

## SOUL RETRIEVAL & SOUL LOSS for I.S

### What is Soul Loss?

To understand Soul Retrieval, we must understand first what Soul Loss is and how this occurs. Including being able to understand the symptoms.

Living as a human in the 3D inverted matrix everyone will experience at some point part of their Soul energy vitality self being lost. And this loss can be temporary for a few seconds or last months years or a lifetime if not remedied.

Soul Loss occurs due to the reaction to a traumatic event not being resolved held and released through the whole human energetic system. It is when the emotions that are felt during the trauma are locked into the system psychologically physically mentally and energetically.

When we are not held supported comforted loved, we energetically retract especially during a traumatic event. We have experienced being left abandoned. This is experienced as a threat. The more severe and/or frequent the traumatic event(s) the more we experience not being worthy of care. So the more intense the trauma and especially if experienced at an early age. The more an aspect of the Consciousness part of the Soul is lost. It is a protection mechanism. Against the emotions that we were unable to process makes sense of learnt from and let go of. We can interpret that those feelings emotions reactions are bad. That something must be wrong with us to be abandoned in this way. This can be devastating and so we experience part of our consciousness self Soul part leave.

The human who experiences this the lack of being held must hold onto themselves which leads into states of fight/flight/freeze. The person goes into reactive hyper vigilant state to prevent future trauma. Survival mode. The defences go up with the switch ready to be flicked at the sign of similar circumstances. Commonly described as 'Triggers'. People are triggered because they hold a resonance of fear attached to the unresolved energies emotions memories. These are energies which hold memories emotions which are held inside in the unconscious part of the mind and buried in the physical body. And intern these create beliefs and ways of behaving in the world. This all creates a reality which is fed by the energy.

When a person is held in this reality energetically it is contraction. They become rigid not in flow with life force and the quantum field. The more intense the trauma which is not resolved the more volume intensity this is energetically. Which creates more dis-ease that is heavier. The denser the energy vibration the more solid it becomes. The densest being 3D where the physical realms reside.

And so we experience being weighed down by the emotions energies. This causes disease on the Mind Body Spirit Bodies. Creating distress and programming in the mind. Destructive patterns of behaviour. Issues with emotional states such as anxiety. And disease physically such as allergies or immune issues where we experience our body is under threat.

When we contract, we literally hold less space so the flow of energy slows down and – the energies in all our systems cannot function in a healthy way. As we are holistic beings. One area will have an affect on all areas. And this creates dis-ease in mind body emotions. That manifest in different areas in our life. Mostly the core ones. Such as relationships – finances– finding fulfilment – Soul Purpose.

During time if these unresolved energies memories emotions become denser. Creating energetic knots. If left, they get pushed further and further and deeper into the unconscious and deeper into the physical body. So, for instance they can start out as knots in the muscles and then become more entrenched such as phobias or chronic physical disease. The person can also create 'Thought Forms' in extreme cases are expressed for instance as poltergeist outbursts. We can also describe the 3d inverted Matrix as one big 'Thought Form'.

On an individual level energetically, this is felt extensively in the Root Chakra and the Heart Chakra. And depending on the person and the trauma the other Chakra are also affected. The main ones in this area are the Throat Chakra where the person who experienced the trauma frequently was silenced and felt and feels unable to speak about the event and how they might feel.

The Root Chakra is the centre of our basic needs. Survival or thrive. Food House Home body Relationships Work Money Nourishment Health Earth. And so people with Soul Loss will have issues in these areas of their life.

The Heart Chakra where we are connected to our Soul and LOVE is affected. And so people can feel literally energetically emotionally 'Heavy Hearted'. Or unable to feel or give love. Someone with severe Soul Loss will not feel at home with being alive here on Earth. Therefore, the mass of humanity is under the delusion that they are not at home on Earth. That there is not enough food fuel. They are disconnected with Nature and the Spirit of Earth Gaia. They are in lack for they are in the collective Thought form of Soul Loss. And therefore, the Collective humanity is in the Dark Night of the Soul.

People with Soul Loss can feel ungrounded not anchored to Earth. For their consciousness has left their body. Not fully connected to their body shut off in their heads. Relying on outside thoughts beliefs to dictate to them who they should be. What they should believe. How they should live. Victim to circumstances not able to connect with their Soul Purpose.

