

# SOUL RETRIEVAL

## RETURN TO WHOLENESS



JOANNA NEFF

"Merging with the Higher Self requires the soul integration process of returning . . . 'lost' soul aspects. In terms of soul growth and Ascension, it is critical to bring the fragments back to the Core Soul—if one is going to ascend in what you call 'this lifetime'."

# Soul Retrieval Return To Wholeness

**Allison Reed**



## **Soul Retrieval Return To Wholeness:**

**Soul Retrieval** Joanna Neff, 2006-07-26 With clients in 25 States and in Australia Canada British Columbia Ontario and Vancouver El Salvador England Germany India Ireland Singapore Trinidad Tobago West Indies author Joanna Neff does higher dimensional soul retrieval and soul clearance sessions from her home in Boulder Colorado USA Soul Retrieval Return to Wholeness provides the context gathered from a decade of channeled sessions for why and how this energetic approach to soul retrieval works The book also offers a glimpse of the author's own soul retrieval process including past life merging excerpts from private and public sessions and actual exercises from soul retrieval workshops Why Must Soul Retrieval Be Done During profound stress pain or other trauma human beings often experience what is called soul loss meaning the loss of aspects of one's soul Such events as loss of a loved one automobile accident surgery addiction combat trauma abortion or miscarriage and physical abuse are the prime causes When a soul is fragmented one may no longer remember the details of the traumatic incidents that caused the fragmentation The lost soul aspect has taken those memories with it When a soul part leaves it may also take with it a measure of one's vitality The more severe the trauma the more life force is depleted People who have lost soul aspects may suffer chronic illnesses in childhood as a result of this reduced life force One example of soul fragmenting occurs because of childhood sexual abuse Here parts of the soul literally leave because the event is too painful If the soul fragmentation is severe enough such illnesses as schizophrenia may occur Because the integrity of the parts to the whole is broken down recovery is seen as an impossibility Further the will may become vulnerable to negative entity attachment Having fragments remain unincorporated between lifetimes affects karma because issues encapsulated in the consciousness of those fragments remain unresolved In addition if we remain unconscious of our other multi incarnational lives we bring them with us to our next incarnation hopefully to awaken us to the reality that they're out there Shamanic Soul Retrieval Soul fragments rarely can return without assistance Virtually without exception however when one does an internet search on soul retrieval page after page comes up listing shamanic soul retrieval as the available option A time honored and proven method shamanic soul retrieval has benefited many and is still appropriate for certain people However many have experienced that the shamanic method is much slower and can be quite uncomfortable With this method you undergo a linear process a shamanic journey and then over time the psychological and emotional integration of the parts Once the soul retrieval is done however the client may be left to go through the rigors of soul integration alone The reason is that with shamanic soul retrieval the work is primarily physical and psychological Therefore the restructuring is really going on in your psychological consciousness that is personality consciousness not at the Soul level This is a primary reason why clients come to the author for higher dimensional soul retrieval after they have received shamanic soul retrieval Book Testimonials I have read your website and concur with much of what you write there I took soul retrieval training through the Foundation for Shamanic Studies As the result of my own soul retrieval work personally as well as with clients I have found out the same

things as you that the shamanic way can be slow and painful Often past life work beliefs work or other extra healing work need to be done Maryphyllis Horn Shamanic Practitioner MEd CMHt CTFTRev Reconnection Practitioner Pittsboro NC author of Soul Integration A Shamanic Path To Freedom And Wholeness I am becoming a hypnotherapist and after working with you and Melora a couple months ago I thought I would write say that I feel the two sessions I ve had with you over three years have been the most significant single point of healing I ve ever experienced I d also like to thank you for helping me intellectually realize that time does not exist by bringing a future self to heal me in my current consciousness Lyn Johnson Denver CO

