

SOUL RETRIEVAL IN CONJUNCTION WITH SPIRIT RELEASEMENT

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Human beings experience fragmentation to some degree every day of their lives. As a result, entities and negative energies often come in to fill the void. By using the holistic approach of combining soul retrieval and spirit releasement in the clearing process, the clearing can be complete and the integration period decreased.

Fragmentation

Fragmentation is breaking into parts something that was once whole. We undergo this splitting of ourselves each day in order to gather experience in this third-dimensional world. By separating into pieces, we are able to learn about the polarities, view ourselves in greater depth and eventually return to the wholeness we truly are.

As painful as this may seem at times, we have agreed to this means of expression, and we are very clever about the many ways we bring fragmentation into our lives.

Understanding how we create fragmentation will help us stop the process. One of the most common ways is through trauma. When we experience trauma, a part of us can get stuck in that time period. We do this to protect ourselves from the full impact of the physical and emotional shock. The situation is just too difficult to cope with, so a part splits off from the rest of us. As we move forward, that part stays behind. Later when we experience a similar event, it triggers that stuck piece and we act in a manner suitable for that time, but which may no longer be appropriate.

Every day we experience traumas, which we often do not clear. We give ourselves a day, week, or if it is really significant, perhaps a month to recover. The remainder of the trauma we bury and we get on with life, but the loss is still within us. Contrary to popular belief, time does not heal all wounds; it just allows us to switch our attention to other things.

Fragmentation can also occur when a person steals our energy. This happens when we are vulnerable and the other person is not in her power, and she tries to bolster herself by taking energy from us.

Besides pieces shattering off or being taken, we may willingly give our power away to our family, jobs, friends, churches, doctors, organizations, homes, bosses, teachers and the military. We do this by allowing another to dictate our thoughts and actions without following our own hearts. This is not to say we cannot listen to or be involved with people and organizations, but we must remain in the integrity of who we are.

Soul Retrieval

Soul retrieval is a means for ending fragmentation. Soul retrieval is the process of traveling to the non-ordinary realities, retrieving missing spirit pieces, bringing them to present time and merging them with the body. Anyone can do this work for himself – it is not necessary to have a shaman do the work.

It is important to retrieve pieces and clear emotions or one may try to subdue the pain with drugs (prescription or otherwise), alcohol, compulsive eating, obsessive sex or uncontrolled shopping. These addictive behaviors and the void created by the absence of a person's pieces leave him open to the attachment of spirits and negative energies. Once attached, they create chaos and sap his power.

Spirit Releasement

Spirit releasement is a term describing a technique used to free people, animals or objects of energies that have attached to them. This paper focuses on releasing negative forces from humans, but many of the same principles apply when working with animals and objects.

The energies that attach to humans may serve a purpose but are usually detrimental to the person moving forward in life. These energies may be spirits that have failed to cross over at the time of their death and have found a host body to continue their third-dimensional experience. They may be patterns, thoughts or beliefs that are clinging to the person. They may be objects implanted in or energies inflicted upon the person in this life or another, i.e. if the person was shot, the energy of the bullet may still be carried in the memory body.

These attachments do not care about the welfare of the host. Their concern is their own self-preservation. Their power comes from the person not recognizing their presence. Once discovered, they lose their hold and are easily removed, if the person has filled the emptiness within him and no longer needs them. If the energy does not release, retrieving more of the person's own power will help him gain strength and cause them to disengage.

Doug was diagnosed as being psychotic and was on anti-psychotic medication. I had seen Doug three times and we had retrieved many of his spirit pieces as he had lived many lives in deep fragmentation.

One day when he arrived, he told me his friend had worked on him and an ugly energy had come up out of his body. It scared the friend so badly that he said he never wanted to see Doug again. Doug wanted to know if he was possessed. When I looked at his subtle bodies, I saw a mighty black energy in his abdomen. This had not come up before because Doug needed to be stronger before we tackled his releasing such a heavy force.

In a previous life as a monk, he had removed this entity from someone and in the process it had attached itself to him. As this monk, he had developed a strong need to do penance and carry the burdens of others which opened him to this attachment. He had carried the energy since that time in his subtle bodies. The spirit did not want to leave but as we restored his spirit pieces and brought in more of the light force, the entity released its hold and left, as it no longer found him a suitable host.

Doug's psychotic behavior was probably caused by this entity. If Doug had done the retrieval and releasement before going on medication, he may not have needed it. Since he had developed physical dependency on the drugs, he remained on the medication until his doctor could ease him off of it.

Please note that if a one is under a doctor's care when retrieval and releasement is begun, one should continue with the physician until all possible danger has cleared.

Indications of Attachments

It is not uncommon to have attachments of some kind, whether it be a spirit, negative energy, a thought pattern, program or belief that is not your own. The following are just a few indicators that suggest this condition could be present.

If you find yourself doing things and not remembering doing them, or not knowing why you did them, if you do things you don't want to do but feel powerless to stop, if you lived in a house that was haunted, if you were raised in an environment of not being able to speak or act outside severely strict rules, you may have taken on energies, thoughts or programs that are not your own.

Saying things like, "That's not like me," "I don't know where that came from," or "People always walk all over me," could also be indications that you are not living totally free.

