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*Bridging Shamanism & Psychology to Change Your Story*

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### **Suggestions to integrate your returned soul parts**

1. Fully absorb the light from your returned soul/essence into every cell of your body. Think of a metaphor that will work for you and will help you to absorb the light of your returned essence. Some examples:

- A dry sponge in water and how it absorbs the water
- A flower turned toward the sun fully absorbing the light
- A tree or plant absorbing water and nutrients from the earth through its roots
- Dry soil soaking in water
- A darkened room, and the curtains open, flooding the room with light

Find your own metaphor that helps you understand what it means to fully absorb the light of your soul.

Put on some nice music and lie down for about 20 minutes.

Breathe deeply, with your hands on your belly, and focus on your metaphor. Experience yourself absorbing the light of your soul/essence.

2. After a minimum of 24 hours include the following work:

If you know how to journey ask your power animal or teacher to set up a meeting between you and your returned soul parts. Ask the questions below to the returned essence. This will be an artificial setting; in reality the soul parts are in you now.

If you do not have a practice of shamanic journeying put on some music that is relaxing and also expansive. Lie or sit down and travel inside yourself with the intention that you would like to meet with your returned soul parts.

When I journeyed for you the intention I set was, "I am asking for any lost soul parts that were willing to come back to help you at this point in time." So you want to get from your returned soul parts the gifts, talents, and strengths they are returning with.

- How are you going to help me? What are gifts, talents, and strengths do you bring?
- What message do you have for me?

Now that you have this vitality and light back it is up to you to make supportive changes in your life. You are an adult and have different options available to you then when you were a child. You have the potential to create a new map of a positive present and future for yourself different from the wounds from your past.

- What changes do I need to make in my life that will make you feel welcome being back home again?

3. Build an altar to welcome your soul part home. It can be very simple – a rock, candle, flower, piece of art – whatever represents your returned essence. Sit with your altar daily and pull the energy into your body.

4. Contact me in about two weeks to let me know what are you noticing and experiencing. Be open to information in your dreams and meditation.

**Welcome Home!**