

Throughout life there are events that may cause soul loss. Meaning the soul fragments, often caused by trauma, these fragments are lost in the Universe or possibly with the other or others involved in the experience. Soul retrieval or soul pulling reaches out to the soul fragment and invites it into reunion with the whole after said trauma or loss. In many cases, the soul fragment that leaves or is left does not return without conscious help and healing. This retrieval or healing is done through prayer and channeling of the energetic connection in a spiritual state of consciousness. In many cultures this is known as a form of shamanic work. When I provide this work I first have a very in-depth conversation with the clients about their type of loss and their symptoms. Symptoms may include emotional challenges (apathy, PTSD), addictions of any type, lack of physical, emotional or spiritual energy, feeling stuck, feeling lost, chronic grief, system deficiencies, relationship problems. It takes open honest communication throughout the process to be certain that we are addressing all aspects of the loss, healing and release. After the initial interview I will then plan and customize the words and tools I use in the retrieval. I look for variations or blocks that may arise to insure a peaceful healing process. During the session the client sits in a chair facing east while I walk around them using a variety of earth based healing tools, such as feathers fans, cloth herb sachets, bells, or rattles too clear, restore or protect. Soul retrieval may take more than one retrieval session, and will also always include a followup within a week. In pastimes soul retrieval was commonly done as a way of healing from trauma and loss, commonality of this practice has become less frequent and we often need to trace back over your lifetime or even in past lives to retrieve soul fragments. This makes the initial and post interview even more important for understanding and permanent healing. Another important piece of the process is releasing any soul fragments or energy you may have attracted. We often hold residual energy from our connections. This is especially true in the later form of fragmentation below. In the former, trauma or violation, we may hold residual or prevalent, anger, fear, resentment, etc. These are acknowledged and cleared before retrieval is begun and again as needed during the session. Durning and/or after a soul retrieval session you may feel, see, hear or know things. This is your spiritual soul connection and consciousness processing the healing work. Please share this information with me as we go along as it provides important insight and information. Since this is your soul work and your choice there is no need to ever fear this information.

There are two types of soul loss.

The first is through trauma. It is believed that when a person suffers trauma, emotional or physical, that part of our soul flees to survive what is happening. This can occur because of physical, sexual or emotional abuse, loss of a loved one, birthing loss, war, abandonment, accident, surgery, coma, etc. Any event that causes an adverse or lasting reaction of fear or pain can cause traumatic soul fragmentation. The fragmented soul leaves as a way to avoid the pain experienced by a person during a trauma. In a psychological way we would call this disassociation. It is a protective mechanism.

The second is more voluntary. It happens through casual sexual relationships, and the ending of relationships when done without compassion. Such as divorce or divorce like relationship endings. We give a piece of our soul in the most intimate acts. Since we are often unaware of the spiritual soulful impact of sexuality we are not aware that we have given a piece of yourself to someone with no other connection. This is true for women and men. Furthermore when a relationship ends, such as divorce, it is often not done with gratitude, Love, forgiveness or compassion. This does not allow for a peaceful release of the soul. When lessons learned are not reflected on or the Love that was is not honored soul fragmentation may occur.

Soul retrieval is a spiritual practice and is not intended to cure or treat disease or illness.