



INSPIRED BEING, LLC

With Liz Varney, LICSW

Therapeutic, creative, and spiritual support
for Inspired Beings

Intuitive Readings

An Akashic Records reading is an intuitive reading - this means that I will be accessing my intuition to connect to your soul's journey in order to bring forward information that is intended for your highest good. The only "proof" that an intuitive reading is accurate is if it makes sense to you, helps you, or feels right for you. You are encouraged to use your intuition and take what makes sense and leave behind what does not resonate with you.

Akashic Records

During this specific kind of intuitive reading, I will be connecting to a spiritual energy called "The Akashic Records." The Akashic Records are considered the "historian of your soul's journey." In truth, the Akashic Records is a spiritual belief system and an understanding that boils down to: You are a soul who is having a human experience to learn, heal, evolve, and grow. As we spend time in the Akashic energy, your perspective can shift from the microcosmic view of the human ego and settle back into the big picture knowing of your soul.

During our reading, we will be having a three-way communication. You will speak to me, I will speak to the Records, and then I will translate back to you what I receive using my intuitive senses aligned toward soulful Akashic wisdom.

Empowerment

As with any intuitive reading, you must remember you have free will. You are completely in charge of your life and your journey, and must remember that if something said to you during a reading does not feel right for you, then it must not be for you!

The Akashic Records will not make predictions about the future, nor will they tell you what decisions to make. They will give you options and discuss possibilities and potentials, but it is up to you to be empowered in your life to decide which choices are best for you.

The Akashic Records are 100% supportive and only provide information for your highest good and healing. They are completely loving and only want the best for you in your journey. The Records are respectful of you, and therefore, They want you to ask for information rather than information being told to you without your request.

Please always feel free to speak up during our time together if there is something you do not understand or if something does not feel right to you. I will check in along the way to make sure we are feeling aligned. We can stop the reading at anytime if it does not feel like we are connecting.

Preparation

It is best to have some questions prepared for our time together. I may offer guidance to you during the reading, if it will help the reading move in a forward direction. I might help re-shape your question or help you clarify what you are actually looking for. You are always empowered to turn down my assistance.

Please see the following page for basic questions and topic ideas. The more specific you make your questions, the better information that comes forward. There is nothing off limits to ask about, other than to know they will not tell you what will happen for you in the future.

In order to use your Akashic Reading most effectively - I encourage you to share as much as you already understand about your question and allow the Akashic to expand beyond your current perspective.

Use this list as a springboard to shape your questions:

About relationships:

I would like to understand my relationship with X better...

Why do I feel this way...

About past hurts/loss/grief/traumas:

What was my soul trying to learn when X happened ...

What do I need to help me heal...

About work/career/finances:

How is my energy working with my current role ...

What would my soul most align with in terms of (work topics/career path/options)...?

About family:

Why do I struggle with...

What is the best way to remain authentic while I navigate these dynamics ...

About spirituality:

How can I work with my intuition more?

How can I bring spirituality more into my life?

About long standing struggles:

Why does this keep happening to me?

I feel stuck with X ... how do I move forward?

About past lives:

Is there a past life currently effecting me?

Do I have a past life connection with X that is important for me to know about?

In general:

What else do They think is important to discuss right now...

What would be most supportive to my overall wellness?

What would bring me more joy, happiness, playfulness?