

Soul Retrieval For the New Age

by El Herington

Do we lose parts of ourselves at times of crisis or trauma? What are the signs that I'm missing some of my energy? How can I retrieve and reintegrate the lost parts of my being?

The Soul. Ultimately, all of reality is made up of energy. Our Soul too is energy. We all carry a unique vibration made up of our own blend of qualities of beingness. These soul qualities make us the one-of-a-kind spark of the Divine having this human experience. At the core of our being some souls are playful, some focused, others wise or innocent. The soul is the infinite, unlimited, ageless consciousness living in your human body.

Soul Loss. For people on a spiritual journey the path leads at some stage to question whether we are fully present and focused in the present moment. If we have a challenge being fully here right now it may indicate a loss or separation from a bit of our complete self. People recognize that they've given much of themselves to their partner or children. Many people can relate to not feeling quite yourself after ending a significant relationship. Perhaps we're aware of a parallel life experience where we're operating on some level in a completely different reality. Other common occasions for soul energy loss are: birth, near death experiences, physical or emotional shock, loss of a loved one, and relationship breakups.

A simple soul loss questionnaire.

‡ Have you ever felt or said out loud:

I feel scattered.
I'm not myself.
I'm not grounded.
I'm off the planet.
I've lost touch with myself.
That person drained me.

‡ Have you had a traumatic event in your life that you never quite recovered from?

‡ Do you have the same vitality and outlook on life as prior to your relationship?
(whether it's ended or you're still in the relationship)

‡ Have you needed to work on getting back to your usual level of energy after being with someone who was draining?

‡ Do you feel 'tied' to your parents, partner or children?

Positive answers to any of the above may indicate that a bit of your energy is no longer with you.

Restoring Wholeness. Soul Retrieval is an ancient shamanic practice to assist people in recovering their lost energy. Typically this was a journey undertaken by the shaman to find and return one amount of the soul that was lost. In the New Age soul retrieval is performed in an updated fashion not requiring the drumming, chanting and other elements of ceremony. As Humanity is ready now for a new level of restoring all of their energy people can recover 100% of all their soul fragments. Reintegrating all aspects of the energetic Self then restores our sense of Wholeness and our ability to be all that we are in this current life experience.

Today a facilitator can act as an interdimensional tour guide for the client to journey through time and space locating and retrieving their life essence. The Soul energy returns in a symbolic form or an image related to the situation when it departed. The energy may come in as a beautiful gemstone, a brilliant star or Angel or it looks like the client at the age of soul loss. We may find a huge ocean of soul energy residing on another planet.

In this age of awakening humanity is expanding its consciousness (individually and collectively) to higher realms. Soul reunification offers the opportunity to bring together all of the consciousness we may have left behind in other incarnations. Imagine all of the experience, knowledge and power from countless lifetimes available to you now. This is being Whole and fully present. Then our Wholeness can spread out to uplift the collective conscious until we're all Present and living in harmony as one in peace.

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