Belonging from Within

10 Akashic Record Practices to Trust Yourself as Connection Begins

Cheryl Marlene

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You don't have to become someone else to belong. You only have to return to yourself.

This workbook invites you into a deeper experience of inner trust—where belonging begins not through performance or perfection, but through personal presence. These 10 Akashic Record practices guide you to release judgment, soften self-doubt, and reclaim the truth that you are already enough.

Belonging doesn't begin outside you. It begins in the moment you stop shrinking and start saying yes to who you already are.

This is not a search for approval. This is a deep foundation of homecoming.

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Belonging from Within

65 Akashic Record Practices to Release What Holds You Back and Trust Who You Already Are

By Cheryl Marlene

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Getting Started

This workbook isn't about finding your place in someone else's circle. It's about becoming the space you've been searching for.

If you've ever shaped yourself to fit in… stayed quiet to stay connected… or shrunk to feel safe—this is your invitation to stop disappearing.

Belonging doesn't begin with acceptance from others. It begins in the quiet moment you stop asking who will receive you—and start saying yes to yourself.

These practices offer a way back. Back to presence. Back to trust. Back to the place within that never needed to prove anything to deserve love.

Here's how to begin:

- **Create space**. Ten to fifteen minutes is enough. Light a candle, take a breath, and step in.
- **Enter your Akashic Records**. However you already work with the Akashic Records, open when you are ready to ask questions.
- **Move slowly**. Each practice offers a centering truth, then reflection and inquiry. Let the pace be yours.
- **Stay open**. Emotion, resistance, silence, knowing—it all belongs. Your truth doesn't need to be polished to be real.

Some days you'll find yourself softening easily. Other days you'll grip harder. Both are part of the return.

This is not about becoming someone new.
It's about meeting the one who has always been here, waiting for you to choose them.

In Joy!
Cheryl

Stepping Into All of Me

ending the pattern of underestimating myself

I begin with . . .

I am no longer willing to underestimate myself.

Then I listen:

To underestimate myself is to shrink my presence before it even speaks.

It's not just doubt—it's self-erasure, a habit born from distrust.

Trust draws the lines that let me see where I begin and where I stand.

Without it, my identity blurs.

But the truth is this: I am not a mistake.

I am not too much.

I am not less than.

I begin by no longer overlooking my power and my presence.

The first step is awareness—catching those quiet moments when I dismiss my voice, my knowing, my desire.

With every small shift in attention, I reclaim a piece of my soul.

I come home to myself.

And in this home, trust becomes a living experience, not just an idea.

I am not here to be small.

I am here to be whole.

Questions for my Akashic Records:

Where have I learned to play small?

What truth have I been afraid to acknowledge about my strength?

How do I act when I fully trust my presence?

What becomes possible when I stop underestimating myself?

What Becomes Clear:

When I see the fullness of who I am, I stop shrinking and start becoming.

Release Judgment, Reclaim Self

Letting go of the voice keeping me small

I begin with . . .

I eagerly let go of self-judgment.

Then I listen:

Self-judgment comes cloaked in concern, but its true motive is control.

Self-judgment whispers that tearing myself down is the only way to grow—but it lies.

Confidence begins where self-cruelty ends.

When I trade criticism for curiosity, something shifts.

I begin to see my missteps as messages, not mistakes.

I learn from truth, not shame.

Letting go of judgment doesn't mean I stop reflecting—it means I reflect in a way that restores.

I claim my right to assess without attack.

And in this softening, my confidence begins to rise—not because I'm perfect, but because I'm present.

Self-judgment is exhausting—it drains my creative fire, limits my voice, and binds me to fear.

With each breath of release, I recover space to grow and choose with compassion.

My confidence does not bloom in pressure—it opens in gentleness.

The more I tend myself with clarity and grace, the more my true strength can emerge without apology.

Questions for my Akashic Records:

Where did I learn that judgment equals growth?

What truth can I see when I release inner criticism?

How does compassionate self-discernment support me?

What does my confidence look like without judgment?

What Becomes Clear:

When I stop judging myself, I start seeing who I really am—
and that truth builds my confidence from within.

Letting the Past Be the Past

releasing the weight of what can no longer be changed

I begin with . . .

I accept my past as is.

Then I listen:

The past can become a prison—one I carry in my body, replay in my mind, and let shape who I believe I am.

But the truth is, the past is over.

It happened.

It shaped me.

And now, the past is done.

I am no longer responsible for rewriting a story that's already been told and is now outdated.

What matters now is how I choose to live with the past, not how I try to undo it.

My past brought me here, but is not my destination.

When I stop trying to fix or find meaning in every misstep, I allow myself to arrive fully in this moment.

My life is a river, and the past is already downstream.

When I stop turning back, I see the full current of who I am now—present, awake, and powerful.

My strength is not in fixing what's gone.

My power is in choosing what's here.

Questions for my Akashic Records:

What part of my past am I still trying to fix?

