

Month 3 - Soul Piece Retrieval - Pg 1 of 2



Bringing back aspects of ourselves that have been buried.



Did you find a Soul Piece in the underworld? If so, what did she/he look like?



What are the qualities your Soul Piece is bringing back in order for you to live in Wholeness?



Like a seed in the garden, your Soul Piece is perfect and fine, but the environment needs to support its growth (prepare the soil).

What are the qualities you have uncovered through:

- Gifts from the underworld?
- Gifts from the Triangle of Disempowerment?
- Power Animals?

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How can you weave these elements into a new way of being in the world?

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What is your New Story/Tale? How will your Wholeness ripple out into the world in your relationships, your work, your way of living?



If you already have everything that you need, what coping mechanisms are you able to release for a more expanded way of living in the world?



Write down below your new contract with yourself. Go beyond what you think is possible! ☆☆☆☆☆☆☆