Since you are the one who ultimately must claim responsibility for the thoughts you think and the deeds you do, it is important that YOU be the one in charge. If any of the above is affecting you, a releasement may be what is needed.

The Agreement

It could appear that we are victims of these attachments, but I have found that on some level of consciousness there is always an agreement made between the spirit energy and the host. There are no victims. While this may be a highly disputed statement, if one were to look deeply enough, one would find there has been something gained by both parties. This is usually not a conscious agreement, or if it is, the agreement is often forgotten.

Ann came to me because she was trying to quit smoking and no matter what she did, she could not break the habit. She had been a withdrawn teenager. She wished she could be more outgoing like the other kids, but it was not in her nature. She worked in a hospital. She carried meal trays to the patients. One night on her shift a teenage boy died in the hospital from a car accident. He was a flamboyant character and loved to have fun. Ann did not know the patient nor was she aware of his death. Because of her strong desire to be like him, she created an attraction to herself that allowed him to attach to her. She began smoking and partying. Ann got what she wanted and the teenager was allowed to continue his experience through her.

Once we realized what had happened, we retrieved pieces from Ann's teenage years that empowered her. Then we were able to release the boy's energy. Ann's smoking diminished substantially after this session; however, it did not stop totally as she had other issues that needed to be cleared as well.

Soul Retrieval and Spirit Releasement Together

It is often necessary to do retrieval and releasement in the same session because the pieces trying to come back in may be blocked by the energies that have taken their place. These blockages need to be cleared to make room for the piece trying to return. Since energies attach because something is missing, it may be difficult to release an attachment until the missing piece is recovered. In these instances, both techniques will need to be done together.

Elizabeth had pain in her shoulders and down her arms. When we looked at the pain, we saw that in another life she had given much to her teacher who took that and more. The teacher became jealous when Elizabeth began to surpass him. He implanted a dark vortex in her solar plexus to scatter her power and allow him to drain her energy.

Via the subtle bodies, this continued into this lifetime when he was again her teacher and used the old implant to continue what had started then. Elizabeth was not consciously aware of this, but it caused her to hesitate moving forward in her work. It was the old fear that she would again surpass the teacher and be punished as a result of the teacher's jealousy. Her arms were sore because of the conflict of feeling she should do her work and that of holding back for fear she would be hurt if she did.

We retrieved the pieces the teacher had taken from her in both lifetimes, but they would not all go back into Elizabeth. We removed the implant in her solar plexus and released the fear, anger and pain that had accumulated. At that point, the fragments integrated easily. Once these pieces were back, she released the pain in her arms and the hesitancy of moving forward in her work.

If one is experiencing fragmentation, soul retrieval may be enough, but this is

usually not the case, as we are quick to fill any void with other energies. It is most uncomfortable for us to feel empty inside.

Although soul retrieval may sometimes be done alone, it has been my experience that no releasement can be successfully accomplished without first bringing back the missing pieces. One might get the energy to leave, but the person will likely invite that energy or another like it back in to fill the empty space. The energy would not have been able to implant itself if there had not been an opening for it to attach. The space has to be filled with something, and preferably that is the person's own energy.

Limitations

The only limitation I have found with this work is the extent of our willingness to grow and change, as nothing will come forward that we are not able and willing to encounter. If we want fuller expression, peace, and lightness and are willing to accept the changes these will bring into our lives, there is no limit to what we can achieve using these processes. They can be repeated over and over, each time bringing back and releasing more. As we fill ourselves with our own energy and power, we are willing to release that which does not belong to us.

A Simple Retrieval Exercise

Sit quietly and ask those beings of Light that protect you to be with you so all is done for your highest good. Ask that the power you have lost come back to you. You might see or feel your confidence, joy, health, light heartedness, gratitude, or love return. Perhaps you will see little balls of light coming to you. If you do not see or feel anything, know it is still working through your intent. Intend that everything that comes back be cleaned in the Light so they align with your energy. Stand in the Light and allow the pieces to enter back into you. They know how to do this. Just allow them to return.

Negative Energy Releasement Exercise

In your mind, stand under a waterfall of liquid light – it looks like water but really it is liquid light. Allow it to wash down, over and through all parts of you. As it does, release into it anything that is not serving your highest good. Allow the light to transmute what you release or return that energy to its source. Enjoy the feeling of peace that permeates your body.

These exercises are simple and take very little time, yet they are highly effective in creating clarity, balance and peace of mind. If while doing them, you see or feel nothing that is okay. Remember this works through your intention, and if you intend it, IT IS SO.

Logic Challenged

Soul retrieval and spirit releasement may not be easily explained to the logical mind. This, however, does not decrease the effectiveness of their role in clearing present-day health issues, mending broken hearts, improving relationships, releasing addictions, and dissipating fear. By incorporating these into our lives, we feel lightness, clarity, self-confidence and peace.

Conclusion

Soul retrieval has worked well and spirit releasement has also been successful on its own. When used in combination, the clearing process is integrated in less time and the effects are even more dramatic for achieving wholeness, joy, lightness, clarity and a feeling of well-being. Once we begin getting our pieces back and releasing those that are not ours, the knot of energy theft starts to unravel. This initiates a chain reaction, and everyone benefits.