnations were divided or shared between these two places. Let's have a look at the first one:

In the Akashic Records, it says that **the majority of your formative incarnations were spent in Hadar**, which is a planet in the Beta Centauri star system.

Those who have their origins in Hadar are called Hadarians, so you're a **Hadarian** soul.

Hadarians are bringers of the energies of Divine Love. If they had a motto, it would be "all you need is love". Love is usually the central theme in a Hadarian's life, and the most important area of life for any Hadarian.

The collective purpose of the Hadarians as a group is to teach us about all the different aspects of Divine Love that we can experience on Earth – such as connection, co-creation, community, grace and togetherness.

Hadarians as a soul group bring Divine Love, in two different ways: they radiate and give love in their personal interactions with others when they are incarnated here. When they are not incarnated, this is still a soul group who sees it as their mission to raise the vibration of planet Earth, and as a group they are sending out Divine Love, like a beacon, to Planet Earth, so that we may be reminded of the existence of Divine Love, at times when it is needed here.

Hadarians are creative, playful and they have a quality of innocence, softness and purity in their way of being. They have sensitive, tender hearts and they wear them on their sleeve. Because they bring the energies of community spirit, cooperation and togetherness, they prefer to be surrounded by others, and they do not like to be alone.

Hadarians can suffer because of what they see in the world – they feel the lack of love on Planet Earth very deeply. They often feel like life here is very harsh compared to life in their home world, and as a result they may feel quite alone. Hadarians are learning not to be discouraged by what they witness here. Being discouraged may mean they radiate their loving energies less strongly, which in turn means they do not contribute as much to this planet as they might otherwise, had they not become discouraged.

Soul Background of Oppression

Because Hadarians have so much to give, and bring so much love to the Earth plane, when they are incarnated on the Earth plane, they historically have tended to attract the attention of those who are energy vampires (in psychological terms, we are talking about narcissists, sociopaths and the like – essentially controlling and/or abusive people who seek to drain others and give nothing in return.)

Because Hadarians are such pure, loving souls, who think the best of others, they are easy to take advantage of. Therefore, Hadarians unfortunately have a long history of attracting energy vampires and narcissists, and as a result have frequently been oppressed and abused in their past lives.

As a result of this past oppression, many Hadarians hold an illusion of victimhood in their collective consciousness – the idea that they are powerless and not in control of their lives. They often doubt themselves, their own value and their power to contribute anything positive or effect change in the world. Please note that if this applies to you, these feelings are a result of the past oppression that you have experienced and they are not a true reflection of what you as a Hadarian have to offer here on the Earth plane.

Lessons in Love Relationships

Although Hadarians are here to teach us about Divine Love, they can often feel dissatisfied with the quality of their love relationships.

The love that the Hadarians bring is unconditional and completely pure, but it doesn't often translate well into human relationships. This is because Hadarians love unconditionally, and give unconditionally. When things go wrong in their personal relationships, Hadarians react by bringing even more love to the situation or to the person in question. In some cases, this is an excellent response and in other cases (where the other person involved in the relationship does not have good intentions), it can be disastrous, because it can result in the Hadarian being trampled on and taken advantage of.

As a result, Hadarians can find themselves in relationships and friendships with others who take more than they give. And it is not uncommon for Hadarians to find themselves in abusive relationships, too.

A typical Hadarian reaction to being in such situations would be to bring even more love in the hopes that the unfair treatment would stop. However, in scenarios such as these, what is usually needed is a dose of self-love (and 'tough love'.) 'Tough love' is a kind of love that is foreign to Hadarians, because their brand of love is unconditional – the kind that might urge the Hadarian to stay with the person who is abusing them!

Hadarians are learning to exercise discernment and judgement in their relationships – and to work out which relationships are worth saving and which ones are best walked away from. Hadarians are also learning to put themselves first in their relationships and they are also learning that unconditional love can only truly exist in the relationship with the self. All other relationships on Earth are conditional in some way or other.

I mentioned earlier in this reading that Hadarians hold an illusion of victimhood in their collective consciousness (the idea that they are powerless and not in control of their lives) due to past life experiences of injustice and oppression. The extent to which each Hadarian is personally affected by this past life 'hangover' varies from one Hadarian to the next. A few Hadarians are barely affected, while others are heavily affected. Most are somewhere in between.

Here are some signs that you as a Hadarian are greatly affected by past life experiences of oppression that are common to your soul group:

- You feel really uncomfortable with wielding power and hierarchy in general, and you are always on the lookout for abuses of power.
- You think a lot about governments purposely limiting our expression, movements or freedom and you resonate strongly with conspiracy theories.
- You dislike official institutions and are distrustful of authority figures such as the police or the military.
- You have strong, irrational fears and at least one unexplained phobia

If you resonate with all or most of the above, I recommend past life regression therapy to gain resolution on difficult past life experiences.. Here is [an article about the healing modality of past life regression](#) that you might be interested in reading. It covers what past life regression does exactly, how it benefits us and what to look for in a past life regressionist.