How do I use the past to justify limiting beliefs about myself?

What would it feel like to release the weight of *what was*?

What becomes available when I stop looking back?

What Becomes Clear:

When I accept the past as is, I reclaim the energy I once used to carry it—

and bring my power home to me, now.

Returning to Connection

By remembering

I begin with…

I forgive myself for forgetting my connection with ALL.

Then I listen:

Disconnection often begins with a forgetting—a moment when I believe I am a mistake, unworthy, or divided from truth.

But forgiveness is the return.

It's the breath that clears the static.

I have mistaken isolation for independence.

I've confused separation with safety.

But my soul was never meant to be cut off from the whole.

In remembering my connection, I come back into alignment with life's deeper rhythm.

Self-forgiveness is not a passive release—it's a conscious choosing of reunion.

When I release shame, doubt, or fear, I make space to feel that I am already part of something vast and alive.

I belong because I am.

Questions for my Akashic Records:

Within the deepest expression of my soul, what is forgiveness for me?

How can I align self-worth with soul truth?

What am I ready to release about who I thought I had to be?

What becomes possible when I remember my connection with all?

What Becomes Clear

Remembering opens the path back to truth—
and in that opening, I see I was never truly disconnected.

Sacred Reciprocity

opening to those who respect my heart

I begin with . . .

I open my heart to those who reciprocate my trust.

Then I listen:

Vulnerability in relationship is sacred—but not all hearts are ready to receive.

Past hurt may have taught me to close, to protect, to hide.

But even in pain, I still long to connect.

Now is the time to shift from hiding to discerning.

I no longer offer my deepest truth to those who can't respect me.

Instead, I seek and honor those who respond to my openness with care.

This is not about my perfection—it's about reciprocity.

About respect.

I learn to trust my inner knowing about who feels safe.

And from that trust, real connection grows—not from performance or protection, but from truth.

I am worthy of relationship that reflects my worth.

I choose those who choose me, fully and with respect.

Questions for my Akashic Records:

What past wounds block me from trusting others now?

How do I know when trust is being returned?

What does healthy vulnerability feel like in relationship?

Who in my life meets me with reciprocal care?

What Becomes Clear:

I no longer open out of desperation—

I open where trust is honored and returned.

Infinite Possibility, Infinite Trust

opening the heart to what lives beyond expectation

I begin with . . .

I open my heart to the infinite possibility of all life.

Then I listen:

My mind wants edges.

It wants certainty, maps, a timeline.

But my heart knows that life is not a checklist—it is a mystery.

The unknown is not here to harm me.

It's here to invite me beyond the limits I've accepted.

Consider a different approach: communion with the infinite.

With every breath, I am part of something boundless.

The unknowable isn't a flaw—it's an element of the sacred.

In releasing my grip on what must happen, I open my arms to what can be.

And that opening is not passive—it's powerful.

It's a brave act of trust in the unfolding of life.

From here, I live aligned with what's real—not just what's predictable.

I stop trying to force outcomes and start witnessing the emergence of something truer than I can plan.

Questions for my Akashic Records:

How do I resist the unknown in daily life?

What part of me is ready to live in wonder?

What does it feel like to be in relationship with the unknowable?

How can I recognize the invitation of infinite possibility?

What Becomes Clear:

When I trust the unknown,

I step into the vast possibility of a life I no longer need to control.

The Amazement of Self

remembering the miracle of my own existence

I begin with . . .

I am amazing just as I am.

Then I listen:

Amazement is not reserved for sunsets or galaxies—it lives in me.

In my breath.

In the way my body heals, my heart remembers, and my soul stretches toward truth.

When I pause to notice the wonder of life around me, I begin to notice it within me.

I am not an exception to beauty—I am beauty's embodiment.

My scars, my missteps, my quiet victories—they are all threads in the design of my becoming.

I do not need to be improved to be worthy of amazement.

I only need to be witnessed with honesty and care.

Today, I choose to see myself not through the lens of judgment, but through the awe of existence itself.

I am amazing.

Me. Myself. I.

Amazing.

Questions for my Akashic Records:

Where have I denied my own wonder?

What makes me astonishing in ways I rarely acknowledge?

How can I see myself through the lens of sacred awe?

What changes when I live as someone who is already amazing?

What Becomes Clear:

When I witness myself with admiration and respect, I remember:

I am not flawed—I am a living miracle.

The Root of Confidence

trusting the path that emerges from within

I begin with . . .

I am confident that I am able to choose my best path in life,

letting go of whatever no longer serves.

Then I listen:

Confidence is not always what it seems.

Not noise.

Not arrogance.

Not needing to be right.

True confidence is the sacred rhythm of trusting myself.

Of believing that even when things are uncertain, I can find my way.

I can feel my truth, not just speak it.

Confidence becomes more than a momentary feeling—it becomes my baseline.

I return to my breath, my knowing, my inner reliance.

And from that connected place, I create.

I speak.

I live.

Confidence begins when I stop outsourcing my worth.

