

YOUR SOUL HAS A PLAN

**Awaken to Your Life Purpose
through Your Akashic Records**

LISA BARNETT

Foreword by Debra Poneman



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CHAPTER 1

YOU WERE BORN WITH A MANUAL

Before you begin, I'd like to share a message from the Akashic Beings of Light:

Welcome. We invite you to step into the Akashic energy field with us. As we guide you through this book, you will notice your life alter and evolve. As you work with the exercises and prayers, you will feel old constrictions released, making life easier. As you work with this practice, you will see doorways open where once there were blank walls.

We will work with you through the high vibration of Akashic Energy, which comes to you as you read. We will support and assist you in clearing old, stuck energy in your life to move out of fear and into a space of love and faith. We are your Akashic Record Keepers and pure Beings of Light. Our sole purpose is to guide you on this journey. Remember, you are never alone. You are connected to us and Creator/Source at all times. Please feel this in your heart when we

say, We are here to support you. Remember that we are pure Source energy. We have never been human and hold no judgment toward the human condition or situations. As you connect with us, you connect to the infinite power of love. You are safe and loved.

My question is, “Have you ever wondered why you are here and what your purpose is?”

The exciting answer is You created a plan before coming to Earth that holds much of the information you are searching for. But unfortunately, many of us don’t remember our plan, and we spend much of our life trying to figure out why we’re here.

My Soul Had a Plan

I can remember not being in a body, roaming the galaxies as an etheric soul, easily conversing with two other souls in another dimension. My etheric form was free and agile, moving with the slightest thought. But that all came to a thundering halt when I was three years old, as I realized I was stuck here on Earth, trapped in a body again!

I can remember looking at my hands and being startled. The reality shook me as it filled my little body with fear. Not having the vocabulary to tell my mom why her little girl was so panicked, all I could say was, “I want to go home.” I was filled with tears and confusion. My mother told me everything was fine, and that I *was* home. It didn’t matter; I kept repeating that I wanted to return home.

I consider myself lucky because that memory, from age three, informed my whole life. It has guided me to seek answers so I can understand at a deeper, more meaningful level: Why was I in a body again? What was my plan? And why did I come here?

When I was a teenager, I had an insatiable hunger to learn about esoteric and spiritual studies. I read every book I could find

on the subject. In college, I studied philosophy. But the more I knew, the more questions I had.

Then my search took a sharp turn, creating a desperate need to find meaning in my life.

At thirteen, one of my two soul sisters—who was my best friend—went into a coma. I felt her healing was my responsibility; somehow, it was my calling to heal her. I didn't know how to pray because my household wasn't religious; even so, I prayed all night to save her life by pulling her from the coma.

I felt responsible when my prayers didn't work. She died the next day.

My other soul sister, Shuby, died suddenly in a car accident during college. It haunted me, as I also felt responsible for that death, because I hadn't been there to save her—even though I lived in California and she lived in Illinois. Why would I think I had a responsibility to heal my friends? It didn't make any sense to me.

Therapists might say that this was a normal reaction to losing someone close. However, I've learned that there is another answer: We are all ancient and entangled souls. My feeling of being responsible for them ignited part of my soul's path as a healer.

By my teen years, I knew I had been a healer in hundreds of lifetimes. Because that was and is who I am at a soul level, my internal knowing believed I could heal my friends, and I could have saved Shuby if I had been in Illinois rather than California.

Has something similar ever happened to you? You might sense that you can do something you've never done or believe you have a special gift or ability, even though you haven't been trained or taught how to do it.

The Akashic Record Keepers say this happens because we have used that gift or talent many times before, in past lives. We have come to Earth as ancient souls with a plan, whether easy or challenging, and with the desire to unlock our long-forgotten talents, gifts, and experiences so we can heal ourselves and others.

We come equipped with the tools to do the work we are here to do.

Our biggest challenge is allowing our talents to show themselves.

Your Soul's Plan

So often, when we feel isolated, alone, or lonely, we think we don't have a purpose. Yet we feel there must be something more to life than what we're experiencing! I want you to know that you do have a purpose. You produced a plan detailing all kinds of experiences, karmic lessons, life purposes, trials and tribulations, relationships, career choices, and so on.

You made plans for different types of relationships with more than twenty-five people worldwide. For example, you wrote contracts with people who would become significant love partners, business partners, friends, parents, children, or siblings.