Energetically due to the loss of parts of their core self consciousness soul this creates weaker energetic fields. For the life force is not able to be in flow. Giving access to nourishing vibrant vital energy. And so a person with significant Soul Loss lack energetic definition with firm clear confident boundaries in the energetic skin of the human being. This skin is more vulnerable as the life force acts like a cloak of protection. Without this firm layer the person is more susceptible to stresses strains to the energetic field that can create holes cracks.

These energetic holes are where the stress of trauma creates trauma wounding. And this is experienced throughout the energetic field of the person. From the etheric aura and the Chakra including the physical body emotions and mind. The more severe the Soul Loss the greater the risk of the person having unclear energetic clarity and boundaries. These trauma wounds are holes in which denser energies can use to attach themselves with a person. It is like the windows have been left open in the house where the homeowner is unaware that the window is even open. That there is even a change in temperature. For the person to survive holding onto the unresolved feelings and emotions has switched off their awareness sensitivity.

The more severe the trauma and shock the more holes will appear in the Chakra Centres and Auric field. These holes in the emotional body are fear grief guilt blame shame anxiety deplete the system. A beacons to density energies

vibrations and beings. And so, the person with Soul Loss can become victim stuck in the time loop of the unresolved trauma. Where the outside world reflects their inner trauma. That is why people are drawn back to abusive relationships in their adulthood who have experienced abuse as a child.

There is one Key point here. The unresolved trauma held within desires to be released. These unresolved emotions thoughts energies that are buried are often described as Shadow Aspects. And those aspects wish to see the light. To be held lovingly so they can be released and transmuted so we can find peace resolution.

There is also a gift always held within these shadow aspects. These gifts are the learning knowledge awareness gained through this experience. When we face our shadow aspects, we get in touch with whole areas of our life experience that include skills that were lost.

The part of the human being which pushed those parts which they could not be left feeling in isolation. Because they were separated pushed down, they become enmeshed distorted into fearful aspects. Demonised monstrous. And to put the lid on top to close down nail shut is the energy of Shame. The person with Soul Loss will be holding blame and shame for having suffered this trauma and Soul Loss. And so It is layer upon layer. Which is too much for people to be fully present with. And if not addressed the person numbs to feeling those parts. They become desensitised to the layers of entanglement.

Part of Soul Loss is being desensitised. Not being able to feel sensually and being cut off from psychic senses and the intuitive guidance. Not being fully present embodied. It is common for those who have Soul loss who have not had the correct diagnosis of Soul Loss. To spiritually bypass by trying to force a healing. For they do not want to feel what has been suppressed hidden in the Shadow. They feel a loss and want to be awakened connected to their Soul Purpose. In abundance Peace and in Creative Flow. No longer victim.

This is Spiritual by passing which can be expressed through engaging with forced spiritual practices. Such as forcing a Kundalini Awakening. But only through shining a light on those trapped emotions and trauma can those energies be released and cleared. Only through this process the Soul Part be embodied reclaimed. I have met people who have repeatedly done psychedelic journey's

and forced Kundalini Rising. And at worst they experienced breakdowns or were hospitalised. There are no short cuts.

The other form of Spiritual by passing which is very common is to create other stories to explain the Soul Loss symptoms. And the person can get lost in the stories. Creating a whole romantic drama to be lost in. To dream about to escape into. One such as Being StarSeed and not feeling at home on this planet. Sometimes it can be the StarSeed did choose to be here but suffered Soul Loss while being in their Human incarnation. And it can be easier to dissociate from the human pain. By projecting the trauma to elsewhere – with the idea that their trauma comes from not being human not from earth and their home is elsewhere. It is a form of escapism and denial.

Sometimes the Soul Loss does come from Past Parallel lifetime's such as with the Fall of Atlantis or leaving Lemuria. Whether the trauma was from this lifetime or another. The same issues and approaches to treatment apply. For this desire to be lost in a story to be elsewhere is due to the Soul Loss aspect being lost and the human not wishing to feel the unconscious shadow aspects. The person does not want to be fully present in their body. But are caught in the past or future. Outside of feeling fully physically. Embodied in the here and now to their Soul Choice to be here at this time.

It is true that many do struggle with feeling at home on Human 3d earth who are StarSeed. But it is important to distinguish this from not feeling at home with the human 3d which is not Gaia and Nature. It also can be easy to believe the experience of being separate from ones Soul Aspect is part of the Collective Soul Loss of Humanity which experiences disconnection from Gaia. For this Collective Soul Loss Thought Form 3d Matrix is massive and impactful influential and very persuasive.

