Soul Retrieval from the Correllian Perspective [1]



There are many opinions and options out there for doing Soul Retrievals ranging from Life Couches to Clergy to self help books to information found on the internet. What in the heck is a Soul Retrieval anyway? Soul Retrieval is an important technique of deep healing. The idea behind Soul Retrieval is that parts of our Soul become caught or “lost” because of strong emotions or traumatic experiences, and must be “retrieved” in or for us to be whole and healthy again.

The first thing to understand about Soul Retrievals is that they are not something that is done lightly but they are something that can benefit most everyone. The other thing to understand about Soul Retrievals is that they are only a step in a long process. There is a lot to understand and do before ever sitting down to do the actual Soul Retrieval. The final important point to understand before you start this journey is that this is not a one shot cure for what ails you. You may have to repeat Soul Retrievals, sometimes for many times, until you are finally healed. Some of that has to do with the prep work, or lack thereof, or the magnitude of the healing that is needed. You can control the first but you can’t control the last.

So with so many opinions and methods out there, what is the Correllian perspective on Soul Retrieval? To answer this question one must first understand the Correllian perspective on what is the Soul. According to Correllian beliefs, the Soul is part of the Higher Self. The Soul is part of the being that, arising from the Monad, differentiates itself into a single stream of experience and persona, which it develops through multiple incarnations and multiple variations on incarnations. The fruits of these incarnations are carried forward by the Soul and shape it into an individual entity that is more highly differentiated than the Monad but not as minutely differentiated as each individual life the Soul leads.

**The Monads:**

Your first question is probably “What’s a Monad?” In creating existence the Goddess first divided herself into Monads, of which there are nine. Each of the Monads is a separate manifestation of Goddess encapsulating Her essence at that moment in creation, thus all nine Monads possess the entire nature of Deity in microcosm, but with variations depending upon their place in the sequence of creation.

Each Monad is composed of many, many Souls. The many Souls represent a wide range of variations on the essential characteristics of the Monad, which in turn are variations on the characteristics of Goddess. Just as Monads are more differentiated than Goddess, so the Souls are more differentiated than the Monads. Each Soul then branches out into many lifetimes, just as each Monad has branched into many Souls.

To understand the Monad your Soul is a piece of helps with Soul Retrievals because you then understand the personality of your Soul and how it views the world around it. This familiarity can help with its healing. So let’s dive into the Nine Monads. As we go through them see if you can recognize your Monad. This allows us to make a more emotional connection with the Monads, who are a part of the Higher levels of our own beings, and of which we and our Souls are aspects.

Each new Monad was a microcosm of Deity at the moment of its creation. As each Monad went forward Deity experienced the physical through them, and She was changed. The experiences of each Monad changed the perspective of Deity, causing Her to create the next Monad based upon the needs of its predecessors. In addition, the creation of each successive Monad affected its predecessors through interaction, creating a progressively evolving experience of existence.

**Protoneira** – Protoneira is the first Monad, the first attempt by Deity to enter the world of matter to rejoin with the God. Deity’s first reaction to matter was to try to make sense of it; to understand it and digest the experience of matter. Protoneira is all about structure, form and theory. Protoneira translated the physical world into terms spirit could understand and established patterns for interacting with it.

Consequently Protoneiran Souls are very strong on ideas of how things should work, but not so good on follow through. They understand the concepts well and are good at codifying and establishing patterns but are not so good at putting those patterns into action or adapting to circumstances. Protoneiran Souls are often leaders in areas of morality, philosophy or the law. They usually adhere strongly to ideals and principles and can be quite unforgiving of others who don’t.

**Deuteroneira** – When Deity saw that Her first Avatar Protoneira had become stuck in the patterns of the physical She found it necessary to create a second Monad, Deuteroneira. This second Monad entered the physical with the express purpose of assisting Protoneira to move forward. Deuteroneira analyzed Protoneira’s patterns and put them into active practice. Where Protoneira had an abstract understanding of the physical, Deuteroneira tried to establish a practical understanding.

However, because Deuteroneira was created specifically to assist Protoneira, she tended to defer to Protoneira and not apply these practical understandings without permission of the first Monad. Protoneira, perceiving Deuteroneira’s attempts not as assistance but as usurpation, would not allow the practical application to go forward.