**Becoming Yourself** Jan Engels-Smith,2004-11 Author Jan Engels Smith sees people as brilliant magnificent radiant beings Becoming Yourself is finding the divine self the work of art that the universe embedded in your soul Becoming Yourself is the process of chipping away that which is not yourself and discovering the self that has always existed Becoming you the true you is a path to healing and enlightenment Engels Smith draws on her extensive experience with the ancient wisdom of Native American culture shamanism mysticism and psychology to close the gap between traditional psychological sciences and a new era of spiritual awakening Engels Smith weaves spiritual lessons through personal accounts and offers proven healing methods and exercises based on decades of experience Her supportive and welcoming manner creates a powerful practical and comprehensive guide that enlightens and motivates readers in their spiritual quest for self *Your Ultimate Life Plan* Jennifer Howard,2012-12-26 Gold Nautilus Book Award Winner Nourishing and self empowering advice for living your happiest and most authentic life Michael Bernard Beckwith author of Life Visioning We live in difficult stressful times You ve read books and done workshops but you still have to face so many stubborn obstacles Yet it s often our pain and dissatisfaction that push us to seek a more conscious life Your Ultimate Life Plan is the missing how to for getting unstuck and moving past your problems and into a richer and more meaningful life creating lasting change and making a difference It s a practical roadmap to help you improve every moment of your life by teaching you how to build Confidence remove what is stopping you Strength move from your wounded ego into your sacred self Courage make smarter choices by embracing your four levels of consciousness Success rise to your next level of happiness clarity and transformation Your Ultimate Life Plan is the distillation of Dr Howard s twenty plus years of experience as a licensed psychotherapist and spiritual teacher This workshop in a book will help you not only understand your true self but experience it Winner of a 2013 Gold Nautilus Book Award Winner of a 2013 Gold Readers Favorite International Book Award Winner of a 2013 Silver Benjamin Franklin Book Award ForeWord Book of the Year Award Finalist

**Soul Matters: Modern Science Confirming Ancient Wisdom** Jeanne-Rachel Salomon PhD,2019-02-13 In shamanic understanding trauma signifies soul loss To restore a person to wholeness the shaman journeys into non ordinary reality to retrieve the person s lost soul essence and restores it to the client in ordinary reality Shamans knew intuitively that existence is a product of consciousness and that soul requires body to enter physicality and body requires soul to express life Yet there is only a set amount of physical pain and mental emotional

disturbance that an embodied soul can tolerate Out of self preservation a part of the soul leaves just prior to the trauma impact and retreats unharmed into non ordinary reality away from physical ordinary reality This book presents the author s unique and creative research into the millennia old shamanic healing modality of Soul Retrieval Dr Salomon found that the fundamentals of the shamanic healing method are aligned with quantum principals and that the phenomenon of soul leaving and soul returning happens on the quantum level of existence The results of her study confirm the relevance of quantum physics tenets of non locality tangled hierarchy and discontinuity inside shamanic healing Shamanism is not well understood by most people Dr Salomon has the intelligence and willingness to do the hard work to bring the validity and reliability of good science to the public Her thoroughness of a difficult subject is clear and understandable A must read for anyone interested in learning about the laws of the universe and how it affects each of us every day Jeffrey L Fannin Ph D     **A**

**Shamanic Way:** Penny Randall,2014-02 The Beginning You have all the pieces You have the rhythm of the ritual You have the gift Now you have YOU A Shamanic Way Rituals Rattles and Recipes for Awakening Your Inner Spirit PENNY RANDALL PALMOA CERVANTES A Shamanic Way Rituals Rattles and Recipes for Awakening Your Inner Spirit will teach you how to approach your life in A Shamanic Way In so doing you will eliminate blocks identify your path and strategy for achievement heal old wounds allowing you to approach your life from a different perspective validate your worthiness and change your patterns allowing access to the magic of your life     **Shamanic Soul Retrieval** Lisa Biritz,2026-03-03 Teaches practical methods to heal from trauma and realize a balanced sense of self to overcome emotional mental and physical ailments Gives practical techniques based on Core Shamanism which finds its roots in the Indigenous traditions of the world such as the Australian Aborigines and the American First Nations Includes visualization exercises and guided meditations that are rooted in these ancient traditions The practice of shamanic soul retrieval has been transmitted orally among Indigenous cultures for 45 000 years and is among the oldest of healing techniques Distilling her research and experience as a shaman and spiritual teacher Lisa Biritz provides a practical guide to shamanic soul retrieval for our time Biritz describes the soul as a sphere of light that is brightest when it is whole Trauma abuse and negative life events can cause parts of the soul to split off and this lowers one s self esteem energy and light The author explains how soul fragmentation also leads to a loss of life force and a diminished sense of self and this can give way to emotional mental and physical ailments With a practical and accessible approach based on years of experience in shamanic healing Biritz shares shamanic soul retrieval methods and techniques to help readers recover lost soul parts heal and return to wholeness She emphasizes that this process does not require complicated rituals or trance states Instead she offers simple methods such as visualization exercises and guided meditations that are rooted in Indigenous traditions Shamanism is an ancient and natural way to connect with the divine and the invisible world and anyone can learn to access this healing energy with the right techniques Shamanic Soul Retrieval is a practical how to guide that provides clear steps to help individuals restore their soul regain balance and experience a renewed sense

