

SOUL RETRIEVAL: AN END TO FRAGMENTATION

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Soul Retrieval

Soul retrieval is a term used by shamans to describe a technique they perform whereby they journey in an altered state of consciousness outside of time and space to find a piece that has been lost, given away or taken from the patient who has come to them for assistance. The shaman brings the piece back and places it in the person. It oftentimes takes two to three months to integrate the replaced part. This technique proves successful, but can be a slow process and only the shaman can perform it.

By adding quantum principles to this procedure, multiple pieces can return at the same time and integration occurs usually within a 24-hour period. It is effective and simple enough that a person can do the retrieval for himself. This updated soul retrieval process is the subject of this paper.

The Original Fragmentation

Fragmentation is the breaking into parts of something that was once whole. When life began, there was only wholeness and integration, as described in *The Prism of Lyra*.

From this realm of unification, portions of All That Is wondered what it would be like to fragment and temporarily forget integrated existence. The force of this thought on such a mass level began to create a fragmentation. The illusion created from this fragmentation would be a challenging forgetfulness in which consciousness would need to create (from its own divine nature) the remembrance to once again unite. (Royal and Priest, 1989, page 1-2)

This was the beginning of fragmentation. From this first fragmentation, a group of beings called the Founders were created. Following the lead of their "parents," the Founders then shattered into more pieces.

When they believed they were ready, the Founders began another fragmentation. Just as a portion of the Whole became curious and created this realm from its thoughts, the Founders emulated their "parents" and exerted thought energy to create a fragmentation of themselves. This fragmentation occurred far and wide; individualized consciousness sprang from the Founders' group awareness and began to explore the universe. (Royal and Priest, 1989, page 13)

Daily Fragmentation

The Founders were looking for experiences that they could not have as a unified whole. They were emulating their "parents" in their search for greater consciousness, and we, as children of the Founders, are extending this process even further. We are imitating our parents (the Founders) as we too search for awareness through further separation from the whole.

If we can accept this theory in part or in total, we will recognize that we are the originators of our world. We have developed life as we know it in order to grow in awareness. We are not victims. We have chosen this path of learning, and we have been extremely creative in setting up conditions of fragmentation in order to learn and experience.

One of the most common methods of fragmenting is through trauma. When one experiences trauma, part of the person's energy can get stuck in that time and place. This is a survival mechanism because if one experienced the fullness of the situation, it would possibly be more than the person could endure. The splintered piece could be a body part, one's power, life, essence, or an emotional aspect of self. This was the case with Karina.

Karina is a massage therapist. She came to me because she was having pain in her right arm and it was interfering with her work. We discovered that in another lifetime her father had disowned her for not doing what he commanded of her. Being homeless and hungry, she stole food and as punishment, her hand was cut off, infection set in, and she died. We energetically cleaned the wound and retrieved the spirit of her arm, but we still weren't finished. In another lifetime she was tortured and hung by her arm. We returned those pieces and healed her arm from that time. As a result, she physically has had no more pain in her arm.

The work we did with Karina was done in her subtle bodies through our intention – the physical experienced the sensations as we did the work, but we did nothing to the physical body. Oftentimes it just takes recognizing the condition and seeing it come into wholeness in order for it to clear. We only need to INTEND it be so. Intention is very powerful.

Fragmentation can also occur when someone takes our pieces. A person will do this if he is not feeling complete within himself. He pulls energy from someone else trying to fill his own need. This is usually from a person who is weaker than him, and oftentimes a child.

Jamie came to me with horrible back and stomach pains every time she menstruated. She had married when she was seventeen because she was pregnant. Her husband emotionally abused her, beat her and forced her to take drugs. We reclaimed the parts her husband had taken and

broke agreements she had made with him. We recovered her 17-year-old self and pieces that had shattered off in the apartment where they lived. When her next cycle came, Jamie did not experience any pain and has remained pain free since that time.

Those who steal energy from another to fill themselves are not aware that they can, or if they are, do not know how to get their own pieces back. Once they learn this and start filling themselves with their own energy, they no longer need to take from another and the knot of energy theft starts to unravel. As they return parts to those they have stolen from, that person can give back that which he has taken. This starts a chain reaction, and everyone benefits.

Besides pieces shattering off or being taken, we at times willingly give parts of ourselves to another. We may give pieces to our lovers, doctors, jobs, bosses, homes, children, friends, teachers, gurus, churches and the military.

Sarah was a natural energy worker but started questioning her gift, and consequently, lost that ability when a friend pointed out to her that she had no credentials. Sarah decided to get some. She went to study with someone whose work she respected. After a time she started feeling stuck and controlled by the teacher. We found the teacher had put a template over the heads of the students to keep them going in the direction he wanted. He had split the light coming into her crown chakra and channeled part of it to himself. He also made his students go regularly to a psychiatrist who worked in conjunction with him. He definitely was controlling his students. We retrieved Sarah's pieces from him, removed the energetic devices, and severed all connections with him. When we finished, she felt invigorated and said this session verified what she had been feeling. Sarah also regained her ability to work with subtle energy.

