



## HOW TO INTEGRATE SOUL PARTS AFTER SOUL RETRIEVAL

(Please note that this is a suggested plan. Each person's soul part integration process is unique.)

### In the first 74 hours after soul retrieval:

1. Welcome each part home and do for the next 30 days and give thanks in your own way for this healing.
2. Please take the 5 flower essence or other essence recommended
3. Drink lots of water
4. Take a ceremonial bath when you get home. This grounds the energy that has returned to you. You might want to use aromatherapy oils, nice candles and especially bath salts, which help ground the energy.

**Clearing and balancing bath soak:** Mix essential oils into the carrier oil and then add that to salt mix. Add salt to bathtub water

#### Ingredients

- ♥ 1 cup of Epsom Salts
- ♥ Carrier oil: 1 tsp almond oil or coconut oil, or olive oil
- ♥ Peppermint essential oil 2-3 drops (also can use plant) or lavender (whatever plant medicine calls to you)
- ♥ A Tub of warm/hot water
- ♥ Soak for 20 mins

5) Embrace and communicate to your helping spirit or your power animal that came in to help you receive the pieces back. This connection will bring energy that you need in your life. Tell each part that you love them, that you're glad they're back, and that you want them to stay.

### What results can I expect from the soul retrieval?

Some people have very dramatic changes from a soul retrieval -overnight, they're not depressed anymore, or their physical condition improves 100%. For other people, the effect may be more gradual, such as subtle changes in feeling more relaxed, more energized, better able to make decisions, etc. A good rule of thumb is to look back six months after the soul retrieval session and assess what changes have happened in your life since the healing that you can attribute to the soul retrieval.

### Follow-up Phone Call or Email

I will call, text or email you two days after the soul retrieval so we can discuss how you're feeling, any reactions, questions, etc. you might have.

At least one Soul Retrieval Integration session that I recommended 4-6 weeks after receiving Soul Retrieval work. This is mainly to see how everything is going in your life. A typical session often involves checking in with the returned soul parts or soul essences and working with any emotions, feelings, fears, life occurrences, successes, challenges and/or feelings of deep bliss that may accompany this level of soul healing work.

Congratulations of embracing your own power within! The process of soul retrieval is really a ceremony of home-coming. This ceremony is truly an act of self-love and I'm so very grateful to be a part of it and share this journey with you! Congratulations for the courage it takes to show up for yourself in this way.

If you have any questions then please [contact me](#).

With Heart Felt Gratitude and Honoring, I Thank you for letting me walk with you on this journey!

**Love and Light**

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