of vitality and joy      **Homesick** Lyla Yastion, 2018-09-15 Human induced climate change is emerging as the most critical issue of the modern era. Ninety seven percent of climate scientists now confirm that human extraction and burning of fossil fuels along with rampant deforestation is causing a rapid build up of carbon dioxide and other greenhouse gases in air and water. These emissions heat up the planet and may be pushing Earth's capacity beyond the threshold at which equilibrium can be restored. Global warming is sustained by a global capitalist economy dependent upon the fossil fuel industry and agribusiness both of which are unsustainable. The toxic effects of air pollution, ocean acidification and soil degradation are harming the health of all species. Through an interdisciplinary approach that brings in the perspectives of the physical sciences, psychology, anthropology, economics, cultural history and spirituality, Homesick investigates the evolutionary path by which human beings have arrived at this precarious juncture. It proposes that this perilous detour in human cultural evolution arises from a fallacious belief that the human species, unlike other species, is not bound by ecological laws but has a special right to control and master the natural world. Human beings suffer from the illusion that they are separate from the Earth, their planetary home, which is perceived as an object, a commodity to exploit through technology. They have forgotten what indigenous peoples still remember: humanity is part of, not apart from, the natural world. Homesick argues that cultural transformation towards a sustainable future is possible when human beings are reawakened to Nature as partner and provider. As memory of their embeddedness in the natural world is aroused, they will experience love and respect for the interdependent web of life that sustains them. This reawakening incrementally induces a radical change in thinking within society and sets in motion a paradigm shift. Cultural institutions are then reshaped to match this new benign worldview      *The Spiritual Psyche in Psychotherapy* Willow Pearson, Helen Marlo, 2020-11-09 This book examines the interaction of spiritual and psychoanalytic lineages with psychotherapy in everyday practice. Written by a team of seasoned clinicians and illustrated through clinical vignettes, chapters explore topics pertaining to the mystical dimensions of psychological and spiritual life and how it may be integrated into clinical practice. Topics discussed include dreams, dissociation, creativity, therapeutic relationship, free association, transcendence, poetry, paradox, doubleness, loss, death, grief, mystery, embodiment and soul. The authors, clinicians with decades of experience in psychotherapy, psychoanalysis and spiritual practice, draw from their deep engagement with spirituality and psychoanalysis, focusing on a particular theme and its application to clinical work that is supported by the generative conversation among these lineages. At once applied and theoretical, this book weaves insights from the heart of Vajrayana Buddhism, Zen Buddhism, Christianity, Catholicism, Ecumenicism, Integral Spirituality, Judaism, Kabbalah, Non-violence, Sufism and Vedanta. They are in conversation with psychoanalytic perspectives including Jungian, Post Jungian, Winnicottian, Bionian, Post Bionian and Relational. A felt sense of the spiritual psyche in clinical practice emerges from this conversation among spiritual and psychoanalytic lineages, beckoning clinicians ever further on the path of spiritually rooted psychodynamic practice      **Electric Body, Electric Health** Eileen Day McKusick, 2021-01-26 Tap into the extraordinary

power of electricity to heal your body and empower your life Everything is electric This seemingly simple observation has transformational repercussions on the way we think about and approach physical mental and emotional health Electric Body Electric Health is a manifesto for personal empowerment based on an electrical view of life Author of Tuning the Human Biofield Eileen Day McKusick is an expert in the emerging field of electric health and has taught thousands how to transform effortlessly through learning to think electrically By illuminating the biological nature of our electrical bodies McKusick empowers readers to clear the static noise and resistance from this system and experience greater energy clarity and order Electric Body Electric Health makes use of simple easy to implement practices such as Awareness practices Perspective shifts Breathing practices Simple lifestyle changes Improved emotional management and more in order to help readers improve their health and enhance their daily lives It will give you the tools to transform your relationship with your body your mind your emotions and the electrical world around you **The Quest** ,2008 **Books Out Loud** ,2007 Yoga Journal ,1994-09 For more than 30 years Yoga Journal has been helping readers achieve the balance and well being they seek in their everyday lives With every issue Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds We are dedicated to providing in depth thoughtful editorial on topics such as yoga food nutrition fitness wellness travel and fashion and beauty **Soul Retrieval** Blanca Beyar,2014-09-12 A comprehensive and powerful guide that illustrates the many facets of a partial loss of the soul defining 14 classifications of personalities that may benefit from soul retrieval Blanca shares insight on many topics including karma reincarnation the chakras and vital emotional work that can help to achieve wholeness of the soul *Species Link* ,2002 **Soul Retrieval** Deborah Edward,2024-02-29 Reclaim a Fragment of Your Past to Embrace Wholeness in the Present Soul retrieval an age old practice resonates with the therapeutic approach of integrating fragmented aspects of oneself which may have become dissociated due to trauma illness or bereavement In parallel to psychotherapeutic methods shamanic practitioners perceive these lost facets of the self as ensnared in a developmental stage or tethered to a traumatic incident While psychotherapy may involve verbal exploration or cognitive reframing of these lost elements shamanic healers employ distinct techniques to facilitate healing Rather than confining the process to the present moment shamanic practitioners embark on an altered state of consciousness guided by spiritual allies to journey back to the origin of the trauma or fragmented period There they seek out the lost soul fragment establishing contact and extending an invitation for its return If receptive the practitioner facilitates the reunion offering guidance on fostering a relationship with this reclaimed aspect Moreover alongside the retrieval of the soul fragment the practitioner often uncovers personalized details specific to the individual such as the names of lost family members or vivid descriptions of past experiences These serve as corroborative evidence of the reconnection with lost aspects of the self Participating in this healing modality promises a sense of completeness and inner peace Following a shamanic journey individuals can anticipate a heightened sense of wholeness and self assurance accompanied by increased vitality and

