

# 10 Lessons

*from the*

A vertical photograph of a sailboat on the water at sunset. The boat is silhouetted against the warm, orange and yellow light of the setting sun. The sails are up, and the boat's reflection is visible in the calm water below. The sky is a gradient of orange and yellow, and the water is a deep blue.



**Do you wish you could pick up the phone and talk to your personal, divine support team?**

**Do you feel there is more to life, but you don't know how to get there?**

**Do you feel stuck and don't know which way to go in life?**

As humans we have so many choices. Each thought shows us a potential future as each thought leads us closer to a series of possible decisions. Each decision leads to different life experiences. For all of us, this can feel daunting at times. We all need support, guidance, reassurance, reflection and insight sometimes.

All Akashic Record readings are unique and personalized to your specific needs. As the map of your own soul, from where you've been to where you are to where you are going, those within the records know you like no one else. You are so dearly loved – *so treasured, celebrated and encouraged* – it's time to reclaim and step back into and onto the path of your greatest growth and joy.

Rejoice in the comfort of knowing you have an unconditionally loving team of beings whose focus, and for some of them – their *only* focus, is to love, protect and guide you through this current lifetime. You are a sacred, cherished being and it is time for you to remember who you are.

All information that is brought forth from within the records is love based. All information given is what you need to hear in the *now* moment. All clearings, relief, understanding, motivation, insight and epiphanies are just what you need to hear or experience for you to step toward your goals and greatest version of self.

Just as you are sacred, so is everyone else. All of humanity is sacred and sovereign. We are the family of humanity. And as such, we are perfect mirrors for each other. We all reflect what we need to see, know, understand or shift to step toward our healing and growth. We attract others to our field when we need these mirror messages. This is done on the subconscious level.

Yet some information repeats and what changes is the way the information is brought forth.

As you read, it is encouraged to sit with each lesson and ponder its implications for your life and circumstance before continuing to the next. Allow the information to percolate and integrate for a few days and then reread for deeper layers of awareness to present themselves.

Those within the records have inspired and channeled these lessons. Any personal commentary of the author is clearly noted.

Thank you for taking the leap into the depths of yourself. What you will find within your very own soul, at the core, is a home filled with love, compassion and wisdom. This home is filled with laughter and joy and peace.



*The following lessons transpired while working within the  
Akashic Records and collaborating with benevolent beings  
whom wished to share the following lessons with you.*



# *The Lessons*

## ***You are loved more than you can possibly imagine.***

It's really true. This is the most common, yet most important, piece of information that everyone needs to hear. You matter. You are important. You have choices. You can take charge of your life. You can change your circumstances. [Author's Note: For me, and my experience as a record reader, this information not only comes in words, but more often through an overwhelming emotion of unconditional love.]

In truth, you are the most important and special being in the universe. And that's the way Source and all your support teams feel about each person in the universe. Feels like a paradox when you are truly the most special person of all time – and so is everyone else. Equal. Fair.

The adage "If everything is special, than nothing is special" is completely inaccurate. If everyone is special, than everyone is special!

[Author's note: As a record reader, this is the number one gift I receive with each session – the gift of feeling the love that Source and your teams have for each of you. It is so potent and strong that the word "incredible" doesn't come close to the emotion it stirs within me. Sometimes, only emotion is the answer. Emotion says everything without saying anything.]

## ***You are always where you're supposed to be.***

You can always start from where you are and change the story, so to speak. Where you currently are is a perfect reflection/mirror for you to see how you got where you are, whether or not you like your manifestation and if you would like to shift the direction of your life or not.

If you feel you're meant to be doing something else, now is all there is and it's recommended to start now. Don't fret about the past and don't bring the past into your future to relive. Sometimes, knowing what you don't like helps to give direction and insight into where you DO want to go or what you DO want to do.

Where you currently are is no mistake. You are in this moment for your highest good. It's for your best learning and optimal experience. Embrace each moment as if you chose it. In choosing this moment, you take back your power to take responsibility for your life and how you feel.

## ***How can I hear my guides better?***

Your guides use a soft, quiet voice because they want you to be able to decipher between your own mind and them. If they spoke in the same volume, you would further get lost in the egoic mind. This is why they are quiet – so you can teach yourself to know what you are experiencing and from where.

Are these your thoughts or not?

This ability to quiet the mind in order to hear the soft voice of your guides is also the same for hearing your own soul. Your soul and guides and Source all speak in a soft, quiet tone. They speak guidance, not demands. They speak encouragement, not shame. They speak peace, not hatred or bitterness. They speak of unconditional love, not blame or resentment. They keep no record of wrongs, to-do lists undone or any other self-loathing type of thought or behavior.

This is one way to begin the deciphering process between the egoic mind and your soul, guides or Source. Your soul, guides and Source speak in only a few words, not long lectures. They speak with an emotion that carries with it all the information you need to spark a new idea or direction.



