



True Soul-Self Restoration Practices

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1. **Place of Awareness** Visit the Place of Awareness (observer as True Soul-Self; detached neutrality). Soak up the energy, let it fill your cells until you are able to embody and experience fully the Gaze of Awareness, Inner Peace, and Inner Knowing. (Betsy Bergstrom adaptation)
2. **Spa Special** Meditate to a special healing place just for you, your own private sanctuary, a place with the perfect "spa" for you, indoors or natural outdoors. Let this place soothe, heal, and revitalize your body, mind, emotions, ego, wounds—all parts of you. (Mary Courtis adaptation)
3. **True Soul-Self Meditation**
See blue box on reverse. (Betsy Bergstrom)
4. **Outdoor Power Spot** Take an offering and walk outdoors, silently asking for a place on the land that holds true power for you. Walk until you find a spot that you feel drawn to. Make your offering and introduce yourself. Ask permission to sit and visit. (Sandra Ingerman)
5. **True Soul-Self Ceremony to the Great Void** When done, draw a simple symbol of your True Soul-Self and the gift(s) you carry. (Ceremony: Betsy Bergstrom; Symbol: Sandra Ingerman)
6. **True Soul-Self Honor Song** Create a "power song" to re-member and invoke or deepen your connection to your True Soul-Self. (Mary "Turtle" Rooker)

True Soul-Self Meditation

(Suggested by Betsy Bergstrom)

Your True Soul-Self is ...

- ❖ You, before traumas or parental, peer, or cultural expectations and pressures re-shaped you
- ❖ You, fully actualized and in your full power, vibrating at your highest frequency
- ❖ Your timeless, vast, infinite soul-self; your blueprint of you in your wholeness
- ❖ The you that's accepting of others and the rest of you—your ego, mind, emotions, & body
- ❖ The you that will live on after your current physical form dies

1. Experience being in a beautiful place in nature. Luxuriate in your surroundings; soak up the safety and freedom and beauty of this sacred, magical place that is your own personal haven.
2. Notice your True Soul-Self off in the distance.
3. Slowly move closer to each other.
4. Eventually merge, noticing before and after the merge any qualities about your True Soul-Self connection.