

Retrieving the Soul, A Practical Guide to Getting All of the Pieces Back.

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Retrieving the Soul

Have you ever tried to work with an individual on healing and they just wouldn't heal? Have you wondered whether you were doing something wrong or if the client was simply not cooperating? Just as Touch For Health® is an ancient practice so is the awareness that the client's soul must be in the body for any healing to work. The comments start "The soul can't leave the body!" or "That's nonsense, if the soul left the body the individual would be dead." The ancients knew that unless the soul reentered the body healing could not take place.

Where did the soul go? The soul goes into the aura. The aura is that shield around the body that protects and draws life energy to the body. When a trauma happens to an individual it is not unusual for the soul to quickly leave the body to protect itself, some are used to doing this, as have children who have suffered much abuse. The abuse may have been mental, physical or sexual, the habit that arose was the ability for the soul to leave the body. Abuse victims will tell about being up in the corner watching what was taking place, or, they'll describe a feeling of not being present, leaving the body to take the punishment and returning later. Later in life when faced with stress, or a chronic or terminal illness, or sometimes a minor illness or upset, they will go back to the old habit of dissociating from the body by having the soul leave so as to not feel the pain.

Case History I

Had a beautiful, successful professional lady in her late twenties who was in a relationship that was possessive and eventually codependent. Her way of coping was to leave her body. Sex was not enjoyable because she was not present and it actually revolted her at times. Thinking became erratic because the soul left. Her work began to suffer because of imagined illnesses that were fostered by her boyfriend; i.e., AIDS, chronic fatigue,

vaginitis, ovarian discomfort. She was eventually tested for all of these and was found perfectly normal except for the vaginitis. To cope with this relationship she left the body as a matter of habit. In her case as in most cases, the soul retreated into the aura. It usually will be to the left of the individual but not necessarily.

Method of Soul/Retrieval

This method may be done in the wide awake stage or in an altered hypnotic state of Alpha as the situation presents itself. The client will talk about the feeling that she or he is not present or the feeling that she or he is in many pieces. During the interview it is important to listen to the clues that jump up having to do with those feelings of not being present or the concept of "I'm beside myself!" "I feel I'm not here all the time." "I felt that I was watching myself as I argued with..." "I feel I'm just a pair of eyes." "I feel empty."

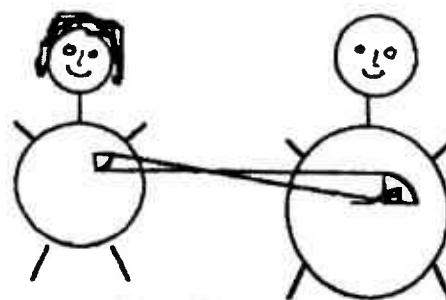
I then ask if they would like to feel whole again? And of course the answer is yes. I then ask them to close their eyes and first of all look down to their *solar plexus* and see if the White Light is within? Since they have already described a situation that indicates that they are without center, a White Light will not normally be present. Then I ask them to look over their left shoulder and they will see a small sun. Most will see the sun right away. If they do not, I ask that they scan their aura and find that sun that has left the center of their being. Very quickly they find the 'sun' and I have them actually reach out their hand and guide into their *solar plexus*, i. e. 'The Place of the Sun Within' and place it inside. This can be done in the altered state of Alpha but at this point they have not been hypnotized. As they work through the rest of the method they'll put themselves into an altered state.

We then expand the White Light, having it expand from their backbone to their

stomach muscles and from the left ribcage to the right ribcage creating a pool of White Light. Standing around that pool of White Light I want them to have all of their positive parts of themselves: the spouse, the mother or father, the lover, the sensual one, the sensitive one, the job they have; i.e., teacher, artist, policeman, marketing director, etc., and the particular skills that allow them to feel pride in themselves. When all of the positive parts have come forward we have the White Light push away all of the negative parts and energies. I then have all of the positive parts dive into that pool of White Light so that it splashes up over the shoulders and flows down through the torso to their toes and then back up to their head, so that from the top of the head to the tips of their toes they are 'White Light,' their White Light, **their 'spark of God's consciousness'** that was given to them upon their creation. At that moment they feel the soul in every part of their existence. All of the positive parts have integrated; they Immediately begin to think clearly again. I then have them anchor their soul within them by having them see and/or feel the White Light.

