

# Soul Sessions

*with Sonya Highfield*

I'm so excited and honored to host a Soul Session for you! Please review the information below, and I'm happy to answer any questions before we begin our session.

## About the Akashic Records

I channel through this beautiful modality called the Akashic Records. Every individual soul and entity that exists has a dedicated "record book" that holds the story of their evolution. Guidance and messages come from your soul guides, and all guidance is loving, non-judgmental and healing on multiple levels.

Readings can explore all topics, and touch on past lives as well as present. The experience can be emotional, but is generally gentle, affirming and uplifting.

You are welcome to record your session with notes or on your phone. Please respect the privacy of other participants and anything they share.

You can prepare questions or just ask what's on your heart in the moment.

While guidance may or may not resonate in the moment, it's important to let everything settle in post-session, listen to your intuition, know you always have free will, and some things may not make sense until months or years later!

# WHAT ARE THE AKASHIC RECORDS?

The records are not a physical object- but for our human brains it can be helpful to think of them like books.

Each and every individual soul and entity that exists on Earth has a dedicated “record book” that holds the story of their evolution. Guidance comes from Masters, Teachers & Loved Ones aka your soul guides! All guidance is loving & healing.

Readings can explore all topics, such as:

- Past lives that can explain illogical fears
- Experiences or patterns you picked up impacting your current life
- Patterns related to health, relationships and money
- Guidance for releasing & healing that which isn't serving you
- Confidence and self acceptance tools
- Connecting with and trusting your intuition
- Best path for business choices and aligned offers
- Suggestions for how & where to connect with people you want to befriend/become romantic with/collaborate & sell to!

The Records are all about POSSIBILITIES not predictions.  
Open ended questions are best, big picture or detailed!