

Retrieving the Soul

with Whole Presence

100% Soul Retrieval

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Whole Presence is an opportunity to retrieve and reunify all aspects of your energetic Self – “Presence”. Similar to soul retrieval Whole Presence brings back and integrates amounts of your Soul energy that have been lost, given or taken away. However, in this advanced process you are guided in the course of one intensive four-hour session to journey through all time, space and dimensions to retrieve 100% of your Soul fragments lost in either this lifetime or any of your incarnations. It is time for Wholeness. In this rapidly advancing evolutionary phase on earth spiritual awakening is linked to being completely present – in the present moment with all of your Presence.

Why Whole Presence?

As the evolutionary process on the planet accelerates Whole Presence allows you to move more easily through the intensifying transitions. The integrity of the reunified Self brings inner strength and balance establishing more harmony and peace in your daily experience. The experience is one of self-discovery and renewal and also initiates a greater clarity and increased focus to create more powerfully whatever you choose to manifest. You may experience a deeper more pervading sense of oneness with all of Life.

Whole Presence empowers you to be all that you are, an unlimited creator within this life experience. As your energy is no longer fragmented and diffused you become capable of easily and quickly going beyond any restricting or distorted concepts and beliefs of the past. Emotional issues that arise may be processed and released with little effort and you recognize that profound shifts have occurred even without giving attention to those areas.

What Is Presence?

This tends to be a challenging question to answer because there are so many subtle and very subjective responses. There are as many definitions as people asking the question. Certainly every spiritual or religious path has a different variation. Perhaps the most commonly used might be “soul”. In workshops when asked “What is Presence?” participants have answered:

- ◆ Soul
- ◆ Divine Spirit
- ◆ Being
- ◆ Consciousness

Presence is all of these and more. It is who you are, an infinite, eternal creative aspect of All That Is. You are a conscious being which is a unique vibration with distinctive inherent qualities – your core Self or Soul on an energetic level. When the energy is initially found and felt in the body it is known experientially beyond words. Translating this profound esoteric experience into human language usually leaves much to be desired. The effort is worthwhile still as we all gain when we communicate and share our lives developing a greater understanding of the mysteries of life.

We can only know Presence by the way that it feels. Each Presence is a composite of many qualities that synthesize to a vibration that is unique to each individual. Following are some of the most commonly described Presence qualities. Which might you be?

- ◆ Strong & Powerful
- ◆ Gentle & Loving
- ◆ Old & Wise
- ◆ Young & Innocent
- ◆ All-knowing

Discovering Presence and becoming familiar with it is a deeply moving experience. You become aware that the Presence is aware of your attention to it and there is an immediate ease of communication between the human level awareness and that greater awareness of your being. It is the Presence that has orchestrated your unfolding path and lead you to more awareness of the Self and wholeness.

What Presence Is Not

Presence is not the mind or ego or personality. It is not your behavior or attitudes or beliefs. You are not your body or the sum of your experiences from this lifetime – not your education, training or work. You are not the role you play or even your spiritual mission.

Other types of energy that are associated with your human body such as kundalini, prana, chakra, meridian, emotional, heart and/or chi energies are part of the human experience and not the eternal conscious awareness of your being. Even the I Am Presence or oversoul is not all of who you are. When you become aware of the unique vibrational qualities of your Presence it is clearly distinguishable from these other energies and aspects.

Where Has My Presence Gone?

Over all of your incarnations for as long as you have existed bits of your energy have been left behind with other people, places and events. Your multidimensional Presence has traveled to many star systems, higher dimensional realities, parallel universes and even into the future. In this lifetime alone we have tended to give away much of our life force energy –Presence- to our loved ones or had traumatic events separate us from parts of ourselves. Some of the energy may be with a spiritual teacher or a sacred site, with parents, spouse, children or friends. Spiritual healers or other practitioners may find their energy with their clients. People doing work to heal our earth may have sent some of their Presence to her. The sun and moon are also popular locations. Those who meditate or in other ways access higher vibrational realities may not bring themselves completely back to this reality. In some cases we find energy at Creation Source. And, of course, Presence fragments are scattered along the path of all your lifetimes.

The Whole Presence Process

For those ready and committed to spiritual awakening this process is an opportunity for a quantum leap in wholeness. In the Whole Presence session you are actually taught a concise yet simplified shamanic journeying technique plus the tools for retrieving your own energy fragments and reunifying the whole field of Presence. The fact that you experience doing this for yourself and obtain the skills and tools makes it possible to keep the reunified field clear, intact and vibrationally in harmony with your body.

There are three skills necessary for people to be successful with Whole Presence and with integrating the resulting transformation. The skills that support Presence are:

- ◆ working with **energy**
- ◆ managing your **focus** and
- ◆ handling **change** gracefully.

It is important to have some level of experience and confidence in all three areas before considering Whole Presence work. Having these skills combined with a strong feeling of enthusiasm and knowing that this is right for you will determine your experience with moving powerfully to a new level of Self and allowing your whole Self to be expressed.

Although there are certain parameters required the entire process is very flexible and can be adjusted to suit those who work with energy on a visual, kinesthetic or auditory level. The Whole Presence Facilitator's role is to guide, protect and co-create an experience that is most effective for each individual. In this way you are fully empowered to direct the experience relative to your intentions, belief systems and what feels right for your highest good. For most people one session is enough to retrieve and reunify all of their energy. However, the process is directed in a

way that allows you to choose whether it is best to stop at a certain point or continue until you have gathered 100%.

In a manner similar to traditional soul retrieval work we utilize shamanic principles of working with energy beginning with establishing a sacred space. After going into a deep altered state of consciousness you are guided to locate the Presence energy within your physical body and develop a familiarity with your unique personal vibration. Many times the Presence is readily available. In other cases we are required to do some detective work to find the Presence which may involve clearing distracting or interfering entities.

Based on the concept that everything reduces to energy you are assisted with clearing the limiting patterns or unneeded programming of the mind that are ready to be dissolved or released. This is accomplished through a process using your Presence energy combined with guided imagery to 'clean house' and dissolve the energetic patterns, perspectives and beliefs acquired from parents, teachers, society in general, religious organizations or spiritual training. Any stored information, data and memories that are not in alignment with your Presence are also energetically cleared.

Guidance and support are provided as you journey through all time, space and dimensions retrieving bits of your Presence. First you go out to the solar system, galaxy and all universes. Next the journey covers all of your past lives, this current lifetime and even future life experiences. Energy is retrieved from all the higher dimensions, Creation Source and anyone who may have some amount of your energy.

The session concludes with your reunifying all of the gathered fragments and rebalancing your Whole Presence to be in harmony with your physical body.

Follow up

It is essential to follow up the reunification with a regular maintenance routine to keep the field clear and unified as it shifts and expands. Over time the integration and developing conscious awareness of your Whole Presence results in experiencing more of your unlimited creative Divine nature. In alignment with Source and all of Life you radiate the pure essence of your being creating more peace, love and light for all.

For further information on individual Whole Presence sessions or the Whole Presence Facilitator's Training please contact:

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