



Unify! A Soul Retrieval Meditation

- 1. Soul Retrieval Introduction**
- 2. Soul Integration Ceremony**
- 3. Unity Breath Meditation**
- 4. Soul Retrieval Meditation**

* Track 4 is played right before bed.

* Tracks 2 and 3 are played in the morning after the evening Soul Retrieval Meditation.

When you are ready to do the ceremony, you will play track 4. Soul Retrieval Meditation in the evening as you lay in bed before sleeping.

The following morning, play tracks 2. Soul Integration Ceremony and 3. Unity Breath.

You may wish to listen to the whole recording and read the written instructions before you actually participate in Soul Retrieval.

Unify! A Soul Retrieval Meditation

The purpose of *Unify! A Soul Retrieval Meditation* is to reclaim lost parts of yourself that you may have broken off in order to survive trauma. Traumas may include many things such as the death of a loved one, a car accident, a relationship break up, etc. During our lives we may purposefully break off pieces of ourselves in order to break free from the pain and suffering these big emotions carry, much like an animal may chew a leg off that is caught in a trap. Our broken-off pieces can land anywhere.

The link to your missing part can be a memory. Unresolved emotions can be accessed by your memories. Since memories reside in time and space, traveling through time or space allows you access to them at their time/space coordinates. Two coordinates are required to gain access. You (or your Higher Self) are one of them. The other can be either location or memory.

When you drive past the *location* of an old memory it can resurface. When you think about the past and *feel* your emotion again, it gives you the ability to connect with that time. In the movie, *Somewhere In Time*, actor Christopher Reeve provides us with a wonderful and dramatic portrayal of a man going into the past using the depth of his emotional ties to “memories” which then allowed him to open a portal to another time and place.

If you have ever physically traveled to a place where there was a great crisis or ordeal, like some of the Native American monuments, battlefields, or places where tragic events have occurred, you may have experienced strong energies and feelings.

Remembering lost parts

While driving past EAA, the AirVenture Museum in Oshkosh, Wisconsin, I tapped into the huge “disappointment energy” of someone dear to me. He had driven there only to be turned away because he didn’t have the full entrance fee, which was over his budget.

I felt the deep disappointment in his life that had been triggered by this event. It was a very sad time for him, and his dissatisfaction with his situation was re-affirmed by his disappointment at spending several hours driving to this wonderful museum, only to be turned away due to a lack of money.

Driving past this location, on a road that I had not traveled in over 10 years, along with my connection to this young man, caused his wound to be palpable to my heart. It was a poignant moment to say the least.

Many years ago, I was in a car accident in a small car on a mountain pass with one of my sons. The car had spun out on black ice and landed in a snow bank. We were not injured, nor was the car damaged, but we needed a tow truck to pull the car out. It was eventful yet relatively harmless. We took a vacation day for the rest of the day instead of our usual trek to work and school.

Years later, in a remarkably similar circumstance, this same son was driving cross-country, moving his girlfriend to their new city. His route took him past the site of the car accident he and I had experienced thirteen years earlier when he was just 11 years of age. He called me on the phone about it, and said, “Did something happen on that mountain pass with us?” As he drove by the site, its connection to him surfaced without him remembering the reason why.

Traveling Through Time and Space in 3-D

You may physically travel to a place that has an atmosphere of great sadness. If you have a connection to this place—from this lifetime or a past life—you may have found a lost part. If you have an openness to receive it, you will sense the unresolved emotion. You can help clear it by allowing it into your consciousness. You then feel the anguish, process it, love it, and release it. This is true healing, which means, “to make whole.”

Healing is particularly important for families who may have had car accidents or other hugely significant trauma or drama. The incident’s coordinates in time and space lock it in place, and its link to you and your family make it accessible when you go to the location or visit it in time through your memory.

Where do you go to retrieve your lost parts?

All of humanity has learned to suppress these strong emotions that occur due to traumas. You may typically release a chunk of yourself when you let go of a strong emotion because you need to disconnect from the trauma and the resulting emotion in order to feel normal. Your unexpressed emotion can be stored in your lost parts. When you restore yourself, you heal and become mentally healthy again by releasing the unexpressed emotion around this event. Although easily overlooked, reclaiming these lost parts is critical to the healing process.