To sum up...

I realise that in this reading I have referred to some heavy energies that Hadarians have been dealing with for a long time, but I also want to focus on the positive aspects of being Hadarian, as this reading comes to a close:

Hadarians are amazingly caring & loving individuals who have a great deal to offer in their relationships and indeed any setting where they come into contact with other people. As a group they have had an important role to play here in bringing the energies of Divine Love throughout human history, and they are a highly respected soul group.

I have found that the Hadarians who are incarnated at the moment are working very hard on repairing their relationship with their own power, shedding that illusion of victimhood (the idea that others are more powerful than they are.) One of the ways they are doing this is by choosing their relationships carefully and surrounding themselves with people who lift them up and love them back. This is really important for Hadarians.

So that is the first soul group that you belong to. There is another one that you identify with, as well.

In the Akashic Records, it says that some of your formative incarnations were also spent in Alpha Caeli, so you're an Alpha Caelian soul, too (Alpha Caeli is a double star system in the Caelum constellation.)

Here's what we know about these souls:

This is a group that was discovered only very recently, so I would definitely welcome your feedback on what, if anything here, resonates with you.

Alpha Caelian souls have mostly been non-physical healers & guides on the 'other side'. As you may know, here on Earth we evolve through both positive and negative experiences and that contrast between light and dark that we can experience here on Earth is a defining aspect of evolution here.

And so we can go through difficult or traumatic experiences and even die from them. Once we reach the other side following a traumatic death, or following a life where there was a lot of trauma, there is a healing process that goes on for souls on the 'other side' – a "sloughing off" of the emotional or physical imprints from such earthly traumas on the soul.

The Alpha Caelians are a group that seem to specialise in "lightness" as an energetic quality and so many of them have been involved, on the other side, in helping human souls to heal after difficult lifetimes, in this way, and slough off any heavy energies that need to be released. So, **healing & lightness** seem to be their specialty as a soul group.

Then around 1000 years ago, many of them started to incarnate here on Earth for themselves, to get a taste for the difficulties humans can go through. It was a sort of experiment to help them serve others better. Lots of them came in around the times of the American and the French Revolutions. Some of them are still incarnating here, in an attempt to help and serve. (The average number of earthly lifetimes for them is between 30 and 40.) I also occasionally see Alpha Caelians who started incarnating here on Earth earlier than 1000 years ago.

Alpha Caelians do struggle a bit once they're incarnated here. For a start, they consider Earth to be a very 'low density' place for them (in terms of vibration) because their own home world resonates in the seventh dimension. Alpha Caeli is a non-physical world that is very high-vibrational (hence the energetic quality of "lightness" that they carry.) In coming here, the Alpha Caelians are going to feel like they're 'fish out of water'.

But they do serve in various ways. They bring the qualities of lightness, sensitivity, love, loyalty, generosity of spirit and hope. These are highly sensitive souls (something else they struggle with a bit) - lots of them are **HSP's** and **empaths**. So they can bring that sensitive approach to others. They are effective healers - they may

be drawn to counseling, and high level spiritual healing (the kind that works with the light bodies.)

They often lack confidence and self-assurance, mainly because they're not entirely sure of their place here. They struggle with the polarity between light/dark and the very low-density energies and negativity they help other souls to "slough off" on the other side. This makes them feel like frauds sometimes; that they can help others to heal but sometimes struggle to heal themselves when they're incarnated here, or get past the sort of thing they are able to help other souls with. They need not feel like this; but they often do.

You have more of an affinity with the Hadarian soul origin (75%) than the Alpha Caelian one (25%), so you will probably resonate more with the former soul group over the latter. Also note that some of the Alpha Caeli info (such as only incarnating here in the last 1000 years, does not apply to you as a Hadarian soul -- the Hadarians are an ancient soul group and they have been incarnating here on Earth for a long time.)

So that was your soul group of origin. Next, I want to cover another important part of your soul's purpose: your life lessons.

3. YOUR LIFE LESSONS

A huge reason for souls incarnating on Earth is for the learning opportunities offered here.

And before we even incarnate here, we decide on a curriculum of 'life lessons' that we are going to learn. I call these 'life lessons' but in fact they are more like energetic qualities or themes that we explore in any given lifetime. They are like the underlying 'thread' of our life experiences - and we usually attract people, situations and experiences which help us to explore these themes and lessons.

