



Heal your life

with

Soul Retrieval



By Cissi Williams

HAVE YOU EVER FELT as if you have lost a part of yourself? Or perhaps you've felt mentally and physically drained of energy, although nothing is medically wrong with you? If so, then it might be that you have experienced a soul loss, where a piece of your soul has fragmented. Here Cissi Williams shares how you can recover this lost soul part again through the shamanistic process of Soul Retrieval.

What is Soul Retrieval?

Shamanism is said to be the oldest spiritual practice known to humankind, and Sandra Ingerman states that 'the word shaman comes from the Tungus tribe in Siberia and means "the one who sees in the dark"'. According to shamanism we may experience a loss of our soul when we go through a traumatic experience which we are unable to cope with. This causes the soul to 'fracture', and the fragmented soul part then goes down into the safety of Mother Earth's belly, where it remains until we can retrieve it.

Journeying into the different worlds

In shamanism the world is divided into three parts: the Lower, Middle, and Upper Worlds. Alberto Villoldo writes in his book *Mending the*

Past and Healing the Future with Soul Retrieval that these aren't physical places, but rather archetypal and energetic domains. Villoldo explains that the world we live in is the Middle World; the Upper World is the domain of our destiny and our spirit; and the Lower World is the realm of the soul. In the Middle World we perceive time to be linear, whilst in the Upper and Lower Worlds time loops into the past and the future, which is why so much healing can be done when we journey into these worlds, because we can then travel into the past to heal old wounds and retrieve lost soul parts, as well as journey into the future to claim our highest destiny.

Another way to explain these different worlds is that the Lower World, the belly of the Great Mother, is our unconscious mind, the Middle

World is where our conscious mind takes up residence, and the Upper World is where our higher consciousness exists, which is also the place where we can meet our guardian angels and ascended masters. The Great Mother will protect our fragmented soul parts until we are ready to bring them back into our everyday consciousness – into our lives in the Middle World. Once brought back they can then give to us of their life energy, divine light and soul gifts, which were always kept safe in the Great Mother's belly. These soul gifts can never be lost forever – just buried underground until we are willing to reclaim them.

The Lower World is represented by darkness, and because of that it is a good place for us to hide things we don't want to see. But the darkness is also the source of new life – just like a womb – and we create new life when we choose to heal our hidden wounds, and in order to do that we have to go fishing into the deepest waters of our unconscious mind. The deeper we go, the greater the healing will be. As Villoldo writes, 'We can't heal deeply just by talking about our day-to-day problems, or by trying to solve them with logic.' Instead we have to leave our rational



mind behind and trust our intuitive mind to take us on a journey that will lead us into the depths of our psyche, where we can find our lost soul part and learn what we need to understand in order to bring our soul part back to our everyday consciousness.

That is why, in a Soul Retrieval, you don't spend time analysing these different soul parts; instead, you acknowledge them, communicate with them and heal them, so they can integrate back into the whole of your being. A Soul Retrieval journey is often experienced as a metaphor – like a story – and this is the language of our soul, which goes beyond words, and we have to trust the metaphors we are given, and see what they want to tell us. If we logically try to analyse the process, we will stop the communication. So it requires a leap of faith – to let go of the need to analyse – and instead just trust that a higher divine intelligence will guide us throughout the journey.

Shamanic healing

If a shamanic practitioner suspects her client has suffered soul loss, then she would journey into the client's Under World to find out what original wound caused her to lose a piece of her soul, to uncover the 'soul contract' (a negative belief) that might have occurred at the time of the original wounding, as well as to retrieve the lost soul part, so the soul part's gifts, resources and life essence can be returned to the client's everyday consciousness. The practitioner may also retrieve a power animal for the client. She would then blow all of these into the body of the client, so that the soul essence fills that person's energetic body. This can be done with the client being in the room, but it can also be done remotely, as we are all linked energetically.

SIGNS YOU MIGHT BE EXPERIENCING SOUL LOSS

- You feel lost or as if something is missing
- You feel as if a part of you has died
- You try to escape into a fantasy world
- You avoid dealing with life by turning to alcohol, television, or by constantly being busy
- You feel stuck or unable to move forward
- You feel physically and mentally exhausted although there is no medical reason for this
- You are experiencing a 'dark night of the soul' (an existential crisis where the old you 'dies', allowing for the birth of your true self)
- You feel low and depressed
- You feel your life is lacking meaning



plans for her, so she moved back to England, where she fell into a deep negative state. She was unable to see a future, as she no longer trusted her ability to make her dreams come true. When I journeyed into her Lower World I found the original wound. It presented itself as a metaphor where I saw her trying to give birth to a baby, but the baby was stillborn. The baby was her dream of Australia, which she had so desperately tried to give birth to, but it just didn't happen, so it died, and with it a part of her died too. Because she was unable to let this old dream go, the energy got stuck in my client's womb, blocking her ability to dream a new life into being. The soul contract I found was: 'I am unable to live my dream.' When I then went to retrieve her soul part, I saw a High Priestess, full of loving wisdom, creative abilities and total trust in the divine. The gift was a magical witch pot that contained a golden elixir (to help my client create anything she wanted) and the power animal was a white eagle (to help her have faith in the divine and fly wing-to-wing with spirit, with clear, focused vision).