Deuteroneiran Souls are loyal, nurturing, and protective in their relationships. They are strongly analytical, and can be very practical, but tend to defer to others. They are excellent at creating long range plans and practical systems. Deuteroneiran Souls tend to see themselves more as stewards or assistants, and like to leave the leading to others - which often leads to anger and bitterness later. None-the-less they can be highly effective if they can overcome their tendency to defer and take action in their own right.

**Tritoneira** - When Deity saw that Her first Avatar Protoneira could not put her understandings of the physical world into active practice, She created Deuteroneira to assist Protoneira. But instead of moving forward, Protoneira rejected Deuteroneira’s help as usurpation, and they fell into an impasse. Consequently Deity’s experience of the physical, though advanced somewhat, remained bogged down. Surveying the situation, Deity created a third Avatar from Herself, Tritoneira, with the intention of spurring the first into action.

Tritoneira’s purpose was to put the abstract ideas of Protoneira and the practical applications of Deuteroneira into actual practice. Consequently Tritoneira is all about action and activity. Tritoneira focuses on practical application and experience. It is with Tritoneira that Deity’s desire for physical experience really begins to be realized.

Tritoneira is all about practical application, growth, and expansion. Tritoneira is brilliant, inventive, energetic and hard working. All that Protoneira had conceived and Deuteroneira had nurtured Tritoneira expressed and expanded.

Tritoneiran Souls are great communicators and are very persuasive. They are popularizers rather than originators - though they can be highly original in how they do this. The Tritoneiran Soul takes what others have been unable to use and creates new applications for it.

**Tetroneira** - Having at last gotten things moving with Tritoneira, and through this gained greater scope for physical experience, Deity now desired to expand Her understanding of that experience in new ways.

Where the first three Monads had been all about understanding the physical and putting this understanding into practice, the next Avatar created had a different purpose: Tetroneira was created not to understand the physical itself, but to better understand the Monads and their myriad manifestations. Tetroneira is fundamentally reactive and subjective, where the first three Monads were fundamentally objective.

Tetroneira is all about emotional and interpersonal patterns. Where the first three Monads look outward and seek to understand and implement what they find outside of themselves, Tetroneira looks inward and is all about internal reaction to external stimuli. Through her internal reactions and her expression of them, Tetroneira creates new patterns which add depth to experience.

Tetroneiran Souls are highly emotional, creative, and responsive. They make great artists and are highly expressive. They tend to be all or nothing types who throw themselves strongly into each experience. They are fundamentally reactive in nature, and their understanding of cause and effect is not all that strong.

They are usually very much creatures of the moment and in the passion of the moment they often forget all other considerations. None-the-less once they form an emotional attachment (positive or negative) they hold on to it forever, and they find it very hard to change their feelings on a subject once those feelings have been formed.

Because of this strong reactive element, Tetroneiran Souls tend to be very self-centered. It is hard for them to gain objectivity in situations. If they can gain objectivity, then their emotional nature gives than a deep understanding of others’ needs.

**Pemptoneira** - Through Tetroneira Deity gained insight into the nature of the Monads and the relationships between them. Where the first three Monads studied the patterns of physical existence and sought to apply that knowledge, Tetroneira was created to explore the patterns between the Monads themselves. But while Tetroneira gained personal insight through her reactions to these patterns, she lacked the necessary distance to understand the patterns themselves. To gain understanding of these patterns Deity created the fifth Monad, Pemptoneira.

Where Tetroneira sought to experience the patterns created by the interaction of Monads in the physical, Pemptoneira sought to understand these patterns and gain facility in manipulating them. Just as Protoneira studied the patterns of being and Deuteroneira sought practical application of them, so Tetroneira studied interactive patterns while Pemptoneira sought practical understanding of them. Thus we see the same pattern repeating at a different octave.

Observational and analytical where Tetroneira was subjective, Pemptoneira seeks to know and to understand existence in all its facets - especially the relationships between things. Curiosity is Pemptoneira’s overriding characteristic, and study is its primary application.

Where Deuteroneira sought to understand things in terms of practical effects, Pemptoneira seeks to understand cause. Effects are a secondary concern to Pemptoneira - though not to say unimportant.