Some of these relationships come from your original soul family, and others don't. For example, our parents aren't always part of our soul family; in some lifetimes, we don't even have a social contract with them. I'll explain more about your original soul family in Chapter 3.

Your soul has so much knowledge and information you can use to navigate this lifetime. The reasoning behind your soul choices becomes more apparent as you learn more about your soul's plan and dive deeper into finding answers to why you are here.

I Wish My Child Came with a Manual

When I was raising my three children, I belonged to two parent groups, including serving as the president of the Mothers of Multiples Club. When my twins were born, I felt insecure about parenting them. I'll never forget how often I heard a new mother say, "I wish my child came with a manual!"

As new parents, we all feel lost and unsure about why our

babies are crying so much, or colicky, not sleeping through the night, or even why they were born with a physical challenge. We often blame ourselves because we don't have answers.

I've seen how reassuring it is to realize that life is not random. We make choices to learn and grow. We experience struggles, love, and hopefully joy during each lifetime.

Dream Your Soul's Desire

Do you dream big, only to settle for small? Some people have big dreams and goals to meet, but they stop because they believe they are not worthy of such grandeur. You might think that your dreams are outlandish or crazy! But, when you realize who you are as an ancient soul, your dreams will become grounded in the truth of who you have been in other lifetimes. You will see that these dreams are an extension from where you left off.

There was nothing more exciting for me than realizing my dream of publishing. The book you have in your hands is my third. Each time I publish another book, I'm in awe that my dream of sharing ancient wisdom through writing has become a reality. From a soul's perspective, writing and publishing books were in my soul's plan to expand my purpose and to share this work with the world.

The same goes for you. If you dream of writing, it might be because you have authored many books in other lifetimes. We can even connect with information from our past lives as published authors, to assist us in creating and publishing a new book. For example, one of my clients who was drafting a book discovered, in her Akashic Records, that the characters in her book were her from unfinished lifetimes when she had died suddenly.

Writing is part of my soul plan and a dream of mine. So, what are some of your grandest, seemingly impossible dreams? Your soul plan is waiting for you to discover its information about the

gifts you can reclaim from past lives in which you were a skillful expert with the talents to make your dreams reality.

EXERCISE FOR REFLECTION

One of the quickest, most direct paths to align with your soul is through your big, beautiful, and magnificent heart. If you dedicate yourself to learning how to open your heart to receive wisdom, messages, and healings, you will change your life and how you experience the world. This might be the key to all you seek.

Column of Light Meditation

The Akashic Masters offer a simple visual meditation to assist in connecting to them through your heart. They wish you to feel your connection from within your heart. This meditation was created to do so:

1. *Please close your eyes with your feet flat on the floor. Focus your attention on your connection to your dear mother Earth solidly beneath your feet. Bring your focus from your feet slowly up to your heart, always breathing deeply into your heart.*
2. *See your heart open, ever-expanding. Relax into the expansion, allowing your heart to fill with the feelings of unconditional love. Stay there until you feel it fully. Breathe into the continued expansion of your heart.*
3. *Now move your attention and the energy up into your head, the area between your eyebrows, moving back into the center of your head, until you see a small master gland, your pineal gland. Spend time with it.*

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4. *Thank it for all the work it does to assist your body. Send love from your heart to your pineal, for it is the energy center that connects to your higher self, your soul, and eventually to us, the Guardians of the Akashic Records and the Masters from Source. Your connection is how we can communicate with you.*
5. *See and feel the energy flow from Earth up through your feet. Let it rise up into your heart and move up to connect your heart to your pineal gland. Pay attention to energy rising from your pineal gland to the top of your head, making the connection up to us.*
6. *Imagine a silvery blue column of light coming from us to connect to you. The column surrounds your whole body and continues down into the Earth. You are surrounded and protected by the Akashic Column of Light the Record Keepers and Beings of Light sent you. Inside the column of light, you are held in Divine love.*
7. *Take a few moments to feel your connection to unconditional love or behold the spectacular sight of you being surrounded and protected in the silvery blue column. Breathe in unconditional love. Know you are guided and always have been.*
8. *Inside this connection, you can transform your life with the healing prayers of the Akashic Records. Relax into the healing energy as you recite the prayers. Feel their source energy running through you, surrounding you, filling you with lasting love.*
9. *When you feel complete, you may go about your day, confident the healing is taking place.*

PRAYER FOR CREATING YOUR DREAMS

I am clear. I am focused. I am ready to do whatever it takes to make my dreams come true. I know that my clarity with the assistance of Akashic Records creates miracles in my life.

