

## Soul Integration

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



These inner parts will lovingly be transformed into skilled, happy gifts.. Some may want to talk as they hold a message you have missed.

In a time that you have set aside in which you will not be disturbed, use the following dialogue. Write the questions and allow the answers to come through your mind and hand. Simply observe. Do not act as a judging parent. It may be helpful to use your dominant hand to write the questions and your less dominant hand to write the answers.

### **Preparation Dialogue when you are working with another:**

" \_\_\_\_\_, I want you pay attention to your breath. In whatever way is best for you, get a picture, a sense, or words for whatever you can imagine of your highest experience of life. Relax and breathe.

Now, breathing in through your nose and exhaling through your mouth, imagine that your breath contains the model of your highest experience. Breathe it into your being and let what is no longer needed follow your exhalation. Do this seven times. (count for the client if you would like.)

Now, in your inner space, move over to one side as if leaving room on a couch for another person. Breath and slide over." (allow a few seconds.)

I would like to talk to any part of yourself who is not comfortable with this new experience or who cannot support you in it. When you get a sense of another presence, energy, emotion, let it say through you, "I am here." (wait until the client shifts and the words "I am here" or something similar comes.

### **Integration Dialogue**

A. Do you have a name? What is it?

- B. Where do you reside in \_\_\_\_\_'s body?
- C. What role do you play in \_\_\_\_\_'s life? (Are you here to protect or punish?)
- D. What would happen to \_\_\_\_\_ if you did not do that job?
- E. Are you sometimes at rest?
- F. What happens in \_\_\_\_\_'s life that lets you know that it is time to become active?
- G. What behavior or feeling do you create when you trigger in?
- H. How does \_\_\_\_\_ feel or respond?
- I. What happens next?
- J. Is there anything else you would like to tell me about your job?

Thank you. I'd like you to slide over to one side with \_\_\_\_\_'s angels. \_\_\_\_\_ . Breath and slide back into place. When you are present, let me know.

Do you recognize the patterns the parts described? Do you see the role they are playing in using your thoughts, emotions and situation to accomplish their task?

We're going to go back in time to a place where you experienced the need for them. Your angels and higher self knows where we need to go and so you can just relax and tell the story you see as I ask.

Gently breath. Feel yourself become light like a feather. You are floating unattached to any thought or emotion. Continue to breath yourself free. (Go very slowly with the following suggestions.) Going back very safely, 1. You are moving farther and farther back in time. Sense the warm around you. Going back 2. Farther and farther back 3.

- A. Do you get a sense of being inside or outside? (this can be a structure, or a body.)
- B. Is it day or night?
- C. Look down and tell me what you have on your feet and what clothing you are wearing.
- D. Are you in a male or female body?

E. What age do you have a sense of being?

F. How are you feeling?

G. Look around and tell me what is going on that is causing the feelings.

(At this point, let the client tell the story. If emotions become intense, move them into an observer role of describing the scene.)

H. What are you choosing to believe about life on the planet?

I. What are you choosing to believe about love? God? people? yourself? (Use words from their description.)

“\_\_\_\_\_ . I think that you gave yourself the wrong message. Look around the (person in the story). You will see her/his angels and guides even though he/she did not know they were there. Tell me when you see them.”

“Ask the angels. Did he/she get the correct message?”

“Ask the angels. What was he/she trying to understand?”

Now, go into the situation. (Take the events back to a safe place if you need to.) You be the teacher/adult/parent and explain the true message. Create a reality shift that incorporates the message and move him/her into it.

When the situation has changed, identify a color to represent the new understanding and feelings. Move the color back into all past lifetimes and they will rearrange themselves to this new understanding. Now, bring it forward to this moment, surround all the discordant parts.

Next, bring all the parts to you. Explain the true message, the reality shift and release the parts need to do their jobs the old way.

Then, breath the new color throughout your body, especially in the areas left void by the release of the parts. Working with your creative self and angels, design a system that brings a new skill and gift based on this new understanding. Bring this new skill into your heart and have it teach the rest how to work with it.