Confidence deepens every time I say yes to my inner voice instead of external approval.

This isn't about feeling brave all the time—it's about choosing to return to myself, again and again.

Confidence isn't a trait to possess.

Confidence is a relationship to nurture.

Confidence grows every time I trust that what lives inside me is worthy, whole, and complete.

Questions for my Akashic Records:

How have I misunderstood confidence in the past?

What does embodied confidence feel like for me?

How do I rebuild trust in myself after setbacks?

Where in me is confidence already waiting to be acknowledged?

What Becomes Clear:

Confidence is the quiet knowing I can meet life as I am—and grow from there.

Held in Belonging

Trusting that I am enough to be received

I begin with…
I belong—not because I fit, but because I am.

Then I listen:

Belonging isn't performance.

It isn't earned by agreement or sealed by sameness.

True belonging begins within—when I stop asking who will accept me, and begin asking:
Do I accept me?

There have been moments when I've twisted myself into shapes for safety.

Where silence felt wiser than truth.

Where invisibility felt like the only option.

But I'm not here to vanish.

I am here to be seen.

Not by everyone, not all the time—but by myself, first.

To feel held is to stop running from my own center.

I don't have to explain my presence. I only have to live it.

The more I trust my own enoughness, the more I recognize the places and people who can meet me.

Belonging doesn't require me to be different.

It requires me to be real.

And in that realness, I find connection that doesn't collapse me—but holds me upright.

Questions for my Akashic Records:

What part of me still believes I must earn belonging?

Where have I changed myself to be accepted?

What does self-belonging feel like in my body?

Who or what helps me remember I already belong?

What Becomes Clear:
When I accept myself as I am,
I become the space I've been searching for.
I don't fit—I *belong*.

The Power of Belief in the Now

unhooking the past from the future

I begin with . . .

Because my past does not predict my future, I now claim the power of my personal truth.

Then I listen:

It's easy to believe I am only who I *was*—defined by past failures, regrets, limitations.

But belief is not a fact.

Belief is a choice.

One that can shift, evolve, and open new paths.

Old patterns may whisper that change isn't possible, but those voices come from outdated versions of myself.

I am no longer beholden to beliefs formed under fear.

I can choose new beliefs which reflect the truth I now carry.

I am capable of evolving faster than my past can catch me.

Each moment I stop letting old stories dictate new choices, I reclaim my power.

I am rewriting the script of my life with every breath.

The moment I stop letting the past forecast my future, I become free.

I become powerful.

I become the source of my own unfolding truth.

I realize I am already that which I seek.

Questions for my Akashic Records:

What beliefs about myself were shaped by the past?

Which of these beliefs no longer serve who I am now?

What does it mean to claim personal truth today?

How does the future feel when I choose it, not fear it?

What Becomes Clear:

When I stop seeing my past as prophecy, I realize:

the power to shift beats within me now.

Your Next Step

If something in you is ready for more, here are a few ways to continue your Akashic Records journey with me:

Workbook Library
Each word, a whisper. Every page, a portal. Every workbook, a return to yourself. This workbook is one of many in a growing collection of soul-aligned practices within the Akashic Records. Explore what's next: **Workbook Library**

Akashic Record Intensive
If you're ready to go deeper—into the layers of trust, truth, and personal transformation—the Akashic Record Intensive is a powerful next step. Learn to work with the Records at depth, from the inside out. **Akashic Record Intensive**

One-on-One Guidance
Some questions ask to be witnessed. Private Akashic Record Readings and spiritual mentoring invite presence to what's emerging now. **Akashic Record Readings**

Akashic Records Masterclass
Prefer a self-paced path? ***Akashic Records Masterclass*** offers a complete, in-depth guide to accessing and exploring the Records on your own terms. **Get the Book**

Wherever your path leads from here, may it rise from within you. And may what you've begun here continue—gently, fiercely, and in truth.

In Joy,
Cheryl

About Cheryl Marlene

Cheryl Marlene is a pioneering guide in spiritual consciousness and the Akashic Records. She works with those who are done with surface-level answers and ready to move into the deeper truth of who they are becoming.

A mystic, futurist, and trailblazer, Cheryl brings the Akashic Records into living motion—beyond outdated ideas, into a dynamic spiritual practice where divine and human meet in everyday presence. Her work invites profound healing, courageous honesty, and personal power rooted in inner knowing.

Through private sessions, mentoring, business insight, and teaching, Cheryl helps seekers and creators uncover the wisdom already alive within them.

She's the creator of the Akashic Records Intensive and author of Akashic Records Masterclass, among many other books. Her students describe her as insightful, real, and deeply present—willing to sit with what others avoid.

When not writing or teaching, Cheryl is often on a trail somewhere, listening to the wind and following the quiet pulse of the mountain.

Her intention, refined over years of personal and spiritual unfolding, can be summed in seven words:

BELIEVE. Laugh. Learn. Love. Be. Become. Always.