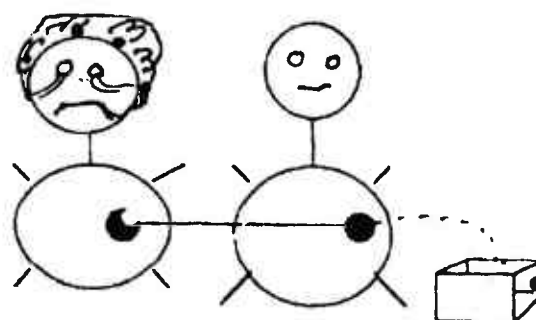
Now, we go after what caused this client to get into the dis-ease. First we verify that all of the pieces of the soul are returned and in place. The only times you may have pieces of the soul not present if the client or the other significant parties in their life have been into Satanic Rituals or Demonic behavior. While rare, this does happen and you must be prepared to retrieve the soul pieces that are held by others. Be especially prepared if in the interview they discuss ritual abuse.

The next pieces we go after are the pieces of the heart. In all good relationships a piece of the heart of one party is given to another and the other returns an equal piece of their heart to the other. Thus a committed relationship takes place. The problem in this world of commitment phobics is that one party gives a piece of his or her heart to an individual and gets nothing back, causing the giver to become very codependent and to weep (or bleed) all over the floor.



Equal Relationship
An equal part of each is exchanged

[sketch of good flow and relationship]



**A piece is given but
none is returned**

[sketch when the relationship is
without commitment]

So, we have to have that piece brought back within your client. Sometimes the client is the one with the piece and cannot understand how this other individual keeps ruining their life. In this case we have to have them return the piece that they allowed to be attached to themselves. It is interesting to note that they let it happen and even made room for the piece by placing their equal 'uncommitted' piece in a box down to their right side. So we have them open the box and replace their heart piece back inside. Also to protect our client's karma and to prevent the other person from bleeding all over the carpet, we have the client help the other person open the box they have in which they placed their piece and return it to their heart. In the spirit of the healing heart we have the client forgive the other person and release them to their own destiny under God.

Case History II

A lady come to me three years after a husband said one day that he was through and decided to drive away. She saw his red back lights as he drove down the road. From that day she started to cry at home and at work and became unglued to the extent her children would not allow her grandchildren to visit. She made the rounds of psychotherapists to see what could be done to lessen her tears, all to no avail. She was referred to me by another client and she came to see what I could do for her. What I did was to first of all get her soul back inside. Next we went under hypnosis to her marriage and looked at all of the instances that indicated a breakup was about to happen and removed the denial that she had placed around the situation. Then we brought back her heart piece that she had attached to her former husband and made her whole again. We also placed his reserved piece from the box to his right back inside of him and forgave him. She was instantly stronger. Her lawyer commented that it was about time.

In her previous condition he could not take her into court because of her emotional state. She improved steadily, becoming empowered. Her children have seen her emotional state improve and allow the grandchildren to once again be with grandma. She even got brave and tested the situation with a dinner date with the former husband and was completely herself, strong and empowered.

Case History III

A very handsome, very macho male nurse came to me with a broken heart. His wife had left him for another. In his free time he would follow her obsessively. He even broke into her apartment when he thought she was with another guy. She wasn't and he got cited for his aggressiveness. He described to me how he would sit outside when she was entertaining a male guest, and remark to me how awful it was that she would have someone in her apartment after 3:00 AM. As we worked, we first had to get his soul back inside so that he could think again and lessen the compulsiveness. Next we had to get him

to realize that he was jealous, compulsive and obsessive. He described meeting a new lady and how it was so wonderful that he was able to talk to her. I asked if he was intimate with the lady and he was outraged that I could think such a thing. I then asked at what time of night he left her house and he told me 3:00 AM. I asked how did that make it different from what his wife was doing, and I got his first AH-HA. I told him that before he could enter into a meaningful relationship with another he had to get his pieces back inside. We brought back the piece of his heart that he had attached to his former wife and placed it back within him. And in the *spirit of the healing heart* I had him open her box that she had reserved her piece and helped her place; that piece back inside of her heart. His obsessive compulsive behavior stopped at once. He merged into the relationship with the lady he was visiting. And has lived happily ever. This is not a fairy tale.

Case History IV

One of the first cases I did was with a former stockbroker, upwardly mobile typically yuppie in all of its meanings. She had been left at the altar - literally. Every engaged woman's nightmare. He just didn't show up. And she, in shame and embarrassment, suffered a nervous breakdown. As part of the treatment from a psychologist, he told her to imagine that this guy had died and in an attempt to reframe, that he had died on the way to the church. She got better and regained her job as an investment counselor. Until one day when she was at a typical yuppie hangout, across the bar whom should she see but the guy who had jilted her, who in her thoughts was dead. She entered into another breakdown and was taken to a psychiatric ward. When she came to me two years later she was in training to be a checkout girl at a local supermarket; she was without a center. She had lost all of her confidence. We took a full two hours just to get her soul back inside so that she could experience it; she had shut down her feelings so completely. Two days later, we worked on getting her heart piece back, mending that broken heart. We then worked getting her confidence back and

the release of the guy who jilted her. In the *spirit of the healing heart* we even worked on forgiving him for not showing up at the wedding. Everything started to jell; her confidence came surging back, her mental faculties were outstanding, she got her brokers license back. Everything was going great. She called my voice mail and she was in tears and laughing hysterically - I got back to her quickly and found that she ran into him while crossing the street. She said hello and he half expecting her to have another breakdown, responded. They chatted for a moment and they parted. Her call was to tell me how excited she was that she could run into him and not be affected in any manner. "Just as though I ran into a friend from college." She was whole and complete and has remained so. She is now happily married to a great husband.