Why do we bother to learn life lessons? Well, the keyword is 'wholeness'. On the soul level, we always have strengths (look to your soul group of origin and your energy

centre of training for those!) but there are also energetic qualities that we lack in ourselves.

And the purpose of life lessons is to give us experiences that change us slightly on the soul level, so that we can integrate those energetic qualities into our soul, and reach a greater sense of wholeness on the soul level.

I hope that makes sense.

A few other things to note about our life lessons:

1. We have one primary life lesson (which is the dominant one) and several secondary life lessons. When we complete our primary life lesson, a secondary one replaces it as the primary
2. It takes at least several lifetimes (and sometimes longer) to thoroughly explore one life lesson
3. Our life lessons are not to a 'to do' list! We do not have to consciously 'try' to learn or explore them - we naturally attract and subconsciously choose experiences in life anyway which help us to learn them - no trying necessary
4. We learn our life lessons through both positive and challenging experiences.

So, now let's take a look at your life lessons:

The first life lesson that came up for you was the life lesson of **Self-worth.**

With this life lesson, you are learning about your own value as a human (and spiritual) being. Inherent in this life lesson are questions like 'what makes me valuable?' and 'where does my worth come from?'

I.e. does your self-worth come from how much money you have in your bank account, what you look like, or how much other people like or love you? Or does it come from something deeper, such as the fact that you are a human being and you have inherent value because of who you are.

A common experience for people with this life lesson is that they can grow up feeling less than valued, or feeling valued for what they can do or what they look like (rather than for who they are.) Then when they grow up and go through life they have to go through a process of discovering their own true value.

You are learning this life lesson primarily in the area of relationships, so this would indicate that you are learning to ensure you are valued in your relationships. I feel that this life lesson is also about making choices in your relationships that honour and respect you. There is likely to be a strong theme here of boundaries, and not tolerating bad behaviour from other people.

You are 63% complete with this life lesson, which means that you have been exploring this theme for at least a few lifetimes already, and you'll continue to explore it throughout this lifetime.

Let's have a look at your most dominant secondary life lesson:

The second life lesson that came up for you was the life lesson of **Beauty**.

This life lesson is an exploration of the theme of beauty, and you'll be exploring this from many angles throughout this lifetime.

You are learning about the value of beauty in your own life, and deciding if it is important to you. For example, is it important for you to live in a beautiful location or a beautiful home? Is being around beauty necessary for you to thrive? If so, how can you create a more beautiful environment?

This may also be about cultivating inner beauty in yourself and facing up to the shadow aspects of your personality – the ones that we often consider to be 'ugly'.

This life lesson is also about beauty in other people. We live in a beauty-obsessed society – how much do you want to partake in this preoccupation yourself? Is it important that your partner is beautiful?

You may also be learning that appearances are deceptive (i.e. a nice exterior does not equal a nice interior) and that beauty is only skin deep.

Often people with this life lesson choose a physical body that is considered conventionally “beautiful” by human standards, in order to experience all the challenges and privileges that go along with this. If this applies to you, you will be exploring both the upsides and downsides of being beautiful.

You are 41% complete with this life lesson, which means you have been exploring this in previous lifetimes (and possibly will be in future lifetimes, too.)

Let’s have a look at the third life lesson that came up for you:

Balance.

This life lesson is a pretty broad one, and it manifests in a variety of different ways. Below I’m going to explain how it commonly manifests for people and then I’m going to say how I think this is manifesting for you.

Firstly, a large component of this life lesson is about finding a good work/life balance. Secondly, it will also be about the balance of give and take within your close relationships. Another common experience for those with this life lesson is to focus excessively on one life area, or activity at the expense of others, that you also value. You may also be exploring balancing/juggling different relationships (e.g. partner, family, friends etc) in your life.

In addition, this life lesson can be about finding a balance between time spent alone, and on your private spiritual path vs. time spent with others. With this life lesson, there is likely to be a tension in your life between freedom, independence and your solitary time vs. intimacy and relationship with others.

For you, I think this life lesson is predominantly about balancing the needs of the self with the needs of others. (I’m going to talk more about this at the end of the reading, in the reading summary section!)

A note on your life lessons: one of the things I looked into for this section is what your soul’s primary focus is in this lifetime (I wrote more about primary focus in [this article](#).) Your soul’s primary focus in this lifetime is not learning (it’s support). So, as a result, your soul is not as focused on the above life lessons as it would otherwise

be, and the pace of learning your life lessons will maybe be a bit more leisurely than it is for some souls.

4. YOUR SOUL TRAININGS

Earlier in this reading, we looked at your **Energy Centre of Training** and your **Soul Groups** of Origin, both of which tell us a lot about your purpose, gifts and talents.