Part of the path of retrieving ones Soul Aspect is becoming more sensitive. And through becoming more sensitive we then can distinguish what we feel think know individually from that of others and from the Collective. Without this awareness the person with Soul Loss is co-dependent. Enmeshed. They are in a state of confusion. Lacking in confidence and certainty in their own experience of thoughts emotions feelings intuition guidance and Soul perspective.

Thus, Soul Loss is connected to co-dependence. This creates for instance dysfunctional relationships such as the dynamic of Narcissist and Empath. Both are suffering from Soul Loss. And both need each other to fill those holes. It is a dysfunctional reciprocal relationship. This creates the reality of being victim to events. Not being of value. And so often people with Soul Loss will have issues with being financially independent. For they do not experience themselves as being of value. That the world they are cocreating is abundant.

And so it can feel be experienced like a Catch 22. For the Trauma creates a block to access the Soul Guidance and remembering of the Soul Purpose and Path. Which enables us to understand the choices from a wider broader Divine perspective. With Soul loss the persons energetic field shrinks. And with this there is less energy flow with Source. This is a resonance of lack. And so the person is in a belief reality that there is ltd choice. This can be described as victim resonance.

I would like to add another important note here. From a Channelling I received in November 2022. From my Galactic Family of Light who relayed that sometimes we have Soul Parts that voluntarily are placed in parallel or different dimensions. Not out of trauma but so that our Soul can Multitask. In those cases, the person will spontaneously experience Soul Retrieval very like 'Walk-in'. I have experienced this and know of others who have also. And when this occurs the reunion is blissful. These aspects can seem not us but part of us at the same time.

This is important to understand that Soul Loss is a survival mechanism. For the person is unable to fully comprehend be with the pain of the loss of being held in the Trauma. This creates at times the experience of unbearable loss and suffering. And so, the person splits off part of their consciousness Soul to survive. This splitting is Soul loss. They are not fully alive. And so, in extreme Soul Loss the person becomes dissociated. Unable to escape physically from the trauma they split part of themselves so they can disappear not feel. Short term this can be lifesaving. But mid to long term this drains the system. And this can create more layers of issues. Including co-dependent relationships – addiction – physical disease and suffering in many ways.

There are clear signals signs if a person has Soul Loss. Jenn Aubert lists 33 symptoms of Soul Loss I list them here along with 13 more which I have added at the bottom:

1. You feel consistency “off”.
2. You suffer from bouts of depression.
3. You feel lost when it comes to your life’s goals and dreams.
4. You feel stuck (or spinning) and unable to figure out your next steps.
5. You feel disappointed at where you are in life.
6. You feel shame or embarrassment about past events.
7. You find yourself restless and distracted.
8. You have persistent anxiety and/or fear.
9. You are hyper-vigilant.
10. You don’t feel connected to your body or reality.
11. You feel a pervasive numbness when it comes to your life.
12. You feel deeply inadequate and suffer from a lack of worthiness.
13. You have gaping holes in your memories.
14. You escape through alcohol, drugs, food, sex, and/or social media.
15. You escape by being excessively busy.
16. You know there is simply MORE although you can’t articulate it, yet alone figure out how to obtain it.
17. You’re unable to release some emotional trauma from the past such as a death, divorce, or other loss.
18. You have experienced a major physical, emotional or sexual trauma.
19. You feel like a different person after a particular shocking life event. You have said, “I have never been the same since...”
20. You generally have trouble sleeping.
21. You find that you repeatedly or frequently get sick with colds and flu.
22. You suffer from chronic fatigue.
23. You’ve gone to the doctor because you sense something is physically amiss yet your tests all come back inconclusive.
24. You are longing for more meaning, more purpose, and more direction when it comes to your life.
25. You have been in a physically or emotional abusive relationship.
26. You spend money on things to make yourself feel better and find that the fleeting euphoria wears off quickly.
27. You have had a surgery and had a difficult recovery.
28. You constantly feel physically or mentally fatigued for no apparent medical reason.
29. You have trouble maintaining healthy relationships.

- 30.You are in the throes of a “dark night of the soul”.
- 31.Sometimes you feel you don’t have a grasp or control of your own life.
- 32.You are craving real wholeness, genuine connection to something bigger, and you are striving in a variety of ways to discover what that is.
- 33.You’re truly wanting wholeness.

