



Follow Up Healing Journeys/Meditations (rev. April 2010)

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True Self *(Betsy Bergstrom)*

Ask your power animal or teacher to show you who you were meant to be, your "True Self" in your fully actualized wholeness. Merge with your True Self daily or more often, as needed.

Soul Remembering *(Sandra Ingerman)*

Partner up if possible. Ask your power animal or teacher to show you who your partner was before anybody told them who they were. What strengths, talents, and gifts did they come in to manifest? Ask for a symbol(s). Upon return, draw the symbol(s).

Empowerment Animal Retrieval *(Betsy Bergstrom)*

Because we aren't consciously filled with power and light 24/7, it can be good to have an "Empowerment" Animal; Betsy calls this a "Body Protector." If you are filled with power and "light," 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 energy of your empowerment animal (energy/essence only, not its full form) daily or more often, as needed.

Gatekeeper/Auric Filter *(Betsy Bergstrom)*

Ask your power animal or teacher for a personal Gatekeeper. This is a filter for your aura/energy field that lets in what is for your greatest good while blocking what is not. You can merge with your Gatekeeper daily (or more often, as needed). It also filters what you emit to minimize your "psychic vomiting" on others.

Bringing Passion and Meaning *(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?

Habit-Breaking Ritual *(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 Attitude Blocks *(Sandra Ingerman)*

What is the **core** attitude or belief that I am holding that blocks me from using my creative energy?

- 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, 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).

Thought-Changing Journey *(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?

Accessing Your Hidden Energy *(influenced by Tom Cowan)*

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.

Vacation Journey *(Sandra Ingerman)*

Ask to be taken to one or more "vacation" spots that (all of) you can go to regularly for relaxation.

Gift from Your Power Animal or Teacher *(Sandra Ingerman)*

Ask your power animal or teacher for a gift, one that you most need on your path at this time.

Gift to Your Power Animal or Teacher *(Sandra Ingerman)*

Ask your power animal or teacher what gift it would like from you, then give it that gift.

Dream Work Intention *(Sandra Ingerman)*

Before going to sleep, ask your own psyche to open up to the love of the universe for healing.

Tree Journey/Meditation *(Sandra Ingerman)*

(To do outdoors under a tree.)

Journey question: How can I root the healing (or soul part(s)/essence(s) that were brought back?

Ancestral Gifts *(Sandra Ingerman)*

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

Releasing Other's Stolen/Given Soul Parts *(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 power animal/teacher; release only to the loving and compassionate spirits of the universe.)

Moon & Seasons Work *(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).

Soul Retrieval for Places *(Sandra Ingerman)*

Bring back the soul of your land/office/bedroom/home/family/business. Journey to a descendant, not an ancestor, for retrieving offices, homes, or rooms, because an ancestor, for example, might not understand how a home could be built with no soul to start with.

Middle World Journey *(Sandra Ingerman)*

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

Especially After Soul Retrieval Healing

Soul Renewal ("Spa Special") *(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.

Artificial Meeting Journey *(Sandra Ingerman)*

Ask a power animal/teacher 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):

- Why did you leave? (optional question, to ask if you feel called to know the answer)
- How are you coming back to help me at this time?
- What changes do I need to make in my life that would make you feel welcome in being back home again?
(How do I support my own health and well being?)