There is another aspect which can reveal more about what you are good at: the soul trainings that you have undertaken in between lifetimes.

What do I mean by ‘in between lifetimes’?

When we die and cross over to the other side, we don't necessarily incarnate again immediately. In terms of earthly linear time, there is usually some time lapse between one incarnation ending and another one beginning. This time lapse on earth between incarnations usually corresponds to the undertaking of a soul training or career on the other side.

A ‘soul training in between incarnations’ is a ‘career’ that we have while we're not in a body. Often it is a service that we undertake on behalf of Spirit, or it could be something that we learn while we're on the other side. These soul trainings are meaningful because they can shape our interests and our gifts when we're incarnated, and enable us to bring the skills that we have learned through these non-physical ‘careers’ into our lives and into the lives of others.

So what are the ‘trainings’ that you have undertaken between your earthly lifetimes?

There are three that came up for you:

DREAMMASTER SOUL

You are a Dreammaster soul – Dream Masters are souls who volunteer in the astral planes around Planet Earth.

What Are the Astral Planes?

There are seven positive and seven negative astral planes around our planet. The astral planes are the place that our souls visit when we are asleep and when we dream.

We also visit the astral planes to have certain learning experiences which we can remember as dreams. Have you ever had a dream that you woke up from, feeling you learned or realised something? Dreams are real energetic events which take place in the astral planes and they are an important part of our spiritual growth and learning.

An example: let's say that on the soul level, you wish to experience being betrayed. However, for whatever reason this experience of being betrayed doesn't fit into your human, waking life or your relationships. It is still possible to have this experience in the astrals, and remember it as a dream. In this way, you are still able to learn from the experience, only it has not actually taken place in your human life. Obviously the learning you take from it won't be quite as impactful as if you had had the experience in your real life, but you can still gain some degree of learning or understanding from the dream experience.

A Dream Master is a soul who will play a part in other peoples' dream learning experiences. For example, you could play the part of the betrayer in a dream, so that another soul can learn and grow from that experience.

So, you are a dream catalyst. You show up in the dreams of people you know and also the dreams of people you don't know, to show or teach them something about their lives. This means that you don't work as much on your own soul's growth when you're asleep – you're working more on other peoples'...and this can have some unexpected side effects:

1. Dreammasters have lower dream recall than non-Dreammasters. Most of my Dream Master clients say they do not remember their dreams at all. Other Dream Masters report having very vivid and nonsensical dreams, or snippets of dreams that don't make any sense. The reason for this is that

Dreammasters usually block out the dream memories related to helping other souls and the fragments they do remember do not usually apply to them or their lives. And so, Dream Masters need to remember that many of their dreams are not meant to be interpreted or analyzed, since not all of their dreams are meant for them to learn from.

2. As part of this soul training, Dream Masters work very hard in the astrals when they are asleep. Rather than working on their own soul growth and personal rejuvenation, they can spend a great deal of time serving others. As a result, some Dream Masters will feel exhausted when they wake up in the morning. It is common for Dream Masters to have disturbed or restless sleep, regularly waking up several times in the night.

I am not sure how much this resonates with you, but if it does, I advise you to set an intention not to do too much work in the astrals. Just setting a simple intention around this has enabled many of my Dream Master clients to improve the quality of their sleep in a long-term way.

Here's the ritual you can use, if you feel your sleep is being affected by this soul training:

1. Light a candle
2. Take a few deep breaths
3. Then say the following out loud:

*“My Higher Self, from this moment onwards, I will undertake work in the astral planes **only when this does not interfere with my own soul’s growth or the rejuvenation of my body and mind.** It is done; it is done; it is done. Thank you.”*

4. Blow out the candle.

I also recommend that you write this intention down and pop it away in a drawer.

The intention above just communicates to your Higher Self that work in the astrals is not to be done at the expense of your personal energy or your soul’s growth.

Let's have a look at another soul training that you have had in between earthly lifetimes:

ETHICIST SOUL

You are an Ethicist soul, which means that you have studied human values and ethics in between lifetimes. This will give you a concern for and a strong interest in ethics, along with a deep sense of right and wrong. Having this soul training makes you a very responsible person who is concerned with doing 'the right thing'. In your life (and perhaps for other people, too) you are going to be the voice of ethics in situations – you will be asking “is this the right thing to do?” and not just “will this get us towards our goal?”

Ethicist souls have a really strong sense of justice and fairness – they hate it when others try to cheat and they are not very good at telling lies (even white ones.)

One of the challenges of having this soul training is that when you come across ethical violations, or things you consider to be 'wrong', you can access an extreme level of outrage and anger – more so than non-ethicist souls.

