

Soul Integration

From TAG, Galactic System of Transformation



We all have created a variety of sub-personalities or aspects in the past that have enabled us to survive and function in difficult situations. Some were created lifetimes ago and others can be traced to early childhood experiences. These personalities aspects often are apparent because of the unique or unusual words, thoughts, emotions or behaviors they exhibit. Some aspects no longer reflect the health and maturity you are choosing for your life. These sub-personalities have served you at one time but the way they do their job may no longer be appropriate.

For example, a three-year old who chose the coping behavior of hiding under the covers in the face of anger was the best that s/he could do at the time. Now, as an adult, there are other choices.

These inner aspects can lovingly be transformed into skilled, happy participants. Consider that each holds an old message and role to play for you. Providing space for them to become conscious, tell you what you need to know, will free you from unconscious patterns and open new possibilities.



Integration Dialogue:

This exercise has participation from the right brain. Do not have the left brain, the editing brain, participate. Just let your mind stay relaxed and write what comes up.

- A. Do you have a name you would like to be called?
- B. What is it?
- C. Where do you reside in _____'s body?
- D. What role do you play in _____'s life? (or in my life?)
- E. What would happen to _____ if you did not do that job?

Now go through the "Are you of My/The Light protocol... ask three times and have you client give the answer. If this energy is Not of the Light, call in the PTO and ask that the entire group be moved back to their Home/Source. Allow time for this to happen.

- F. With the Not of the Light energy gone, begin at "I would like to talk to an aspect of my light, one who knows about the discomfort.
- G. Go through the process until there is an aspect of energy that Is of the Light. Then, continue.
- H. Are you sometimes at rest?
- I. What happens in _____'s life that lets you know that it is time to become active, to trigger in?
- J. What behavior or feeling do you create when you trigger in?
- K. How does _____ feel or respond?
- L. What happens next?
- M. Is there anything else you would like to tell me about your job?

Thank you. I'm sorry it has taken so long to discover you. I am bringing in angels and friends to be with you as _____(client's name) and I explore this job you are doing and when it was created. We will be back and want you totally held until then.

Use this conversation with your young one:

"I am bringing in some loving angels/beings to be with you while I look over this job and see what would be best for both of us. Is that okay with you? (If not, What do you need first?)

Consider:

At that young age, this job seemed the best course of action. You have additional maturity, experience, and wisdom. What would you create now for this young one? What would be a more mature solution to the situation.

Suggestions:

- Assure the young one that s/he is only a message giver to tell you that something needs attention. Then, the young one can go into a situation in which s/he is heard, valued, and sent out to play/create in a very safe and loving place. Assure this young aspect of yourself that you will definitely take over and create a solution.
- Then, decide what or who could address the problem. It may be that you bring in your creative team for help. If it is destructive behaviors, bring in the PTO and ask them to contain all of the individuals involved and move them into a space to be cleared, taught, and empowered with skills to bring benefit.

Your imagination is a most powerful tool here.

Here are other ideas you might want to include in the conversation.

- I didn't know you were there. I am sorry.
- You have done a magnificent job of keeping this pain away from my heart. Thank you.
- What do you need now? this may be the basis of the Reality Statement for this young aspect your yourself.
- I want you to know that you never have to be in a situation like that again. (you can say this with confidence. You will never be that young age again and every chose or decision you make will come from your older age.)
- You are in the hands of great love.
- I am older and wiser and am learning how to walk through and detach from such situations in powerful ways.

You would write the new **RealityStatements*** and move it through the **Reality Shift process*** from this interaction.