Getting the pieces of the reproductive system back. A very sensitive issue. Here we have a client who has given his or her pieces away *looking for love in all the wrong places*. In some cases they gave a piece of themselves away looking for love. In others that piece was torn away. This tearing off of a piece of the reproductive system gives the most trauma. The effects of this can be serious and can lead to illnesses of the reproductive system. This behavior of looking in all the wrong places for love creates an added problem of lack of self-confidence and a lack being able to love yourself.

Case History V

A young lady of sixteen was adopted into a large family. She was sexually abused by the oldest son. She tried to tell, but everyone in the family said it must be her fault or denied that it happened. While he was away at school everything was okay; when he came home he would find a way to force her sexually. Feeling guilty and ashamed she ran away. And then started to use sex to live. When she came to me she said that she felt empty. She said that her reproductive system was like Swiss cheese with all kinds of holes in it. When we got her soul back inside and then had her retrieve all of the pieces of herself that had been tom off of her she became whole. She forgave herself for what she

had done *either real or imaginary*. The authorities assisted her in getting new living accommodations. She has continued to be a healthy attractive vibrant woman in her twenties, careful to look before she tries to use sex to find love.

Being whole again is a wonderful experience of completeness, of being centered. As the heart chakra and the reproductive chakra come into completeness, the body's endocrine system appears to come into balance. As the glandular system begins to balance, the client feels whole and complete, possibly for the first time since childhood.

Have you ever given a piece of your mind away? We joke about this a lot, but in all seriousness it can be very debilitating to those who make it a habit 'to give them a piece of my mind.' When we do this it appears that you remove from your mind an anger or a rage, a fear or an anxiety or a guilt or a shame. When we give that rage, anxiety or shame to someone, we, in effect, give away a piece of our mind. As we pull back those pieces we release the effects of those pieces on others and return those chunks of our intellect that we gave to others to complete our wholeness.

Expanding the White Light

We now have in my chair a person who is experiencing the soul within them and completely filled with White Light, their White Light, the spark of God's consciousness that was given to them at their creation. We could just leave it like that and hope that they would not lose that White Light. But the Creator Source gave us a helper for our therapy. No matter the religious beliefs of the client, there is in their belief system a strong White Light that is available to them. A Universal Light. A Light of the Holy Spirit. The White Light of the Great Spirit. The Light of Shakeena. The Light of Allah. The Light of Buddha. All our terms for a beautiful White Light or sometimes Golden (sun colored) White Light that is available to strengthen our own Soul Light. We now have the client look up to the crown of the head and as though they had a funnel on the top of their head we ask them to bring this White Light

down within them; and fill and mix their White Light with the White Light and feel it double and triple in intensity. As it doubles and triples in intensity we have the client let it pour out of every pore of the body, forming an egg of White Light all around them. As this forms a protection around the client it pushes away any negativity or darkness. We verify this with the client and as we so, the client responds sometimes pointing out that they can feel the White Light all around.

Next we form a shell of beautiful diamonds all around the egg of White Light. We choose diamonds because they are the hardest substance known to man, and cannot be penetrated by any evil or darkness and because it reflects out the client's White Light. It allows the client to give his or her White Light to all who are in need. But no longer are they drained when they help others. No longer can others take their White Light or enter into this shell of diamonds to remove their White Light from them. They are empowered. They can be a giver of White Light to all in their care. By 'giving care' they no longer 'take care' of others but they empower those with their own White Light and allow those others to increase their own White Light or get their Soul Light back inside.

Summary

The importance of being whole cannot be over-emphasized. Once the client is complete, then the healing process begins. In this way we find the individual becoming a participant in their wellness and in their fight for recovery. Keeping the White Light around them is important. This White Light is an inexhaustible supply and only the calling upon the Source and looking up will bring all of the White Light within the person and increase the egg of White Light that surrounds them.

A Caution

One of my clients-clearly taught me that there is a difference between Black and White Light and by just short-cutting it with the word 'Light' even though your intention is for White Light, you can bring in the Black Light and with it the forces of evil.

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