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## **SOUL RETRIEVAL INFORMATION AND QUESTIONNAIRE**

### **Preparing for Soul Retrieval**

**Soul Retrieval is one of a number of shamanic practices that seeks to restore harmony and wholeness to the one requesting it. Since we are each at different stages in our journey, and in our healing, some ‘medicines’ may not always be a best ‘fit’ for where we currently stand in our life.**

### **Some Beginning Questions to Consider;**

**“Has there been an event, or events in my life that resulted in my feeling that I have ‘lost, given up, or missed a part of myself, or that some part was taken from me?’”**

**“Am I ready to let go of focusing on past life events?”**

**“Am I now ready to make those choices that will support living my life with integrity?”**

**If you responded in the affirmative to any of these questions, Soul Retrieval may be beneficial for you.**

### **Please Contact Me to Explore Other Questions or Specific Concerns.**

**In order to enhance your intention for healing and creating space for the changes that Soul Retrievals may engender, it is helpful to consider and respond to the following four questions. Please provide your responses to me at least two days before our scheduled session. You may print out these questions, respond and mail to me or complete and return via email.**

- What is not working in your life such that you are asking for this healing?**
- What pattern(s) in your life is not serving you and you would prefer to change?**

- **Can you identify any experiences that you have had that you suspect or know has lead to soul loss?**
- **Also, feel free to state anything that comes to mind as to why you are asking for soul retrieval in general. This can be regarding a single issue or multiple issues.**

**Do not use alcohol or recreational drugs the day before, of and following the soul retrieval.**

### **Afterwards**

**Following your Soul Retrieval, it is highly recommended that you spend time outdoors in Nature....enjoying yourself, and honoring the feelings, perceptions that come from being amongst the land and spirits of nature. It is also recommended that you offer gratitude for the healing and for what has been returned. Your intuitive guidance may suggest some ways for you to do this.**

**By its nature, a Soul Retrieval done once may precipitate returns of other soul parts based on readiness to return and your openness to those parts. It is important that you assume responsibility for the care and nurturing of yourself and the welcoming of those parts that have chosen to return to you.**

**Responses to Soul Retrieval are as varied as the individual. Some will feel an immediate shift in awareness or energy level. For others, changes may occur more slowly and subtly over a month or more. Most discover that integration of soul aspects is quickened by engaging in actions based in positive, life enriching choices.**

**I may offer specific suggestions on how you may welcome and strengthen connection with the soul aspects that have returned to you. Your work truly begins after the Soul Retrieval has been completed. It will be in your heart and actions that your essence is welcomed and retained. Soul parts will remain when you are willing to open and learn from the gifts these aspects return to us.**