

## **SOUL RETRIEVAL**

Set time to be in sacred space, quiet and with no distractions. Call in your guides, angels, teachers and any helping spirit that is specializing in the return of your lost parts. I traditionally use a drum or rattle. You can use a recording or simply have silence.

You can do this for your paternal and maternal lineage together or separately. Which ever feels right for you is perfect.

Allow the painful/traumatic memory in the current life to come to the forefront. Let your imagination unfold like a movie in your mind. Imagine going back and standing with your younger self in the exact moment of the painful trauma.

Pay attention to how you know this is your younger self and be aware of you being together but separate. Both the young self and the current self must pull everything that is not theirs out of both of their bodies. Completely pull out the traumatic event, the pain, the memories, all the ugliness, and give it back to their wrongdoers.

Take your time and make sure that you get absolutely all of it out of both of you and give it all back to one another. Ask a guide or guardian to be with you and to scan your field to be sure there is no residual darkness. If there is, go back and ask your guide or a specialty guide to go back and assist with getting it all out of both of you, leaving no trace of trauma, pain, vows or beliefs from the past.

Do every step in partnership with your younger self. Then call out for healing guides to create a perfect cleansing filter. When a filter is present, you and your younger self must take back absolutely everything that has been taken from you. Bring it through the cleansing filter and place it back inside of both of you.

Ask your guide to confirm and assist with this if needed and declare:  
*We now take back everything that was taken from us. We take back our personal empowerment. We take back all of our own energy.*

Be sure to take you time to get it all. You can talk it over with each other to see if there is anything else that needs to be done for a complete and permanent healing. Pause and allow both of you to check that out. Follow through with anything that seems incomplete.

Direct the current self to ask the younger self if they are ready to leave that moment forever. If yes, tell both of them to release that event and to move forward, merging together physically and coming back into the client's present moment in sitting in the experience.

Reinforce the healing on an energetic level affirming it is real by confirming with your guide who is assisting.

Make a declaration of completion and then have your guide assist you in "sealing" your auric field for protection and stability with this newly integrated soul part.

Ask if there are any gifts, symbols or information to receive at this time and give gratitude and appreciation to your guide, the soul part that has returned and any and all assistance you received during the retrieval.

Declare it is so and complete the ceremony, allowing you to receive the returned soul part completely, along with any gifts that also were given. Aho!