## ***Self-loving thoughts only take you so far.***

Put love into action to show yourself love. Build the muscle of self-love, self-trust and self-respect by making new choices you haven't made before toward a direction you've always wanted to go. That soft voice within you calling you toward a certain horizon is no mistake. It's real. It's you calling you. It's your soul holding the treasure map and guiding you toward it. It's similar to a trust exercise where the soul guides you, who feels blind by having forgotten who you truly are, toward the goal.

Who would have thought that trusting your very own soul takes courage? The reason is because most humans have forgotten, since childhood, what their soul sounds like. The soul, your soul, came here with a path in mind. But little children are distracted and guided away from their own soul by the will of their parents. The soul understands this is a natural progression of what you came here to experience, but it continues to whisper – to continuously call you back to hearing its support, wisdom, guidance and love. Your soul is a guiding light. It knows the way. You know the way to your most joyful, peaceful life.

Please understand that we want to support you in all ways. Part of this is understanding that memes, inspirational quotes and positive thinking will only take you so far. If you want to manifest a life you've dreamt about, then it's critical to put thought into motion. The universe/Source is co-creating with you. If you're sitting on the couch yet you want to be a famous athlete, there's not much Source can do if you're not willing to get off the couch. It's the same concept for all experiences you would like to bring into your life. Personal responsibility to take action steps are a key factor in creating a life you'd cherish. Want to be an author? Start writing or researching a topic to write about. Want to be a chef? Try out some new recipes. Whatever your dream is, take a step toward it each day. No matter how big or little the step is, the goal is to take a physical action step. Sign up for a leadership summit, buy new pots for cooking, write, run, call, etc. Add more *verb*-iage in your life! (Pun intended!)

## ***Am I hindering my ascension?***

No. You were born to ascend as a natural part of your education, just as a caterpillar becomes a butterfly. The fact that you desire to ascend is a key. Another part of this process isn't spontaneous evolution like being whisked into the clouds. Personal responsibility to self-growth is this key path.

So many people go around doing good deeds for others in order to appear worthy of ascension. What they've missed is that this service to others is truly a service to self in order to attain ascension. When you truly do your own work and work on your genuine ability to BE and find genuine joy in simple BE-ing, not doing or obtaining, you awaken and touch the divine source. You then become a beacon that affects all other beings and sparks within them the innate desire to find the truest joy in BE-ing.

## ***Healing for others.***

Do not heal for others. This act of "If I do this, then X will happen" makes the act of healing a business deal; therefore, the healing will either not occur or it will not hold. When you do something in hopes or anticipation of a certain or specific response from another, this negates their sovereignty in your mind and may lead to disappointment. True peace cannot be acquired by acting for a certain outcome. Following your true joy (different from your ego's version of joy) and peace, which doesn't rely on others or things, is a natural attractant and abundance-maker. Release expectation but set intention. These are different concepts. Heal for yourself first. Set intention for what you want to experience and let it go.

In letting go, you release all energy to flow naturally and completely through your vessel.



## ***The divine mission.***

Commonly, most people are concerned about whether they have or have not failed at their mission, while simultaneously admitting they have no idea what it even is. How can you fail at something you don't know you're participating in? Such childlike sweetness to want to do so well at something you don't even know you need to do yet. The desire to help and support the planet and your fellow humans is glorious and delightful.

Yet we assure you – you've always been on the right path for you. Whatever your path has been and is, is perfect. It's perfect because it was specifically designed for you to grow and learn. You've been given all the opportunities and possibilities to open you up to your greatest potential. Even where you thought you missed a great opportunity; we assure you that you got exactly what you needed from those experiences. By learning what you like/don't like, you grow and refine your experience.

It is impossible to miss out on what's meant for you. You are always on-target with why you are here. If you are not, your guides will help you come back onto the path. This could come in the form of a friend suddenly mentioning exactly what you want to do, or a sudden motivation to try a new hobby, or a thought crosses your mind to consider an avenue you never thought about before. The ways in which your guides and soul redirect and help you along the path are endless and bountiful.

## ***How do I ground myself and feel safe in times of death or change?***

Something is always living. There is only living. Even a body that is without a soul, a simple husk, is actually living in the engagement of the decomposing process. If allowed to remain natural and living, without the chemicals used in preservation, other animals would quickly consume a body while it still has life force energy remaining. Creation energy remains behind to break down the body. Other animals, if consumed within 24 hours, consume and continue the transfer of life energy into their own body. The soul is still living and existing. The soul can see and hear you. All senses remain intact. The ego and any physical issues do not go – those stay behind to decay and transmute. The ego is merely perception. Once crossed over, the perception instantly lifts and you remember everything. The truth is blatant.

Remind yourself that living is all there is. Even a dead body can produce life, can give life, can heal life (using the bones for healing work – crystals in bones naturally), can save lives (organ donation) and more. The recycling of life is all there is. Pain is what ends, but even pain is a Master Teacher of life.