As you see everyone will at some time would have experienced at least one of these symptoms. I have added these KEY ones -

- 34.Food issues from overeating/under eating to Bulimia Anorexia
- 35.Body Dysphoria wanting plastic surgery for cosmetic reasons
- 36.Sexual issues such as Porn or DM
- 37.Allergies
- 38.Bowl issues
- 39.Grinding Teeth/clenching Jaw
- 40.Shallow Breathing
- 41.OCD
- 42.Phobias
- 43.Relationship attachment issues
- 44.Spirit Attachment
- 45.Spiritual Escapism – addicted to Psychedelics Trips.
- 46.You can’t remember whole junks of your childhood

The more severe the trauma then the more chronic those symptoms will manifest. And a person is more likely experience more than one of these symptoms.

The other main issue due to Soul Loss is Spirit Attachment. For whether the being is human or not. If a person has lost part of themselves, they will have energetic holes in all their body including the Auric Etheric field. Along with the emotional and mind bodies. And so, they are vulnerable to being intruded upon energetically.

Denser beings will feel drawn to the human with Soul Loss for they will consciously or unconsciously drawn to the emotional pain still trapped. Because they are holding onto pain themselves. And/or they wish to create more of this



suffering. They resonate with the energy of suffering. This is called Spirit Attachment.

I will also add that connected to this form of Attachment are dense energies with Energy Chords. All beings create pathways energy lines where the communication information runs along. The stronger the more frequent or intense those energies the more powerful those Chords are.

Energy Chords are how energy creates pathways. From Rivers which are a current of water to Ley lines. Energy Chords are not good or bad. It is how communication is transferred travels.

The issue is when denser energies beings become attached to those chords. And they are used either consciously or unconsciously to create a pattern of behaviour relationship dynamics and reality.

And to further complicate things the person who has Soul Loss who has Spirit Attachment Issues can become addicted to the drama of the attachment. For it acts like phobia where the emotions are detached and blamed 'externally'. And so the person is kept in the time loop reality of the trauma drama.

Approaching people with Spirit Release one must be sensitive to the complexity of the issue. For they are more likely to go into blame of shame if it is suggested that the cause of their distress dis-ease Spirit Attachment is a past trauma. Which they might not recall.

**Soul Retrieval work is an advanced specialist healing modality and should only be attempted by someone who is trained in this specific area. Soul Retrieval has been practiced by Shamans for centuries. If you suspect that you or another has significant Soul Loss, I am happy to be consulted on this. Either to suggest a treatment plan with myself or with alongside other practitioners. If I am guided that I am not the right fit, I can assist in recommendations to other practitioners.**

**All above others have spoken written about I am sure under Shamanic Umbrella. However, this is Interstellar Shamanism and includes areas perspectives that are specific to this approach understanding.**

## INTERSTELLAR PERSPECTIVE ON SOUL LOSS

We have looked at addressing Soul Loss and Soul Retrieval on an individual level. Specifically through the lens of one present lifetime. As individuals we are part of the collective. Where the individual goes so does the many. Micro Macro and Metaphysical. So there is also Soul Loss on a Ancestral Collective and Humankind Level.

Along with this we need to also look at time. That we are not anchored into one linear timeline. Not only do we have many lives lived. We can also have lives lived in parallel universes and timelines. And linear time is just an idea a concept to anchor us to the 3d Matrix. Time in fact is a construct. There is only the now. And within that now is infinity. This is Zero Point. And is Quantum.

Many people are experiencing the dissolving of Linear Time. Through the experience of time speeding up or slowing down. I and others have spoken about experiencing being able to focus our intention in order to slow time down. I have also experienced moving between two parallel timelines. Where I had a memory of a friendship with a person with details specifics including in the mind but heart and body. Which that person did not have. I realised that I had converged those timelines into the now.

The experience of Déjà vu is part of that process. Where we are shifting out of linear time into Quantum time. And those of us who are consciously aware of our Awakening and Ascension will have experienced those déjà vu experiences becoming more frequent and longer. So that we can move into predicting knowing what will occur next. And so many will have and will experience premonitions for we are moving into Quantum Time.

And so we can see that it is possible to have multiple Soul Loss from an individual and collective. That moves between time and space.

It is important to remember these points:

- A. The Soul remains intact and safe no matter where or part of it resides.

