



## *Soul Retrieval*

*A Process of Reclamation*

~By Cyndy "Snake Dancer" Paige

*A Soul Retrieval Ceremony is a very sacred, ancient healing practice.* In fact, shamanism is believed to be the oldest known healing modality on the planet. Simply put, a highly trained shamanic

practitioner follows the rhythmic sound of a drum or rattle into the shamanic state of consciousness, sometimes referred to by me, as the "delicious dark" also known as the brainwave state of Theta. The intention is to find and bring home to the one who has come for healing, "willing" lost soul parts or lost gifts.

I will say, in my humble belief, we do not actually lose parts of our soul, although that is how this ceremony has been described since ancient times. I believe that we have an event or illness, sometimes when we are quite young, and the trauma of the event causes us to disassociate certain aspects of our essence or energy. I often liken it to placing *it* on a shelf until we are ready or able to integrate the experience.

So, the question that naturally follows is what is *it - this energy or essence?* Imagine a 4-year-old little girl who loves to sing. She sings when she is happy, when she is sad, when she is pensive – it is truly how she relates to her world and those in it. One day her mom (or dad) comes home from work with an intense headache. When she hears the little girl singing quite lustily and joyfully to her dolls, she puts her hands over her ears and says a bit harshly "Will you please be quiet?" Well, the little girl perceives that her singing has hurt her mother's ears. In this example, the "it" that might go on the shelf is joy, freedom, spontaneity, and perhaps even her singing voice.

The intention of the Soul Retrieval Ceremony is to intentionally and prayerfully engage with the realm of compassionate helping spirits and Source (or in my language – Great Spirit) to ask for help to restore the gifts that were lost as a result of the trauma. It is important to note here that you do not re-experience the trauma. What may also be shown is a power animal or guide that supports you at this time in your life. The power animal or guide could become a lifelong friend whose presence is felt in times of need, gratitude, or joy.

The process begins before you and I meet (either in person or on Zoom). In fact, it could begin the moment you decide to inquire about a Soul Retrieval Ceremony, so even as you read this, notice where you come into the story of the words. Notice any dreams you may have in the next few days. Make a note of any questions you have. Then we may have a phone conversation or Zoom video conference or exchange an email so you can share your intention with me. I will also provide you with a suggested intention for our time – simply to welcome home to you the gift/essence/energy that is ready to be reclaimed at this time in your life. You could also ask for a dream that would assist you in reclaiming these gifts. Ideally, you will be able to walk in nature and not get into “busyness” for the rest of the day of your ceremony.

A typical session for a Soul Retrieval Ceremony can have three aspects. A time for bonding or trust building between you and I, which can emerge out of talking, or I may drum your heartbeat while we sit together in a space of love. During the Soul Retrieval Ceremony, I am drumming (or riding the rhythm of the drum) while journeying with my guides to look for the gifts that are ready to come home to you at this time – for your highest and best good. You can simply relax, meditate or even sleep. If you are a person who is familiar with the shamanic journey process, you may have your own experience while you listen to the drumming. When the journey is complete, I will share with you the healing story of my experience, just as it was given to me. It is your story. We can then talk if you like.

Afterward, you could have a mini-sound healing session to celebrate the return of your gifts. During a sound healing session you again, simply relax and listen to me play various instruments. I hold a space of love for you and your gifts while I play and I imagine that the vibrations deepen your integration.



It is my honor to share space with you both in-person and on Zoom. Know in your bones that personal contact, although lovely, is not necessary because energy has no time and space boundaries.

May you walk in love and light on the face of our Mother, the Earth.

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