Basically, having this soul training means that part of your soul's purpose is to remind us how to align our lives with our ethical values, or our souls' true values.

There is one more soul training that came up for you:

THE 'HEALING IN THE AFTERLIFE' SOUL TRAINING

This is a soul training where you have been helping other souls to heal themselves on the other side, following a difficult or traumatic incarnation, or a traumatic end to an incarnation.

Here's a bit of background as to what this is about:

When a person exits an incarnation in a traumatic way, such that their physical body or emotional body is grievously impacted (e.g. an accident), they sometimes reach the other side with energy that requires some re-molding and repairing. Obviously

souls lose both their emotional and physical body by the time they reach the other side, but these bodies, when they are hurt in this way, can leave a strong imprint on the soul that takes some healing to shift. And so as a healer, you have worked with others to restore their soul's energy so that it resembles the state that it was in before they incarnated.

More specifically, you have often worked with babies and children to help them to heal their energy.

As a result, you know how to work with Spirit to restore energy – you are likely to be drawn to the healing arts when you're incarnated, and you're gifted in healing, because of your experiences with this on the other side. Sometimes those with this soul training are actually drawn to medicine and/or other body based alternative healing modalities, and sometimes they are drawn to spiritual healing.

Let's move on to the next section of the reading:

5. AN OVERVIEW OF YOUR PAST LIVES HERE ON EARTH

In this section, I am going to give you a general overview of the places, periods in history and roles you have often had in your earthly past lives – this is mainly for your own interest, although sometimes people find that they feel an affinity with the periods or places I tell them about.

- You have had 137 earthly lifetimes (which is a very good number to have had – it means you are very experienced being in a body here on Earth.)
- 85 of these lifetimes were male

PERIODS IN HISTORY/PLACES

Something I asked about is the periods in history and places that have had an impact on your soul.

Here are the periods in history and places that came up for you as times or places where your soul made big strides in its evolution (just a note that Spirit has shown me a few difficult lifetimes for this section but you have had many happy lifetimes, too. These were just the ones I was shown...)

- The first lifetime I was shown was a male one that took place in the Middle East around 2000 B.C. I was shown that the country was to the left of Ancient Egypt on the map, so this was likely modern Israel or Jordan. I saw you living in a deserty and dusty environment. In that lifetime you were gay. You lived with your mother and did house chores that were traditionally done by the women of the household. You were good at cooking and I see you making some kind of flatbread outside next to an oven. You were much loved by your mother but your personal evolution was somewhat stunted as finding a male partner was not an option in your society and you obviously did not want to partner with a woman. This caused you a lot of anguish in that life. I can see the Hadarian traits of sensitivity and tender-heartedness coming through very strongly in that life.
- The second life I saw was during the Spanish Civil War (1936-1939). That was a female life lived close to the city of A Coruña (in Galicia.) You were in your 30s when the war began, and you had a husband and 3 children. Food was in short supply during the war and afterwards too, and I am hearing the word “huerta” (vegetable garden.) In that life you worked hard to nourish your family on not much at all, just vegetables and legumes from your garden. I am picking up on constant hunger and stress, and also seeing drab, rainy weather and clothes (you always wore black and brown.)
- I was shown another lifetime with a similar theme. It took place during the 1300s, on the border between modern Colombia and Paraguay, and was a male lifetime. In that life there must have been some sort of famine or crop difficulties, because I am seeing you very tired and hungry while working the

fields. You are at the end of your rope. You had no family of your own but lived with your family of origin and extended family. You felt responsible for providing for them but there are issues with crops and everyone is hungry. Maybe you were in charge of the crops and you feel you have failed. You are depressed and worn down by the responsibility. Some of those family members in that lifetime that you felt so responsible for are your immediate family members in this lifetime. So, that's two lifetimes that Spirit is showing me which are about hunger and lack. It's possible you had a karmic complex around lack and not having enough, but I wouldn't be able to say without looking at more of your past lives. It would be interesting to know what you think about that.

- The fourth life that came up had nothing to do with lack -- this was a lifetime of plenty. It was a female life that took place in Southern Russian/Northern Mongolia or somewhere around there. You were a large woman with lots of daughters and you had big appetites - for food, for money and everything else. You were powerful, no-nonsense, pragmatic, dynamic, and comfortable in your own skin. You had a business that revolved around growing something that is used in Chinese medicine, that grew particularly well in your local soils. It was some kind of medicinal root that then got shipped off to China. You made a fair amount of money and your family lived very well.