I am seen, heard, and recognized for the gifts and talents I offer.

The universe conspires with me to make magic happen, and my dreams come true.

So it is. Blessed Be.

PRAYER TO ACCESS CREATIVITY

Mother, Father, Goddess, God, I Am awakened, creative energy.

As I breathe into my heart, I ignite my creative energy.

I see it spinning threads of gold light.

As this golden ball of light spins ever faster within my chest,

I activate the connection to my creative energy rings, which slowly turn above my head.

Please assist me in merging the strength of my creative energy in my heart with the creative energy of the universe.

As these energies merge, I feel them spin as one, flowing through my head down into my heart and back up again. I ask for creative ideas to assist in my life. I am blessed and filled with gratitude.

Let's jump in and learn more about the plan your soul wrote, which will assist you in fulfilling your soul's purpose.

ABOUT THE AUTHOR

Lisa Barnett has devoted her life as a Divine channel of the Akasha, to help people connect to their soul guidance. She is the founder and teacher of Akashic Knowing School of Wisdom, an internationally recognized school where students can learn to access their soul wisdom in their Akashic Records, along with numerous healing tools, meditation, and prayer systems. Lisa has taught thousands of students worldwide and has helped to train and certify dozens of Akashic consultants and teachers.



She has also spent more than ten years as a Religious Science Certified Practitioner, R.S.C.P., where she offered healing prayer treatment to the congregations of Golden Gate Center for Spiritual Living and served as vice president on the board of directors.

Lisa has more than thirty years of experience in the spiritual healing forum and is a master of many healing modalities. Her specialty is empowering individuals to find greater fulfillment, happiness, abundance, health, and ease by helping them align with their soul path and understand their soul's plan, including soul

contracts, karmic patterns, and vows, thereby enabling them to transform with greater ease.

Lisa has developed many amazing programs and books to help people experience lasting transformation, including ten written and auditory courses, dozens of meditations, and frequent webinars to teach people around the world how to access their Akashic Record. The goal of all of these programs and books is to share the tools and prayers from the Akashic Records to help her clients and students, at a soul level, to create the life their hearts and soul's desire.

Find out more at <https://akashicknowing.com>

END OF EXCERPT

You were born with a plan that holds sacred contracts, soul talents, and karmic patterns to ensure you fulfill your life purpose. Now is the time to discover it!

Get ready to take a journey of self-discovery while embracing the path your soul has laid out for you. With the help of the Akashic Record Keepers, receive answers to questions that, until now, have been unanswerable.

In this book, renowned author and wisdom teacher Lisa Barnett addresses:

- What a soul plan is
- How to identify and heal trauma
- The influence of past lives and soul families
- How to release confusion and realign with your soul plan
- What karmic patterns are and how they support soul growth
- How to move forward with purpose by embracing your soul gifts and talents

In each chapter Lisa shares wisdom from the Akashic Record Keepers, an exercise for reflection, and Akashic healing prayers to help you on your life journey. Break free from old patterns, move forward with purpose in understanding your soul plan, and awaken your inner joy. *Your Soul Has a Plan: Awaken to Your Life Purpose through Your Akashic Records* is your personal guide to do so!

Praise For *Your Soul Has a Plan*

Your Soul Has a Plan offers you a powerful blueprint to understand your life purpose, along with the support to make the changes that will place you fully on the path of your purpose. Through engaging stories and clear action steps, Lisa shows you how to retrieve your soul's message and follow its guidance for a life of fulfillment.

— **Marci Shimoff**, #1 NY Times bestselling author, *Happy for No Reason* and *Chicken Soup for the Woman's Soul*

Lisa Barnett's latest book is the perfect guide for you to understand the Divine purpose of your life and how to access the innate wisdom you already carry within you. Your soul has a plan and is ready to connect with you. Interested? Then this book is definitely for you.

— **Lee Carroll**, Original Kryon Channel and **Monika Muranyi**, Kryon Author



Lisa Barnett is the founder of Akashic Knowing School of Wisdom, which has thousands of students worldwide. She is the international bestselling author of *The Infinite Wisdom of the Akashic Records* and *From Question to Knowing: 73 Prayers to Transform Your Life*. Lisa has devoted over 25 years to sharing Akashic wisdom so clients can understand and align with their soul plan to find greater fulfillment, happiness, abundance, and health.