presence in navigating life's challenges      Heal Yourself Michelle S Fondin, 2020-06-13 We are born from a place of wholeness Throughout our life the parts of who we are become fragmented Upon realization of our fragmented selves we begin the journey toward reintegration Human suffering is a signal It's a call to reintegrate Discomfort arises until we receive this message Hence begins our voyage back home What does it take to heal Are you healed simply by a medicine or remedy And why does it appear so hard to heal in a world where those who are sick increases by millions each year Healing is more than a single solution As you learn about the various aspects of you including your body mind ego intellect individual soul collective soul and universal soul you'll begin to understand why a feeling of wholeness has seemed like a distant dream Let's embark on this journey together to discover the way to healing and to becoming more of yourself In all of our efforts to forget it is now time to remember you are already whole      *For the Geography of a Soul* Timothy J. Reiss, 2001      **New Age Journal**, 1997      **Retrieving My Soul:** Allison Reed, 2025-08-14 Retrieving My Soul Have you ever looked in the mirror and felt like a stranger to yourself Have you felt the quiet ache of disconnection the heavy silence of emptiness or the dull hum of a life that no longer reflects who you truly are Retrieving My Soul is a powerful deeply human journey back to what was never truly lost your own sacred essence Through raw reflections and gentle revelations this book explores the silent unraveling that occurs when we lose touch with our inner being and the slow healing path back to wholeness It's not about perfection It's not about becoming someone new It's about returning to the truth that has always lived within you As you move through each chapter you will be guided to recognize the signs of spiritual disconnection confront your inner shadows release what no longer serves you and rediscover the joy purpose and stillness that feed your soul This book is for anyone standing at the crossroads of numbness and awakening Whether you're quietly questioning or loudly searching these pages hold space for your unfolding Inside This Book You'll Discover The moment everything began to unravel and the silent consequences of spiritual detachment How to recognize the signs of an empty spirit before they become a constant ache What it truly means to live soulfully in a modern world that distracts and divides The inner journey of meeting facing and embracing your shadow self with compassion The liberating practice of letting go and the surprising peace it brings The healing power of forgiveness and how it unlocks emotional freedom Simple ways to root yourself in joy gratitude and mindful presence every single day Let this book be your quiet companion as you remember what it means to live with depth with truth and with soul Scroll Up and Grab Your Copy Today      **Returning to Wholeness** Margo Snyder, 2025-09-24 Returning to Wholeness An Invitation to the Soul is a spiritual companion for seekers ready to reconnect with their inner wisdom and embrace the path of awakening Drawing from Hermetic principles trauma healing and the understanding of the body as a sacred vessel this book explores the process of remembering our soul's purpose and finding peace in times of change Written with clarity and compassion it guides readers toward healing self discovery and spiritual growth



## Unveiling the Magic of Words: A Overview of "**Soul Retrieval Return To Wholeness**"

In a global defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their capability to kindle emotions, provoke contemplation, and ignite transformative change is actually awe-inspiring. Enter the realm of "**Soul Retrieval Return To Wholeness**," a mesmerizing literary masterpiece penned with a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve into the book is central themes, examine its distinctive writing style, and assess its profound affect the souls of its readers.

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## **Soul Retrieval Return To Wholeness Introduction**

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web this game concept and playing area is similar to basketball but without the baskets or dribbling the ball starts with one player at the center of the field the object is to throw the football to a teammate in the circle or goal the player with the ball has to pass to his her teammates inside the game or can get

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