I also had a look at the spiritual traditions/religions that have had a big impact on your soul – here are the ones that came up for you:

- You've had lifetimes participating in Shintoism, and these lives were important to your soul's evolution. (Shintoism is an ancient Japanese religion that was present before Buddhism.) There are strong aspects of ritual in Shinto, along with ancestor worship, and the belief that the Divine is in everything.
- You've had a lifetime in the last 100-150 years where you dabbled in modern Spiritualism
- You've also had a lifetime during the Middle Ages where you were following your own sense of spirituality – in that lifetime, you would have been a wise woman or held pagan beliefs. You most likely enjoyed being in nature and had

knowledge of herbs. It is also quite possible you were persecuted for your spiritual beliefs (as this was during the era of the Inquisition, which was of course the persecution of spiritual people by the Catholic Church.) If you ever did a past life regression, it is possible a memory like that would come up for you, as I feel there is a story there in your soul's past around being spiritual during the Middle Ages and encountering suspicion or hostility as a result.

- You have had at least one lifetime as a Taoist. Tao can be roughly translated to 'flow of the universe'. In Taoism, being in harmony with the universe is a key value. Taoists believe that life should be filled with peace and joy. Other values of Taoism include compassion, moderation and humility. (So, sometimes souls choose Taoism as a spiritual path to learn more about the energies of harmony & peace.)
- In a past life, you have been involved in the Ancient Egyptian 'House of Ra' spiritual order. This involved the worship of the Egyptian Sun God Ra, a major deity in Ancient Egyptian religion who was known to the Egyptians as the creator of all forms of life.

PAST LIFE ROLES

I mentioned that you have had previous lifetimes here on earth, and these lives would have involved a variety of different circumstances. However, something I like to look into is: what are the past life roles and patterns that you have gone back to repeatedly in your past lives.

Here are the ones that came up for you:

1. **The Rebel** – The 'rebel' role came up for you, which means you have had many lifetimes doing things differently, being a nonconformist, and eschewing mainstream society, usually in the name of changing the world or pursuing a cause. You will have impacted society in positive ways, living on the margins while pursuing your cause or fighting for change. You may have been an inventor, a scientist or an innovator as part of this role.

2. **The Elder** — Spirit told me that you have had several lifetimes where you were in charge of a tribe/community or reached an old age, and had a leadership role in a village or a tribe, as a result. It's likely that this past life role will lend you leadership qualities that persist in you to this day.

3. **The Workhorse** - I mentioned above that you have had leadership lifetimes. However, you also hold the 'workhorse' past life role, which is quite a contrast to your other 'elder' lives. Having this role means that you have spent many lifetimes as a subordinate, usually working very hard, in return for very little.

When you have had this role, it is likely you have been a domestic servant who worked 16 hours per day, or possibly suffered under slavery. This means you will be accustomed to self-sacrifice, and you may feel a deep sense of fatigue on the soul level, as a hangover to those lives. You are used to taking orders from others. You have learned to see the Divine in the mundane world, and can appreciate how your work or task (even if it seems unimportant) can still have an impact on the greater good.

Let's move on to the next aspect of your reading:

6. YOUR ARCHETYPES

In this section, I am going to cover your 'archetypes'. These are a collection of soul gifts that you have. Sometimes these archetypes can come from past lives, other times they come from your Archangelic Realm of Training or your Soul Group of Origin – and when that happens, Spirit is reinforcing those gifts as a key part of your life purpose. Basically, these archetypes give us more information and clarification about your soul purpose and strengths.

Let's have a look at your archetypes:

1. The Intuitive

You have the Intuitive archetype. So what does this mean? Well, everyone has some level of psychic ability. However, when you have this archetype, it gives you the soul urge to use your intuitive abilities to help others. It also gives you the ability to see the bigger picture and get a spiritual, higher perspective on human questions and problems. This boosts your connection to the spirit world and usually means active upper chakras (the throat, third eye and crown chakras.)

I often see this archetype for professional psychics and those who use their intuition in that context. This does not necessarily mean you need to be a psychic to use it, instead you may choose to use your intuition in other ways, by solving problems, for instance. Either way, this archetype gives you the motivation and tendency to develop your abilities to a very high level.

2. The Counsellor and Advisor

You have the archetype of the Counsellor & Advisor. This often means you have held this role in a past life. You are able to create a safe space for others where free communication can take place and where the other can be him/herself, without fear of judgement. The Counsellor/Advisor helps others to sort through their experiences, see the underlying thread and reasons for the experiences and learn from them. This archetype helps others to extract the 'gold' from their experiences and grow in wisdom. The Counsellor also helps others to get clear on what they want in the future. This archetype has the ability to remain detached from others' outcomes.

