

Soul Retrieval

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As you drift deeper and deeper down and are more relaxed, be aware that in some cases the soul is not within the body. Be aware that at times we've allowed the soul to get outside the body. This causes us to feel like we're in pieces, or dissociated, or not feeling together. I want you to look throughout your aura, and just see the position of your soul. If it's outside your body, look over your left shoulder first and see if you can see that spark of white light. Pick up that white light from anywhere in your aura. Take a moment to find that little miniature sun. And when you do, just nod your head. Pick that sun up, and place it right in the center of your solar plexus. And now let it expand. Let it go from your left rib cage to your right rib cage, and from your backbone up to your stomach muscles, to form a pool of white light within you. And as it expands, feel the warmth and imagine the brightness of the pool of light within your solar plexus. Good. Now, let all of the positive parts of you to stand around that pool of light. Allow all of the parts of you that are positive to you, be it a spouse, your job. When all of the positive parts of you are around that pool of light, just nod your head. Then just have them dive into that pool of light and feel that light surge up over your shoulders down over your arms into your fingertips. Feel it moving down through your legs, through your shinbones right into your ankles and out to the tips of your toes. When it reaches the tips of your toes, just nod your head, and then feel that light just surge up into your head, so that from the top of your head down to the tips of your fingers and the tips of your toes you can feel that light within you. Now this light is your soul light. This is the light of your soul. Allow that light of the soul to glow. Feel that light of the soul being a part of you. Feel that soul light, feel how good it feels, how wonderful it feels. And now, with that soul light all around you, the spark of God's consciousness that was given to you upon your creation, feel that light as part of you. Feel that light as part of your bring. Feels good to have the soul inside, doesn't it? And to have it glowing from the top of your head to the tips of your fingers and the tips of your toes. Look down now at your heart and bring all of the pieces of your heart that you may have given away to others, bring those pieces of your heart and fit them back inside you, more and more relaxed. Allow all of the pieces of your heart to be within you. Feel how good that feels. Feel how relaxed that feels. More and more relaxed. More and more at ease as you feel all of the pieces of yourself coming back in. If you're having trouble, just follow the ribbons out from your heart. Follow that red ribbon out to the other person's, just bring that piece of your heart back inside. When you have all of the pieces of heart back inside and you're whole and complete again, just nod your head and feel relaxed. Now if there is an opportunity for you to give a piece of your heart out to anyone, you're going to feel the need to have his or her piece of heart returned to you. And so it's easy for you to give a piece of your heart to another, making sure you get a piece of their heart to respond to you. Now feel all of the pieces of your reproductive system that were taken from you being returned to you. Bring back all the pieces of the reproductive system and place them back within you. And then bring all of the pieces of your reproductive system that you gave away looking for love in all of the wrong places. When all of those

pieces have been returned to you, just nod your head. Then just go deeper and deeper relaxed. Look up to your mind. We joke about this sometimes, but I want you to bring back all of the pieces of your mind that you gave away. I want you to bring back all of the pieces of your mind that you gave away to others. Bring those pieces of your mind back easily and comfortably. Relaxingly. Make your mind whole again. Feel how good that feels and how relaxing that feels. Feel the energy and vitality coming back to the whole part of your being that had been missing. Feel yourself whole and complete, and feel how good that feels. Now to increase your aura, I want you to look up to the crown of your head and you'll see the light of the Holy Spirit coming right down through the crown of your head. Feel that light just flowing into you, just as though you had a funnel on the top of your head. Feel that golden white light coming in and filling you from the top of your head down to the tips of your toes. Feel it mixing with your white light, doubling and tripling in intensity. Feel how good that feels as it doubles and triple within you. Feel that light now. Feels good, doesn't it. Just let it flow out from you, from every pore of your body. Let every pore of your body flow out all of the white light, until it forms an egg of white light protection. Two feet above your head, two feet out from you in every direction, two feet beneath your feet. Feel that egg of white light just flowing out from you, building a light of protection all around you. Feel that light. And then, on the outer ridges of that place is a shield of diamonds, the hardest substance known to man. With that shield of diamonds, use that hard substance to reflect away from you every evil, every anxiety. Releasing every anxious moment from your body, protecting you from any harm. Feel how good that feels. Feels good, doesn't it? As you do that, allow your light to shine through the facet of those diamonds, giving your light to all who need, placing your light around all who need your protection, placing your light around all who benefit. Feel how good that feels to allow that light to flow out from you in every direction. As you give this light to your family, your friends, to those you meet, it's an inexhaustible supply. To enhance it, look straight up into the crown of your head and let more love of the Holy Spirit move right down inside your body. Feel how good that feels. Feel how relaxed that feels. Knowing that you can give your light to all who have need, but no one can take your light from you. No one can penetrate in to that shield of diamonds, no one can break that shell that protects you. Feel that light of protection all around you. Feel how good that feels, and how marvelous that feels. Take a moment now to just enjoy this light around you. Feel how good that feels. Increasing this white light any time you have need of it. Increasing it easily and comfortably before you go into place where your light had been drained in the past. Feel it now. As you increase this white light before you enter into any dwelling or place of business, feel this white light as you place it around all who you meet. Feel how good that feels. How wonderful that feeling is. More and more relaxed. More and more at peace. More relaxed and more at peace than you had ever known possible. Feels good, doesn't it, to just let that happen. And now just drift deeper and deeper relaxed. Deeper and deeper and even more relaxed.

Transcribed by Dr. Tim Brunson, Anniston, AL.