- B. Our individual Soul is part of an Over Soul resonance which holds us.
- C. Each individual is held within an expansive Family of Light which protects.
- D. The Soul loss can occur as I previously said through two ways. Through reaction/response to Trauma. And through choice not as a result of Trauma.
- E. It is always in Divine Purpose the journey that the Soul parts choose.

Regardless of the reasons why an aspect of the Soul chooses to separate. That aspect will always hold onto memories and gifts that we need. And not only that the Soul part will experience learning and gain knowledge will evolve.

The timing of when the Soul part aspect is ready to return is always Divine. And so we can let go of the ego/mind need to push force. It is exactly the antithesis of this. This process is all about trusting and surrender. Allowing. Letting go of control and holding on.

We do not need to remember every incident or trauma that might have occurred. For it is likely that this trauma if we had several lifetimes on Earth was repeated. Especially if we return to live many lifetimes through an Ancestral Line. And if we add in parallel lives this can be infinite.

Our Over Soul is the resonance which is the continuum. Not the trauma.

The way we can easily release the held emotions and unlock the memories attached to a repeated pattern programming drama trauma. Is to remember everything from the Over Soul perspective. From the mindfulness awareness. This enables us to experience remember knowing that everything is ENERGY.

This is the skill of a Shaman. Who can hold that wider broader lighter perspective. And see the truth below the surface of the story drama pattern. And see the resonance energetic pattern that is held within. And is attached through the emotion stuck in the body unconscious and chakra system.

### SOUL RETRIEVAL & How to remedy treat Soul Loss

The two main issues that require immediate focus at the start of the journey to prepare for Soul Retrieval are: -

*A. Coming back to the Body.*

*The main issue is that the person was not held. They are experiencing being lost. Literally not at home in their bodies. They do not feel safe. Unable to feel confident in themselves. Not as able to connect with their inner knowing guidance intuition. And their choices thoughts guidance.*

*B. Healing the Heart.*

*For this lack of experiencing being Loved for to be cared for is to be loved. This creates an energetic 'hole in the heart'. Created by grief fear anger. These energies need to be illuminated seen heard felt and held through 1:1 Healing modality.*

Soul Retrieval for the most part cannot be done in isolation. The person needs to be held by another and witnessed by another. This includes a person(s) in the physical alongside Spirit Guides our Family of Light. Guides Elders Ascended Masters. Also, because humans are an intricate multi-dimensional Being with different aspects that weave together Mind – Body – Spirit there is not one linear way of treatment. Soul Retrieval in my experience needs time care patience. To move between these aspects.

It is vital there is a balance between the Shadow work going into the Darkness and calling in a resonance of LIGHT and LOVE. Along with experientially feeling a sense of safety. Without having this balance, the Soul Aspects that are separate will not come back.

Therefore Body work is key. When the energy is flowing enough and the person can be conscious present grounded. At home in their body. Able to experience being held and SAFE. Then the work of releasing the shadow emotions stuck energies connected to the trauma can begin. And this is called Soul Retrieval.

There are many approaches to Body work and each person will need to find what works for them. And as they progress along their healing journey, they are likely to find specific modalities will be relevant then will be replaced by others.

The Holistic approach is not like mainstream clinical medicine. Which treats the symptoms and not the underlining cause. With a clear A to B in linear treatment. The approach is more like a spiral linking moving between the Mind – Body – Spirit. The quick One pill will not work.

Due to the dis-ease affecting all the layers of Mind – Body – Spirit it is like unravelling a knotted ball of wool or string. Which have several strands tied in. You need patience time. As one strand is loosened then we can see how the others are tied together. Until gradually we create more and more space, and we arrive at a place where enough strands are loosened. Knots are untied and we can see the individual strands. The ball then dissolves into different layers of strands. No longer a mess but a beautiful array of colours and textures. Which then weave into beautiful sacred geometry that can hold and resonate with the Soul part called back.

Alongside the Body Work Healing the Shock loss abandonment held predominately in the Heart Chakra is vital. The person needs to experience they were not to blame. Whatever that is. With most trauma human beings will focus on the story to try to understand what occurred. It is the ego/mind trying to protect against future trauma. However, the ego/mind is attached to the 3d inverted Matrix and will often attach to the vibration resonance pattern programming of blame and shame. This acts like a lid which keeps all the memories and supressed pain locked in the shadows.

