



VOLUME 25, July 2010

www.BrianJohnPiccolo.com

## The Akashic Records

Edgar Cayce, Helena P. Blavatsky, Rudolph Steiner, Alice Bailey, and a host of other clairvoyants in many published works mention the Akashic records. These records contain the cosmic memory of the universe regarding every deed and action that has ever taken place and will take place. They are quite a treasure trove of knowledge for anyone able to read them and access them. It has been written that being able to access them for oneself should be the natural result of the spiritual developmental process of an aspirant on the path of enlightenment.

The word "Akasa" is an ancient *Sanskrit* term referring to the subtle, super-sensuous spiritual essence, which pervades all space.<sup>i</sup> It is the primordial substance wrongly identified with ether. Within its essence is the cosmic memory of all things. Every known religion has some kind of reference to the Akashic records. In the Christian Book or Revelations it is written, *And I saw the dead, the great and the small, standing before the throne, and books were opened; and another book was opened, which is the book of life; and the dead were judged from the things which were written in the books, according to their deeds.*<sup>ii</sup> The statement *books were opened* in this biblical quote is a direct reference to the Akashic records in my opinion.

Those of us graced or cursed with Sunday school catechism lessons have all heard about our recording angel who writes down all that we do, both good and bad. Many of these concepts are actually based on esoteric principles long lost to modern thinking. Actually, our guardian angel is our Higher Self. It has total memory of all our deeds and experiences both in this life and in other lives. Many times our Higher Self will speak to us in dreams, visions, or intuitions. Most of the time if we do not write the dream down, we cannot remember several hours later.

## Esoteric Catechisms



According to Rudolph Steiner, we are able to access the Akashic records directly with our astral body. Our physical body is our most evolved body in form, shape, and organs. However, each of our higher bodies is increasingly formless and less developed due to being younger in age. Initiates and students of higher consciousness have more highly developed astral organs than the average person. This is due to the training and practices they undertake in order to develop their higher bodies. In the long haul, all of humanity will evolve to these higher levels of consciousness. For now, if we want to read the Akashic records, then we need training and practice. People who appear to have this ability without practice and training have acquired it in a past lifetime.

Steiner developed ways and means that fit into the Western lifestyle for spiritual development. He came up with spiritual exercises that needed only five to fifteen minutes a day to perform, and if done faithfully would most certainly lead to the development of astral organs. One meditation had to be done before going to sleep, and the other mediation had to be done first thing in the morning.

## The Evening Meditation

Just before going to sleep, Steiner recommended that we review our daily experiences for the day backwards. We are to remember in reverse order all the events of the day, even the most trivial parts. If we find we had made an error or did something wrong, we are to accept it for what it is and correct it. We are not to dwell on it or go on guilt trips; these are only egocentric attributes of the lower ego.

This exercise may take ten to fifteen minutes when one first starts to practice it, but in time, it will shorten to five minutes. What begins to happen if we are faithful to our practice is that our memory starts to fail for a while. This is because, rather than *remembering* our past events of the day, we actually begin to *observe* them! Yes, that is right, you begin observing your own history by reading it for yourself in the Akashic records. This is where our nighttime exercise leads. Using this method, you first will enter the Akashic records by observing your own daily history. Direct observation replaces remembering in a natural safe way.

## The Morning Meditation

The morning meditation is meant to be done first thing in the morning. It consists of a verse that is in the right language for the student. An Indian verse translated into English is ineffective. The order and sounding of the vowels would be all wrong under such circumstances. Therefore, for example, English verses are created for English people, German verses for German people, and Indian verses for Indian people. One is better off speaking and mediating in one's own language.

Here is an example of one of the verses recommended by Steiner to the esoteric section of the German Theosophical Society in Berlin, October 24, 1905.

*More radiant than the Sun,  
Purer than the snow,  
Subtler than the ether,  
Is the self,  
The Spirit of my heart.  
I am this self,  
This self am I.*<sup>iii</sup>

The verse can be spoken aloud at first but in time, it should be internalized and the aspirant should only meditate on a single part of it at a time. For example, *more radiant than the Sun* should be felt deeply within. The aspirant should begin to feel the forces that are represented through this verse. In time, the aspirant will begin to feel the spiritual forces coursing through his or her soul. These inspirations are living beings, gods, who dwell all around us. Just as we need sunlight to expose the physical world to our sense of seeing, we need the inner light of the higher self to expose the spiritual

beings that dwell among and within us, the beings in whom we dwell and have our being.<sup>iv</sup>

We should never believe that we have understood the full meaning of the verses given for our development. They are infinite in meaning. We should not speculate on them but let them work upon us. They are connected to the eternal truth and the eternal realms where those who never die dwell. In time, they become united with our soul, which allows our soul to be accessed by the holy gods, which allows them to put their power directly within us.

## Summary

These two exercises take very little time to implement. If faithfully practiced with regularity, the results can be stupendous. Great calmness comes upon the aspirant in time. Communication with higher beings and the ability to begin to access the Akashic records with accuracy also manifests. These methods are for the modern times and insure a healthy development of higher astral organs, which insure quality of perception on the higher planes of reality.

Our senses on the physical plane are passive and they do not have to do anything to be stimulated. According to Steiner, this is not so on the astral plane. There, the astral senses are active and influence what they will perceive. They actually reach out to what is there. Therefore, one must learn to observe properly.

Finally, I find that if one is faithful to these little exercises, the teachers who guide them will appear because they will see you are ready to meet them by the light that shines from your aura. One simple mantra or verse I like is from the Unity Church movement and simply states:

*God is, I AM.  
God is, I AM.  
God is, I AM.  
God is, I AM.*

Here the term *God* is the Mother-Father ground of existence. It is the unconditioned Atman<sup>v</sup> or divine spark we all have and share. The term *I AM* is the Higher Self, the Higher Ego, the Christ Self within us who is able to say, "I and the Father are One."

Eventually, our lower ego will yield to the Higher Ego and the Akashic records will be revealed to us. When this happens, this will lead to a completely new level of learning involving how to read them accurately.

Notes:

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<sup>i</sup> H. P. Blavatsky, *The Theosophical Glossary* (Los Angeles, CA: The Theosophy Company, 1990), p. 13.

<sup>ii</sup> Book of Revelations 20:12, *King James Bible*

<sup>iii</sup> Rudolph Steiner, *Esoteric Lessons 1904-1909* (Great Barrington, MA: Steiner Books, 2007), p. 34.

<sup>iv</sup> Acts 17:28, *King James Bible*

<sup>v</sup> Brian Piccolo, *Essential Healing* (Morrisville, NC: Lulu Publishing, 2005, ISBN 1-4116-2423-8), p. 19. I highly recommend this book to anyone wanting to acquire a better knowledge of the metaphysical constitution of humanity. It can be purchased through my website at:  
[www.BrianJohnPiccolo.com](http://www.BrianJohnPiccolo.com)