Your travel to the funeral of a loved one may contain a trail of emotional chunks, like a trail of breadcrumbs, being left along the physical path you took. If your loved one died suddenly, the shock and trauma may be so great that you leave a lot of yourself behind. Every time you told the story, you may have left a piece of yourself in that location. As you work through the processes of *Unify! A Soul Retrieval Meditation*, think of this work as a way to bring everything back together. You will be sending your Higher Self to visit every place you were, from the time you heard the terrible news to the time you finally accepted the death. This is done in the dreamtime while you sleep.

After this instruction, your Higher Self will be bringing all the lost parts back to you, where you will “wash” them energetically and reinstall them into you. I recommend that you do the Soul Retrieval Meditation (last track of the meditation CD) right before bedtime, when your Higher Self will be traveling on your behalf to retrieve the lost parts. The following morning you complete the washing and re-integration of your lost parts through Track 2. Soul Integration and Track 3. Unity Breath.

Please remember, you left a part of yourself behind as a form of survival; there is no reason to condemn yourself or any other family member for doing this. Your clear

intention while performing this retrieval will open up the links to the places where your lost parts have landed. Your memory of the event serves as one link to the location of a lost part. Being in the physical location is another way to access it.

Why is this important?

When you retrieve a lost part of yourself, you will be clearing the emotions related to the incident. Emotions are energy in matter. This freed up energy can then be used elsewhere in your life. This allows you to be less dependent on mass consciousness to “complete you” and inspires the “authentic you” to emerge.

Your capacity to create with emotion is far greater than you ever thought possible. Your job is to heal your emotional wounds, which then heals planet Earth and all those upon her. Mother Earth is not healed by your judgments, but with your love.

Performing *Unify! A Soul Retrieval Meditation* for yourself after a big loss is one way to heal yourself and our planet. Please wait about six weeks after any trauma before performing *Unify!*

Sleep Method

Check in with your own guides to make sure the timing is right for you to perform this ceremony. Make a clear intention that you are ready to retrieve your lost soul parts. In spite of any memories you may bring back, you will instruct yourself to awaken feeling refreshed and energetic. You may feel so good when you get up that you could forget that you were out collecting parts of yourself! This is ok. We ask you place a reminder for yourself in case you do forget what you are to do next.

Below are the abbreviated instructions to help you organize the process in *Unify!*

Unify! Soul Retrieval Instructions

Step 1	Set a Reminder for Tomorrow. Place a note for yourself in the first place you normally visit upon arising—such as your bathroom or kitchen—to remind you to do the ceremony the first thing that morning. You must act on your dreamtime activities while they are still fresh in your mind. Your note will say: Listen to <i>Unify!</i> Track 2: Soul Integration and Track 3. Unity Breath
Step 2	Locate and Collect your Parts. Before retiring for nighttime sleep, go into prayer and ask your Higher Self and your guides to travel with you to the location of all of your lost parts. You will visit all the places that you have had to break off a piece of yourself in order to continue to be in the reality. You do not have to remember the locations. Your Higher Self and guides will know. You may awaken feeling like you have taken many trips; going out to find each piece and returning it back to you. You may even think that you have been flying around all night. Do not attempt to integrate these parts while asleep. Your instructions are to BRING THEM HOME into your aura and force field, this is your personal space, an area around your body about six feet from your heart center. Let these parts float in that space to become familiar with you again. ▶ Listen to <i>Unify!</i> Track 4: Soul Retrieval Meditation
Step 3.	Bring in Your Welcoming Committee. When you awaken and remember, or are reminded by your note, ask your angels to join you and work with you in helping your parts remember they belong to you. Some may have been away from you and your energy for years and will need some support to encourage them to return to their rightful home. ▶ Listen to <i>Unify!</i> Track 2: Soul Integration Ceremony

