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Bridging Shamanism & Psychology to Change Your Story

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Welcoming and Integrating Your Returned Soul Parts/Animo/Life Force/Energy

1. Have a ceremony to welcome back your Soul Part/Animo/Life Force/Energy.

This can be simple “birthday party” with a cupcake, a fire ceremony, playing music, dancing, or any other ceremony that resonates for you. You can include family and friends in this, especially children.

2. Fully absorb the light from your returned Soul Part/Animo/Life Force into every cell of your body for 5-20 minutes per day for 10 days–2 weeks.

Use a metaphor of absorbing the light, energy and life force such as:

- A dry sponge or dry soil absorbing 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

Put on relaxing music, lie down, breathe deeply, with your hands on your heart and/or belly. Focus on your metaphor and absorb the light of your Soul Part/Life Force.

3. After at least 24 hours:

- If you know how to journey, ask your power animal or teacher to bring you to meet your returned Soul Part/Life Force that is now with you, or
- If you do not journey or prefer, put on relaxing, expansive music. Focus inside with the intention to meet your returned Soul Part/Life Force in a sacred garden or safe place that you visualize/imagine.

Focus on the returned Soul Part/Life Force, rather than the wound that caused it to leave.

- Draw/Paint an image of the energy, Move in the way it wants, Vocalize/Sing its song.

Let these emerge and flow rather than trying to “figure it out.”

- You can ask your Soul Part/Life Force some questions, like:
 - What gifts do you bring me?
 - What message do you have for me?
 - How can I welcome you home?
 - How can I embody you in my life?”

4. Make a simple altar (or add to an altar) to welcome your Soul Part/Life Force home. Use your drawing, a rock, candle, flower – whatever represents the energy for you. Sit with your altar and welcome your Soul Part/Life Force home to your body. Let the energy move your body as you embody and welcome it.

5. Be open to information in your dreams and meditations.

6. The old Soul Contract you made is ready to be rewritten. Now that your Soul Part is back you can make changes in your life to support and welcome it. You are an adult with the potential to create a new map of a positive present and future that is different than the wounds from your past.

Creating a new map is creating a new story rather than repeating the old story of hurt/wounding.

Any parts that protected you can relax and choose something new. Contemplate/journal on question,

“What do I want instead?”

Find a positive short simple statement to express your new Soul Contract:

“I am ready to...” “I choose...” “I am...” Feel the new contract in your body.

Contact me with any experiences/questions you want to share. Make an appointment in 1-2 weeks to let me know what are you noticing/experiencing and for further integration assistance.

Welcome Home!