As I blew the High Priestess, the magical witch pot and the white eagle into my client's chakras, I could see how her life energy was restored. I told her what I had found so she could develop a stronger relationship with her soul part, her gift and her power animal. She also scripted a new soul contract that was in alignment with her new positive choices, which was 'I am a Divine Creator and I trust that the universe has a plan for me'. My client then had to create space in her life for her soul part, so she could embrace its gifts, resources and life essence again. She did this through meditation, writing and by spending sacred time on her own. It wasn't long before her energy, enthusiasm and passion returned, and as it did a new dream started to be born and she could envision a positive future again.

A CASE STUDY

A client came to see me because she felt as if a part of her had died when she had to give up her dream of living in Australia. She had longed for many years to live down under, but once she had got there, life did not pan out the way she wanted it to. In the end she realised that God had other

“Pray to the universe to help you. Identify how you feel, and then ask the universe to help you heal so you can connect with your soul's divine light and essence again”

WHAT YOU CAN DO YOURSELF

Sometimes you need the help of an experienced shamanic practitioner when you feel you are stuck, but there are things you can do yourself to ask your soul to return to you, such as:

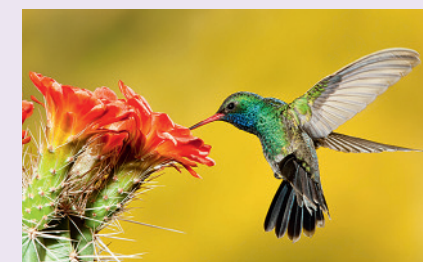
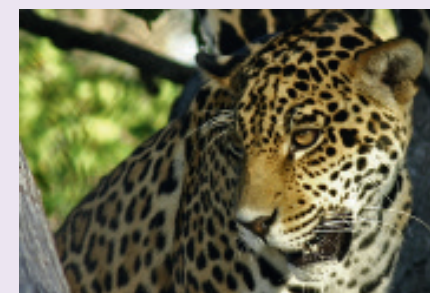
- Pray to your soul and ask it to come back to you. Call it back home to the wholeness of your being.
- Ask your guardian angel to help you retrieve your soul part.
- Pray to the universe to help you. Identify how you feel, and then ask the universe to help you heal so you can connect with your soul's divine light and essence again.
- Trust that your soul is eternal and forever whole – it just appears at times as if it has fragmented and that you have lost a piece of it – but the reality is that your soul belongs to you and you can reclaim your soul parts whenever you are ready.
- Open Sacred Space (see p.57) and write a letter to your soul praying for it to return. Then burn this letter to release it to the universe. Sit in silence and allow your soul to communicate with you.

Opening Sacred Space before a healing session

Call upon the angels, archangels and ascended masters to come and protect you.

Then call upon the four main power animals in shamanic medicine – call upon the beautiful Serpent Mother and ask her to come and wrap her coils of light around you, and help you shed the old, just like she sheds her skin, so you can move into a new way of being, feeling lighter and freer.

Call upon the beautiful Jaguar, the great protector and ask her to come into this healing space and help you heal old beliefs, karma, ancestral patterns and past lives. This will help you be all that you can be so you can fulfil your life purpose.



Call upon Hummingbird, who represents your soul's journey, this amazing flyer with its tiny wings, who has the ability to defy gravity and fly, whilst drinking of the sweet nectar of life. Ask Hummingbird to remind you that you too can do the seemingly impossible in life, whilst enjoying all of life's blessings.

Call now upon the great Eagle to come and teach you how you can soar high up in the sky, way above the mountains, allowing you to dream a new life into being, where you are able to stretch out your wings and fly, fulfilling your highest destiny, being fully connected with the divine.

Now give thanks to Mother Earth, and thank her for all her blessings, for

all her abundance, and for this amazing life she is giving you. Thank her for holding you in this sacred healing space and for transforming any negative energies you release into light, so you can be free to create an amazing life, filled with love and happiness.

Call on the heavens, the stars, the moon and the sun, the angels, and the whole divine intelligence that is the very fabric of our magnificent universe,



and ask that they support you, protect you and guide you, so you are able to receive the insights and wisdom you need in order to heal the deepest wounds and connect most fully with your soul's amazing light and gifts.

HEALING WORK

As you have now opened sacred space you are ready to embark on any healing work you wish to do, such as doing a healing meditation, communicating with your soul (silently, or by writing questions and answers), blowing anything you wish to release (such



as negative thoughts, problematic situations, qualities of yourself you now want to let go of) into burnable objects and then placing them on a fire, allowing the fire to transform this old negativity into light, or any other healing work you feel drawn to do.

CLOSE SACRED SPACE

Once you have finished this healing work, then close sacred space by thanking the Serpent, Jaguar, Hummingbird, Eagle, Mother Earth, star brothers and star sisters, the angels and the ascended masters for assisting and supporting you. Thank the universe for always having your back, and thank your soul for connecting with you. 🐉

Further reading

Mending the Past and Healing the Future with Soul Retrieval by Alberto Villoldo
Soul Retrieval: Mending the Fragmented Self by Sandra Ingerman

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