

Subtle Energy Work and Soul Psychology *Heart-Centered Shamanistic Techniques*

Learn **Soul work**, integrating disowned parts, physical/spiritual healing, and managing your personal energy. In the Jungian perspective, therapeutic healing begins with bringing pathological complexes into experienced (not just intellectual) consciousness. Complexes become pathological when they remain unconscious and operate autonomously. Complexes become autonomous when they “dissociate” (split off), accumulating enough psychical energy and content to usurp the executive function of the ego and work against the overall good of the individual, and are usually the result of traumatic childhood experience. Only when dissociation is broken and the complex is brought to consciousness can the emotional charge be assimilated and the autonomous nature of the complex be dissolved. “Everyone knows that people have complexes,” Jung wrote, but “what is not so well known ... is that complexes can have us” (*Man and His Symbols*, 1964, p. 161). The altered state allows access to these dissociated complexes, and provides the vehicle for reintegration.

Learn to work with **energy and healing**. This model of Personal Transformation uses the **chakras** as the foundation for healing. There are lessons in each chakra that open up the gateways to enlightenment. As you work through your own personal issues connected with each chakra and the corresponding psycho-social developmental stages, the chakra opens and you move into higher and higher levels of consciousness.

An important aspect of the training is **Spirit Attachments and Soul Retrievals**. We look at spirit attachment from several points of view: Carl Jung’s psychology, shamanic traditions, and the current therapeutic work of Sandra Ingerman (*Soul Retrieval: Mending the Fragmented Self*, 1991), William Baldwin (*Spirit Release Therapy*, 1993), Edith Fiore (*The Unquiet Dead*, 1987), and Irene Hickman (*Remote Depossession*, 1994).

Jung spoke about people experiencing “possession”. He saw most people as identified almost entirely with certain acceptable aspects of themselves (the *persona*), having denied and repressed the unacceptable aspects (the *shadow*). In fact, Jung refers to this identification with the persona as an instance of *possession*, i.e., “identity of the ego-personality with a complex” (*The Archetypes and the Collective Unconscious*, 1959, p. 122). And the way out of this possession (the ego’s imaginary identifications) is to wrest the soul from its enchantment with the complex, in other words an exorcism process. One accomplishes this through reconnection with the dark side of our selves and thus recovery of what has been lost. **Segments of learning** in this aspect of healing are:

1. Attachments and possession
2. Diagnostic criteria to distinguish entity attachments, MPD alters and mind fragments
3. Releasing spirit attachments
4. Releasing a dark entity
5. Soul separation and retrieval

Heart-Centered Soul Retrieval

When family members, clients or we ourselves are feeling empty, disconnected and depressed, these may all be signs of Loss of Soul or Soul Fragmentation. In typical shamanic work, the shaman will “journey” and bring back the soul of the client. In *Heart-Centered Soul Retrieval*, we



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regress the client back to the traumatic event, which resulted in the Soul loss. We then release the emotions connected to the trauma and direct the client to find the lost Soul fragment themselves. The therapist/healer then assists the client to energetically reclaim the soul fragment and bring it back into the body. In our experience, this is a most powerful technique, which leaves the client feeling more whole and complete than ever before.

Earthbound Entity Release

If a client describes a sudden onset of an illness, an addiction or a severe loss of energy, it may be the sign of a deceased entity who was killed or died suddenly and did not know about going to the Light. Instead this entity remained earthbound and attached to the energy field of you or your client. This can happen, just like the movie “Ghosts,” when a loved one dies and wants to remain close to a family member. It can also happen to people who work in or spend time in hospitals, funeral parlors, hospice, at the “deathbed” of someone, or similar situations.

Past Life Therapy

Past lives often give us clues about what our issues are. There has been much research conducted on children who report past life memories. The names, events and places that they describe have often been verified and validated. Whether these memories are literally “real” or simply metaphors for our lives is not important. The important thing is that this material is in our unconscious mind and emerges to bring us messages about how to heal.

Differential Diagnosis

When healers/therapists begin doing this work, there can be some confusion about what we are dealing with. For example, when we hear the voice of the attachment, we may wonder if this is an alter personality as in the diagnosis of Dissociative Identity Disorder. Perhaps it is the voice of a mind fragment or an introject. How do we decide or know? It is vitally important to know what questions to ask in order to make the correct diagnosis for your client.

Soul Psychology

Unravel the complexities of the connections between body and mind, emotion and enlightenment, karmic patterns and Soul lessons. In the depths of altered state psychotherapy we often encounter a quality of the individual that is remarkably uniquely his/her *essence*. At such opportune moments, the person can relatively easily discern what is *not* her essence, e.g., introjects or attachments, and consciously separate from and dis-identify with that energy.

Prenatal and Birth Imprints

Discover the profound influence on one’s life and death of these early primal lessons. We have discovered that many people spontaneously regress to birth and womb experiences in their hypnotherapy sessions. The primal experiences of conception, implantation, or birth leave indelible patterns that most people reenact unconsciously throughout their lifetime.



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