3. The Analyzer

You have the Analyzer archetype which shows that in addition to your right-brained intuitive side (see above), you also have a strong, strategic, left-brained aspect to you.

The Analyzer has the ability to see the patterns and commonalities which underlie events, situations and personalities. They also have the ability to classify and categorize things according to their characteristics and similarities. They make excellent researchers and detectives because they notice the tiny details AND the bigger picture. Analyzers are also good at finding the root causes of situations and they have a good understanding of cause and effect. They have the ability to foresee how different factors might affect an outcome. They are sometimes involved in the sciences.

4. The Artist

You hold the archetype of the Artist. This means that you are able to take the formless and emotional experiences of life (those that exist beyond the reach of the five senses) and convert them into beautiful representations of those experiences. How is this archetype likely to express itself? It could be through writing, painting, music, cooking, fashion, interior designing/decorating or gardening. With this archetype, you enjoy beautifying things and will have a strong sense of creativity. It endows a person with good taste and a very instinctive sense of what looks good (whether that is an outfit, a website design or a garden, to give a few examples.)

Artists also excel in coming up with creative and beautiful ways to solve problems. They know that it is important and nourishing for us to be surrounded by beauty and they get great satisfaction from creating beauty from life.

5. The Humanitarian/Lightworker

Finally, you have the Lightworker archetype. Those with this archetype are connected to humanity's suffering on a wider scale. You are likely to have a deep desire to allay suffering and make the world a better place.

Humanitarian souls have to choose their work carefully – they need to be working in a profession where they know they're making a difference. Without this, they would always feel something is missing and will feel unfulfilled. Often Humanitarian souls will be working within some organization that improves life for people. They are not going to be fulfilled working in a place like a bank, that does not contribute towards the good of the world. Of course banks pay their taxes (sometimes) and employ people, which is positive, but as a Lightworker/Humanitarian soul, you need to be involved in a purpose which is more beneficial than that.

7. YOUR INTUITIVE GIFTS



Now let's have a look at how your Spirit Guides and Higher self communicate with you...

Clairsentience

You are clairsentient.

Clairsentience means 'clear-feeling'. It is perhaps the most down-to-earth of all the intuitive gifts. Most people use clairsentience on a daily basis. This looks like your feelings and gut instincts sending you intuitive guidance. Just to give a common example: you may experience a feeling of discomfort and then intuitively feel impulsed to look behind you only to see someone staring at you.

Find out more about how to develop clairsentience in this article: [How to Develop Clairsentience](#)

Place Empathy

You are also a place empath. Place empaths can enter a home or a building and feel 'vibes' from the people who have lived there. Perhaps you have been in or visited a house or place that felt 'creepy' or uncomfortable to you? This is because places and buildings absorb energies from those that frequent them.

The residues left behind in places such as hospitals, funeral parlours, cemeteries, police stations, and even historic battlefields may negatively affect place empaths. Place empaths are sometimes able to look at a photo of a home or building and get a sense for what it feels like to be inside the building, and the energies that are present there.

Claircognizance

You are claircognizant.

Claircognizance means 'clear-knowing'. Claircognizants 'know' certain things without being told. For claircognizants, their Higher self or Spirit Guides put information (in the form of thoughts, ideas and impressions) into their mind. This can be a whole load of information that is 'downloaded' into the mind. It can be smaller insights

about people and situations here and there. It can be an inspired idea. All claircognizance is characterized by this strong sense of knowing that goes beyond logic and by the fact that the intuitive information comes into the thinking mind, not into the heart or the mind's eye.

If you're interested in developing this gift or finding out more about it, further ideas can be found in this article: [How to Develop Claircognizance](#)

Emotional Empathy

I found that you are an emotional empath (you can find out more about that in [this article](#).) Emotional empaths feel and take on other people's emotions as if they were their own. This means that they are able to receive and process other people's emotional data through the heart chakra. This form of empathy can create an emotional rollercoaster for the empath to contend with on a daily basis, as they are often overcome by random emotions, and can get confused about what belongs to them and what does not.

If you feel that your empathy is more of a curse than a blessing (in that you take on other peoples' emotional burdens a lot), you may be interested in this book for empaths: [The Empath's Toolkit: a Guide to Recovery for the Overwhelmed Empath](#)

These intuitive and empath gifts may be very active or they may be more dormant in you, but these are your natural gifts on the soul level.

I found something a bit unusual when reading for you – I am going to tell you about that too, as it can provide further clarification on your soul's purpose.

You have a secondary Godspark at your fourth chakra.