The other issue which weaves into this is that most chronic disease which Soul Loss comes under will be the result of Ancestral Patterns which have been repeated down the generations. These will also be attached to the ego/mind stories along with the DNA cells.

For these reasons sometimes the ego/mind requires the most attention initially where the stories need to be heard. And this is where psychotherapy is so useful. I would recommend humanist where there is a holistic approach which includes the mind body spirit.

Each person is unique and that is why there is not one approach thankfully. And depending on their resonance they will attune to specific modalities and

practitioners. Below are the list of what I recommend as the key multi discipline approach's.

1. Body Work – Massage – Energy Healing – Breath Work
2. Meditation – Being in the Now
3. Mindfulness – Coming back into the body
4. Grounding and Forest Bathing Earthing
5. Water work including Salt Baths Wild Swimming
6. Affirmation Mantra - Calling in Balance into the Mind
7. Heart Healing
8. Ho'oponopono - Forgiveness Work
9. Breath Work
10. Prayer working with Guides and Spirit allies
11. Nutrition Diet awareness
12. Chakra Clearing
13. Shamanic Journey Soul Retrieval Shadow Work
14. Past Life Regression
15. Akashic Record work
16. Devotional Spiritual Practice
17. Psychotherapy Trauma Release Art Therapy
18. Dream work
19. Journaling
20. Spiritual Counselling
21. Tia Chi Chi Kung
22. Planet Medicine Aromatherapy
23. Womb Ancestral Healing
24. Shamanic Circle Drumming
25. Shamanic Vision Quests
26. Kundalini Yoga
27. Acupuncture
28. Dance Hiking Movement
29. Chord Cutting

There will be other modalities not on the list these are the ones which I have worked on with myself and others.

This guide is not linear but can act as a starting place for Soul Retrieval.

**Preparation. 1 to 4 needs to be done as a Daily practice. These are needed to prepare the person to bring back the Soul Part. Then in consultation with a Healer they can then prepare for Soul Retrieval work.**

1. Body Work to create an experience of safety. Daily exercises such as mediation of Tree of Life. Breath Work. Are vital to be grounded in the present in the physical body.
2. Wheel of Light. If the person is experiencing Spirit Attachment, then measures can be put in place to bring in protection and lessen the symptoms. This includes working with Archangel Michael – Melchizedek. Using Herbs and Crystals to raise the vibration of the physical body and home environment. Use of Mantra and Prayer. Regular cleansing of energetic body using burning Sage – Frankincense – Palo Santo. Water Sprays also with Essential oils of these herbs.
3. Mindfulness. Practice being consciously aware of one's thoughts and emotions. Be compassionately detached.
4. Work with the Emotional body. Spiritual Counselling and Therapy work.
5. Heart Healing
6. Ho'oponopono - Forgiveness Work
7. Chakra Clearing
8. Shamanic Journey
9. Akashic Record Journey – Soul Retrieval
10. Past Life Regression
11. Chord Cutting

**8 to 11 are all different approaches modalities to Soul Retrieval. In my work 1:1 I use a combination. Sometimes just one is needed. Other times two or more. Everyone is unique and so it is useful to have different methods approaches tools.**

In all these methods there is one added component which I would add. That these methods work within the resonance of mythical magical. And so this enables events beings to communicate in non-linear logical ways. The communication speaks to our Heart Intelligence. Along with our Mind and

Body. So the light depth of understanding learning and revelation. Moves into Quantum. And therefore, can assist a profound transmutation and clearing. Which could not occur through the logical ego mind resonance.

It is not possible to relay through word how to conduct these approaches if you are wanting to be a practitioner. This requires learning training and practical learning application over period of time. It is possible to teach the method directly in person and remotely. But in each case the person would need to have case studies to learn the application. And it would be advisable to have feedback and supervision.

It is possible to learn how to travel to the Akashic Records. There are many guided journey's that one can purchase. And it is also possible to learn part of the process to retrieve a Soul Part through Shamanic Journeying for instance to connect with one's Spirit Guides. This is another KEY part to retrieving a Soul part aspect. Which is reconnecting with our Family of Light Guides Teachers Elders. For they are existing in the non-physical and therefore can assist to translate and navigate between the realms and dimensions. They can help energetically and literally look out for us.

I have adapted and expanded Chord Cutting to include Shadow work. But again, it possible to learn how to Chord Cut for oneself. But I would not advise experimenting on others until you have mastered and have experience offering advanced Healing with several clients.

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