



Recommended Post-Healing Journeys/Meditations

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Selecting some of these journeys or rituals can really help with integrating the healing work you have received and allow you to release and put down burdens you have been carrying. This is not a checklist, but rather a starting point. Please select only what you feel is appropriate for your own healing path, and take some time to honor your own true self and to sincerely do the work. You will likely find it helpful to take notes on your experience for your own future use. Some of these topics can and should be repeated to help break long-term patterns and habits.

Especially After Soul Retrieval Healing

Soul Renewal (“Spa Special”) (suggested by Mary Courtis)

This is a special healing session follow-up for the “you” that stayed, the bulk of your soul that didn't split off but survived, despite not having “all cylinders firing.” Your returning soul part(s) “take over” so that “you” can journey to a special spa for recovery. Stay for a day or a week or ??; when you are ready, come back in a separate journey to a well-deserved hero's welcome and celebration.

Integration Journey (suggested by Sandra Ingerman)

Ask a helping spirit that you go to for comfort to set up an artificial meeting with you and the part(s)/essence(s) that were brought back. This meeting is “artificial” in the sense that the part/essence is inside you now, not outside. Questions to ask the part(s):

- How are you coming back to help me at this time?
- What changes can you help me make in my life to support my own health and well being?

Tree Journey/Meditation (suggested by Sandra Ingerman; to do outdoors under a tree)

Ask the Tree: How can I root the healing (or soul parts/essences) that were brought back?

Soul Remembering (suggested by Sandra Ingerman; similar to Betsy Bergstrom's True Self Journey)

Ask your helping spirit to show you who you were before anybody told you who you were. What strengths, talents, and gifts did you come in to manifest? Ask for a symbol(s). Upon return, draw the symbol(s). Post it somewhere that you will see it daily, perhaps making more than one drawing.

Bringing Passion and Meaning (suggested by Sandra Ingerman)

One frequent effect of shamanic healing work is new-found energy; many people feel “fuller,” less “empty.” Journey question: How do I use my creative energy after the healing? What would bring passion and meaning back into my life? Note: Don't ask your helping spirit “What should I do to bring passion ...” Don't give power away to helping spirits on this issue. Use them as a friend to help you brainstorm. Come up with something simple that you can start to do when you get home.

Habit-Breaking Ritual (suggested by Sandra Ingerman)

The healing is likely to butt against a habit or unknown. How do I break the habit (of depression, self-hate, doubt ...) or bring the quality (joy/trust/love...) into my life? Ask for a prescription for the ritual (what to do and how often, e.g., hug yourself 3x/day for 3 months).

Releasing Core Blocks (suggested by Sandra Ingerman; doing this with the practitioner helps)

What **core** attitude or belief am I holding that blocks me from using my creative energy? (What is keeping me from doing what came up in the Passion Journey? *Note: Your helping spirit(s) will usually give what is pre-verbal yet has the power to run your life. Do give power up to your helping spirit(s).*

- What talisman can I make to embody this attitude/belief?
- Journey: How do I imbue the talisman with all the energy/blockage/attitude ... I got in this journey?
- Take time in ordinary reality to say goodbye to it to allow the talisman and your helping spirit(s) to unwind the energy from you, keeping the talisman for a time (one hour, day, week ...).
- Release the talisman as directed by the spirits (e.g, burn in a fire ceremony or whatever element you feel most comfortable with if no clear spirit guidance given).

Accessing Your Hidden Energy (influenced by Tom Cowan)

(A) Ask your helping spirit(s): "Show me part of myself I hid and where and how to retrieve it."

(B) Look inside yourself or journey and ask "Is there a part of myself I hid for safekeeping that is ready to come back now?" Allow this part of you to return to you fully healed so you can claim it and be more whole.

Releasing Other's Stolen/Given Soul Parts (suggested by Sandra Ingerman)

Journey question: Am I holding on to anybody else's soul part(s)? What ritual can I perform in ordinary reality to release the soul parts back to the universe? (Note: do **not** release the soul parts back to the person or their helping spirit; release only to the loving and compassionate spirits of the universe.) You can ask for inspiration for a talisman (stand-in object that the client makes from natural materials that can safely be burned, buried, or placed in water) to unwind internal obstacles.

Ho'Oponopono Exercise (Hawaiian Kahuna Shamanism)

Imagine the person you're upset with some distance from you, sitting or standing neutrally, calmly. Say "I'm sorry. Please forgive me. I love you. I thank you." You can say this to yourself, too!

Other Journeys/Meditations

True Self (suggested by Betsy Bergstrom; similar to Sandra Ingerman's Soul Remembering Journey)

Ask your helping spirit to show you who you really are, your infinite soul-self, your "True Self" in your fully actualized wholeness. Merge with your True Self daily or more often, as needed.

Body Empowerment Journey (adapted from Betsy Bergstrom)

Because we aren't consciously filled with power ("energy") 24/7, it can be good to ask your egoless helping spirit to ensure that your body is always filled. If you are filled with power, other people's emotional baggage and hostile thoughts can't readily get into your body; you become like a hotel that has a "no vacancy" sign. You can merge with the essence of your egoless helping spirit daily or more often, as needed, but merge with their "essence"/"energy" rather than their "form."

Auric Filter Journey (adapted from Betsy Bergstrom)

Ask your helping spirit to filter your aura/energy field to let in what is for your greatest good while blocking what is not. You can also ask them to filter what you emit to minimize your "psychic vomiting" on others. You can merge with the essence of your egoless helping spirit daily or more often, as needed, but merge with their "essence"/"energy" rather than their "form."

Thought-Changing Journey (suggested by Betsy Bergstrom)

What thought (or belief or attitude or assumption) do I have that would radically change my life for the better if I could let go of it?

Ancestral Gifts (suggested by Sandra Ingerman)

What gifts, talents, and strengths come through my ancestral lines?

Moon & Seasons Work (suggested by Sandra Ingerman)

Work with the moon and seasons. Notice how your energy is affected by the moon and seasons and make life changes to match (e.g., introvert versus extrovert time).

Middle World Journey to Meet Land Spirits (suggested by Sandra Ingerman)

Introduce yourself to the Uber spirit (oversoul) of the land you live on (apt., townhouse, house). See if the spirit wants anything from you or has been wanting to say or give something to you.

Journey to Descendants to Benefit the Future

Journey to those yet to come (human, plant, animal, element...) and ask them what you can do that would provide the strongest foundation for their world (the future).