First let me explain what the godspark is:

The primary Godspark is a connection that all souls have back to Source. The Godspark looks like an energetic golden umbilical cord that arises from the centre of the chest. It gives us our vital life force and a sense of connection to Spirit. We receive vital life force through our Godspark every night for three minutes – in this way we

'recharge our batteries'. Every incarnated soul has a Godspark at the heart chakra, called the primary Godspark. Upon death, the Godspark is shed.

We can sometimes be given a secondary Godspark. This constitutes a second connection back to Source – another direct line through which we can receive vital life force. Having a secondary Godspark is always meaningful, firstly because they are somewhat rare.

They also cannot be asked for – instead they are simply given to us when Spirit deems it necessary for the path that we're on.

As you have a secondary Godspark connected at the fourth chakra, it also suggests a part of your life purpose around the time this Godspark arrived would have been about healing, loving others and exercising empathy.

This Godspark constitutes a permanent boost of energy, not a temporary one. It arrived around 4 years and 2 months ago. It might be interesting to think back to that time in your life – were you needing even more of these heart chakra energies (associated with healing, loving others or yourself, or empathy) at that time?

I feel that for you, this Godspark is more about reinforcing the part of your soul purpose which is about healing and being of service to others in that way (as you are both a Raphaelite and an Alpha Caelian.)

8. THE SPIRITUAL ENERGIES AROUND YOU

You have 7 Spirit guides (most people have between 4-7 guides.)

You also have 2 Guardian Angels, and the energy of **Lakshmi** around you. Lakshmi is the goddess of abundance and good fortune in the Buddhist and Hindu traditions. Her energy is found around those who are striving for abundance, including material abundance, emotional fulfilment, and good health.

Archangel Chamuel is around you, too. Archangel Chamuel is the angel of harmonious & balanced relationships so he helps us when we have to deal with people a lot.

I am not sure if you have called on Archangel Chamuel recently. Sometimes these Archangels show up because we have called on them and other times they just show up because we can benefit from their energies.

I also made a connection to a female special assignment guide. A special assignment guide is one that comes in for a specific purpose, and for a specific time period and then leaves again when you no longer need their help. This guide came in 21 months ago. I didn't get a name or appearance for this guide - just information about what she is helping you with. She has the 1st Archangelic realm of training and I feel that her guidance revolves around helping you with the mundane details of life. I also feel this guide is guiding you towards nourishing and nurturing yourself at this busy time of your life. She is helping you to make choices that nourish you, rather than deplete you. From the photos you sent in, it looks like you are a mom! I suspect that this guide is helping you deal with the responsibilities and details of this and that is why she has come in recently.

READING SUMMARY:

OK, so if I were to sum up your soul's purpose based on the findings of this reading, it would be as follows:

First and foremost, you're a healer. Your soul's purpose is to bring healing and loving energies into the physical realm (this is reflected in your Raphaelite realm of training.)

In addition, as a Hadarian, through your interactions with other people, you are bringing the energies of Divine Love into the physical realm, and this may manifest as reminding others of the benefits of connection, co-creation, community and forgiveness.

Your Alpha Caelian soul group affiliation is another indicator that you are a healer. You are bringing the qualities of lightness, sensitivity, love, loyalty, generosity of

spirit and hope into the physical realm. The wider context behind bringing these energies is that you are helping those of us on earth to build a gentler, kinder society, where we can be more attuned to one another's feelings and considerate of other peoples' needs. You may find that you are doing this naturally, through your everyday interactions with others, or perhaps you will find a way to do this through your work.

From your humanitarian archetype, we can also see that you are a lightworker who is here to inspire and motivate others to transform, change or improve something about their lives.

OK, so this combination of the fourth realm of training, along with the Hadarian soul origins and the Alpha Caelian affiliations means that you have excellent interpersonal skills and a **HUGE** capacity for love, relationship, and spiritual service. You have so much to give! And to top it off and make all of this more intense, you have a secondary Godspark at the heart chakra and the lightworker archetype.

These are beautiful soul gifts, but they are all going in one direction -- towards you loving, compromising, giving, merging with, and helping others. A bit of balance is needed, and that is what your life lessons are guiding you towards in this lifetime.

Your life lessons are about mitigating some of the ways you could potentially become out of balance with these beautiful soul gifts.

First of all, you have the self-worth life lesson which is about learning to value yourself enough to put yourself first, say no and look out for your own best interests. Then you have the 'balance' life lesson which is about balancing those impulses to give and compromise, with your own best interests.

The more balance that you can bring to those soul gifts, the more able you are to express them in the world in a way that benefits you and others.

That's everything I found for you, Jessica – I hope you enjoyed your reading and found it helpful!

Anna

Note to Students: if you'd like to have access to the [email reading templates I use to do my Akashic Record readings](#), you can find out more about them [here](#).

EXAMPLE