<p>Step 4.</p>	<p>Perform a Cleansing Ceremony.</p> <p>Do your favorite clearing meditation that is heart-centering and pleasing to you. The MerKaBa Meditation is perfect, if you already know it. During this step, you must shower your parts with love and clearing energy. After your clearing meditation, say this:</p> <p><i>“I now direct my heart center to radiate love and perfection to each of my parts. I ask that this energy clear my parts from any entanglements or energy that is not part of my own Divine Expression. I now send loving, cleansing, healing energy to these parts of me that were left behind in service and in love. Thank you.”</i></p>
<p>Step 5.</p>	<p>Integrate.</p> <p>Ask Archangel Raphael to assist you with integrating these pieces within yourself. Speak lovingly towards these parts of yourself, like you would to a child who had lost his or her way. Take your time. Let all of them into your physical body.</p> <p>Sometimes you will need to make this invitation to each individual part; other times you will be able to integrate them all at once.</p> <p>Say,</p> <p><i>“I now command all of my lost parts that I retrieved last night to be fully integrated in my body now. Let Archangel Raphael’s healing balm seal and soothe these parts to assist their full integration into my four lower bodies: physical, mental, emotional, and spiritual.”</i></p> <p><i>“I further request Archangel Michael to assist me in providing an additional shield of protection around me and my parts to aid in their integration. This shield is to remain in place until my family of parts is fully united within me. Thank you.”</i></p>
<p>Step 6.</p>	<p>Close with the Unity Breath Meditation.</p> <p>(Note: The Unity Breath can be done by anyone at any time. There is no pre-requisite.) The Unity Breath Meditation allows you to become one with all of life.</p> <p>► Listen to <i>Unify!</i> Track 4: Unity Breath Meditation</p>

Unity Breath

Note: The Unity Breath is also found on the CD Track 4.
It is written here for you to say along with the CD.

The Unity Breath or Unity Meditation is the single most powerful action you can do to heal the planet. It will heal you and the planet at the same time. It is hoped that you choose to do this at least twice a week, but you are invited to do it every day if you wish.

Begin by centering yourself. You should have already done your Merkaba Meditation or some other form of centering. Take a meditation position with your body, comfortable, but with your back straight.

As you sit comfortably, see your pranic tube extend from its normal position above and below the body, to a length of 55 feet, or 27½ feet from your heart center. You may also see it as a length of about 16 meters or 8 meters from your heart center.

As you breathe deliberately, allow yourself to come into your heart, and feel the tremendous love you have for Mother Earth. Think of all the things Mother Earth does for us, and feel your great gratitude. Think of the mountains, rivers and trees, plants, animals, and all life on our planet. Allow that feeling to coalesce into a small crystal sphere about the size of a golf ball. This sphere is filled with your love and devotion to Mother Earth.

With your intention, lovingly send this sphere of love directly to the heart of Mother Earth, deep within the Earth. Do that now. (Breathe out by blowing.)

Wait for Mother Earth to respond. She will!

Next, allow yourself to feel the energy of love in your heart again, this time focusing on the male energy of Father Sky. Think of all the things Father Sky does for us, including providing the sun and rain, wind and weather of all kinds, as well as the night sky, stars, and planets. Allow yourself to feel the deep gratitude you have for Father Sky, and allow it to coalesce into a small crystal sphere about the size of a golf ball. As you exhale, with either your intention or a forced air breath, lovingly allow this energy sphere to travel up your pranic tube to the grid around the Earth, which sits about 60 miles above the earth. Do that now. (Breathe out by blowing.)

Allow this energy to permeate the grid, creating a thin membrane of love around the entire Earth. Wait for Father Sky to answer. He will!

You now have Father Sky and Mother Earth in your heart. Enjoy! Take your time.

Next, allow this feeling of love to expand to include all of life. With your intention, allow the tips of your pranic tube to open and allow all of life to enter. As this feeling of the goodness of all life enters you and fills you with the wonder of an innocent child, allow it to coalesce first into a sphere around your body. (This sphere is about the size of the one around Leonardo da Vinci's *Vitruvian Man*.) With direct intention or a forced air breath, send this love and joy out towards all life. Do that now. (Breathe out by blowing.)

See it move out into the Universe, beginning first with your own sphere, expanding slowly, then faster than thought. See it move to your immediate area, city, state, country, world, solar system, Universe, and beyond.

Allow yourself to expand as far as you can think. Continue to let it expand with the intention that it returns to God. As it expands at the speed of thought towards the Source, it moves throughout all dimensions and all levels of reality. All time, all space. God is now breathing you. Know that this universal love is available to any and all who wish to access it. You are invited to stay in this expansion space as long as you wish.

May this information be a blessing in your life. May you remember who you **are** and may you always remember your sacred purpose in life.