In an attempt to develop her natural talents, Sarah had unsuspectingly placed her well-being in the hands of another. This person misused that confidence to control, manipulate and drain energy from her.

Generally speaking, we give our power away by allowing another to dictate our thoughts and actions. This is not to say that we cannot share ideas with others, but we must remain in our integrity and give to others in a way that is truly beneficial to all involved.

Filling the Emptiness

When pieces are gone, the first thing one usually does is tap into and take the energy of another. Because this is not the person's true energy, it usually doesn't satisfy for very long, so the process has to be repeated frequently.

We are very creative beings and if stealing the energy from another isn't fulfilling

or satisfying, the next step may be to escape into drugs, alcohol, compulsive sex, shopping, eating, or any number of compulsive and addictive behaviors.

Indications of Pieces Missing

The need to retrieve parts of self is not uncommon and here are some indicators that suggest this condition. If you have experienced trauma, addiction, surgery, divorce, abuse, death of a loved one, military service, accidents, depression, memory gaps, or have health issues, you may have parts to reclaim.

If you repeatedly put yourself into abusive situations, if you feel you have no control of your life, or if you argue with someone frequently, especially if it is the same argument over and over, there is cause to believe that one or both parties possess portions of the other. If you were to get back what you lost to that person, you would be able to break the repetitious patterns.

Saying things like, "A part of me left with him," "I just don't feel myself," "I gave everything to her and still she doesn't appreciate me," or "My heart is broken," is a good indication that something has been taken or given away. Soul retrieval would be a great help in clearing these feelings.

Rose put her baby up for adoption when she was a young girl. She and her daughter were reunited when the child was grown, but the trauma of the separation was still with her. Her heart was broken and her solar plexus was energetically wrapped in a cocoon. We gently melted the cocoon and got her baby back. There was so much joy that it pushed the pain out. She had felt such a loss back then because they had given her shots to dry her milk and she couldn't even give the baby that. After we recovered the baby, she held her and nursed her. We retrieved pieces from the father and the people involved in that event. We let Rose see snatches of the child's life she had missed. After this work, she felt happy, fulfilled and grateful.

Paying attention to the words we use to describe our feelings can be most beneficial as they are oftentimes accurate, metaphorically speaking, for what we are experiencing.

Soul Retrieval Process

The soul retrieval process can be a simple and brief process that anyone with the desire can do. The following technique was designed to assist in retrieving missing pieces. It will help you gather that which is rightfully yours.

Sit in a comfortable position and ask your spirit helpers to assist you so that all is done for your highest good. Make a list of people you feel have mistreated you or to whom you feel resentment or anger. Next to each name,

write what they did to you. As you think of the people, see if there is any of your power you lost or gave to them. If so, ask each person to return it to you. You may be able to identify the piece as your self-esteem, childhood, joy, sexuality, creativity, freedom, etc., or it may look like an object, or you may just have a feeling that they are giving you something. You may end up with one or two items, a basketful or a truckload. If the person will not return the parts to you, ask your spirit helpers to retrieve them.

In your mind, put these things into a fountain with clear water falling into it and climb in with them. Allow the water to wash over and through you and the items, cleaning you and them until all are crystal clear. When you have finished, allow the pieces to enter back into you. You don't have to know how to do this; the pieces know where they belong. You may feel a loving warmth go through your body as they enter. Welcome the parts back. Thank the people for returning the pieces to you and invite them to go into their fountains to have their clearing. Intend that a golden light flow down through your body integrating the pieces that you have retrieved.

You may do this exercise with any trauma such as a car accident, "killer exam," job loss, relocation, death of a loved one, or surgery. It also works with things such as scary movies, filing tax returns, or driving in heavy traffic.

Returning Pieces

As pieces return and you grow stronger, you will be ready to give back those you have that belong to others. The following exercise can be used for this.

Using the list you made in the above exercise, think of each person and write next to their name what parts of their power they have given to you or that you have taken from them. Usually there is an exchange of parts that takes place. So even if they had your pieces, you can also have something of theirs. This could be fear, guilt, shame, etc. Mentally give back to them anything that you have. If you are not sure what it is, just intend that you are doing this because intention is what causes this to work. They can take what you give them into their fountain to clean it before replacing it within themselves. Their guides will help them with this. Write next to their name, "I forgive myself".

These exercises can do as often as you like, as there are many pieces you will find scattered through time and space.

Soul Retrieval Challenges Logic

Although soul retrieval may not be able to be explained to the satisfaction of the logical mind, the results show it to be a successful method for clearing present-day health issues, mending broken hearts, improving relationships, dissolving blockages, dissipating fear, and bringing peace, self-confidence, clarity, and lightness to the

person. This process helps one achieve wholeness and self-empowerment.

Conclusion

Fragmentation has been the method through which All That Is, the Founders and humans chose to learn, but the time has now come for us to begin the integration process and our return to Oneness. We can take many different paths on this journey, but one method that has proven to work easily and quickly is soul retrieval.

References

Royal, L., and Priest, K., 1989. The Prism of Lyra. Royal Priest Research Press, Scottsdale, Arizona.