## ***Sacred Inter-dependence***

Humans are an inter-dependent species. Both dependency and independence are, in and of themselves, out of balance. Sacred inter-dependence involves the understanding that humans must depend upon the water, the land, the animals and each other for survival and the ability to thrive. Humans are a touch-based pack species that requires touch in order to survive. Touch from other humans is an essential element of mental sanity and emotional stability. To be on either end of the spectrum, dependency or independence, throws out of balance the ecosystem of the human bodies – yes, bodies – plural. You have a physical body, a mental body, an emotional body and a spiritual/etheric body.

Release holding on to the concepts and perceptions that independence is a healthy way of life when it is just as toxic to the livelihood of humanity as its counterpart.

Codependency is not the same as inter-dependence.

Inter-dependence is a balance of caring for others while not being attached to their outcome. This does not mean you don't care what happens to them. It means you respect their sovereignty and understand their free will to create and choreograph their life as they see fit. It means that you can care and offer guidance or support, but what they chose to do for themselves is their divine right. You don't have to like it, but we ask all of you to respect the choices of others. Their choices are their lessons and it's their divine path to follow. Know that no matter what others choose, ALL CHOICES bring each of you one step closer to remembering and loving your true self.

Inter-dependence is the balance of caring for yourself while not being attached to your own outcome. Let go of how you think your life *should* be lived and accept life for what it is. Only when you accept something can you influence and make new choices. Allow life to surprise you with miracles of all sorts. When you let go of trying



to control many and all aspects of your life, and what you experience, you make room for possibility. Anything can happen within possibility.

Putting down the control mechanisms you've used to protect yourself from past harm takes great courage and strength and trust. Trust that you are free of your past pains and experiences that scared you.

Not being attached is not the same as detachment. Detachment denotes a lack of care, but not being attached denotes acceptance of an outcome whatever it happens to be.

### ***What you want, wants you.***

The key is to understand why you want something. Oftentimes, human adults want something because it would soothe an egoic hurt, childhood trauma, coping mechanism or another learned behavior.

After you dig into why you want something and sift out the desires that perpetuate negative feedback loops, what you find remaining is true, innate desire to experience certain situations, people or experiences. Whether or not you pursue manifesting such desires depends upon its impact upon the rest of your life you have built.

Generally speaking, however, whatever you want to build for your life is available to you. All options are available. You can make new choices at any given moment and begin a new process.

Want to build a life where you travel and have a TV channel that discusses your explorations? Yes, you can do that.

Want to build a life where you create your own business that serves injured animals? Yes, you can do that.

Regardless of whether you feel your dreams are possible or not (which is up to you – it's an opinion), all possibilities are possible until you feel they aren't.

The biggest thing that many humans forget is that wanting, in and of itself, is not enough. You have to put your heart into actionable steps toward your dream. With every step you take toward your goals, the universe takes two towards you. You are a co-creator of your life. Those around you are also co-creating with you. The universe is creating with you. But you must do your part and that is to be responsible with what you think, what you choose, what you accept or reject and what you settle for. If you want a dream life, you must be willing to step up and help create it with the universe at your side.

We are all here for you. You all have a divine team to assist you in the creation of amazing lives that leave you speechless and abundant in joy. Accept our help, ask for assistance and live in gratitude for what you have. You are co-creating every minute. You create the water you drink, the food you eat, the bed you sleep on – everything. You can see the proof that you create in this very moment. Now, it's about wielding that power to create in an intentional way.

The key word here is "intention." Live with intention. Create with intention. This lines everything up for pulling your dreams out of the ether and into a physically manifested form.

Envision a river flowing through your front door and it flows into you – not out, just in. Imagine this river flowing to you every time you want to manifest something into this physical reality, whether it be more clients, more financial gain, more food, etc. Any time you imagine what you want to manifest, imagine the river as you think of it. The river always flows to you and into you. This is the act of pulling a desire or experience out of the ether and into this physical reality.

Do not be attached to how your manifestation looks. If you want money and you find a penny, be grateful for the penny and keep practicing. Be open to *how* your manifestation arrives to you. If you want a loving relationship and expect a wife or husband, be open to a new neighbor moving in who becomes a loving best friend.

Be specific with what you want to experience in life. The more specific, the better.

Remember, however, that all fellow human beings are co-creators, so manifesting specific relationships with other humans must be co-created with that other human.



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The loving beings within the Akashic Records are truly astounding and loving. They want each of us, all of us, to remember who we are and to step into our greatest joy. We are all walking each other home. When we heal a part of ourselves, we help others heal and we help the collective heal. We are all interconnected in one way or another.

Love each other. Love Mother Earth. Protect sacred, divine sovereignty.

As a reader of the Akashic Records, I am always in awe of the love that Source/God, our guides and our very own soul have for us. It's so deep and unconditional that I am overcome with emotion every time I feel it.

Please remember that you are loved, Dear One. You matter. You are important. Thank you for being you. Thank you for being alive. Thank you for choosing to love yourself in all the little and big ways you do.

The Akashic Records are teaching every day. There is always more to learn and see.

If you would like to see what your records have to show you, please join me in a session ([melaniebright.com](http://melaniebright.com)).

May we all be free.

Take care,

*Melanie Bright*