Where the Tetroneiran Soul throws itself fully into each experience and forms long lasting attachments, the Pemptoneiran Soul tends to be aloof and reserved from its experiences, and constantly revises its attachments as its understandings change. The Pemptoneiran Soul is not passionate about its experiences so much as about its understandings.

**Ektoneira** - Having examined the physical from the perspective of relationships and causes through Pemptoneira, Deity sought to put this knowledge into practical use. However the same objectivity which gave Pemptoneira enough distance to understand these things made it impossible for her to make the best use of that knowledge. Pemptoneira was by nature aloof, an observer created to study at a distance - she could not engage enough to apply the knowledge she had gained.

Where Protoneira sought to understand patterns, Deuteroneira sought to apply those understandings and Tritoneira sought to put those applications into practice, Tetroneira sought to understand relationships, Pemptoneira sought to analyze relationships, and Ektoneira seeks to put the understanding of relationships into practice.

In creating Ektoneira, Deity combined the subjectivity of Tetroneira and the objectivity of Pemptoneira in an attempt to achieve balance. Like Tetroneira and Pemptoneira, Ektoneira is primarily concerned with relationships. Ektoneira might be considered a kind of scientist of relationships, seeking to create and experience good relationships by the application and constant improvement of patterns. Like Tritoneira, Ektoneira is not concerned with understanding but with application.

Ektoneira is loving, nurturing, and protective. Ektoneira tends to place her relationships above herself, and is capable of great self-sacrifice. Ektoneira works hard to protect the things she loves, and likes to create a safe and tranquil sanctuary for herself and them. Ektoneira craves peace and harmony, and will go to great lengths to achieve these.

At the same time, Ektoneira has definite expectations of her relationships and can be quite upset when these expectations are not realized. Ektoneira tends to ignore individual considerations because of her expectation of specific patterns. When cause and effect do not follow as she anticipates, Ektoneira is all too likely to blame the situation rather than reassess her expectations. Too, her protectiveness can become paranoia and Ektoneira sometimes smothers the very things she loves and seeks to protect. The frustration which arises from this led Deity to create Her next Avatar.

**Ebdomoneira** - Having combined Her subjective and objective knowledge of relationships Deity created Ektoneira with the intention of bringing about balance and harmony in Her experience of the physical. Successful at first, Ektoneira ultimately failed in this because of the dissonance between her expectations and reality. Because Ektoneira could not revise her expectations when her results failed to support them, it was necessary for Deity to create another Avatar: this was Ebdomoneira.

Since Ektoneira could only appreciate things in relation to her expectations of them, Ebdomoneira was created to appreciate the differences between things and to embrace the idea of individuality. Ebdomoneira’s dominant characteristic is love of the unique. Far from being attached to predetermined expectations as Ektoneira is, Ebdomoneira loves the surprises and unexpected experiences which come from taking things as they are.

Ebdomoneira is optimistic and trusts that the innate nature of things is always an inherently good. Because of this Ebdomoneira accepts things for what they are and embraces them in their natural state, without seeking to change or refine them.

Ebdomoneira cherishes the differences between things and by studying this she sees the similarities between them - in this she achieves a high understanding of the inner nature of existence. In this she differs from Pemptoneira whose understandings are of relationship and process rather than inner nature.

Loyalty and devotion are Ebdomoneira’s greatest strengths - however they can also be her greatest weakness. Ebdomoneira’s nature lacks judgment and tends to accept things unconditionally. Consequently Ebdomoneira can be quite oblivious to the good or bad effects of things, being entranced by their individual characteristics rather than their outcomes. It is this lack of discernment regarding the outcome of situations which led to the creation of the Eighth Monad.

**Ogdoneira** - Deity created Ebdomoneira to appreciate and intensify the individuality of existence, greatly increasing the experiential value of being. However individuality not tempered by judgment can sometimes become chaotic and destructive. To counteract this Deity created Her eighth Avatar, Ogdoneira.

Ogdoneira is all about order, process, and focus. Ogdoneira is pragmatic and goal oriented. Ogdoneira seeks to create structures to carry out her will.

Where Ebdomoneira revels in the individuality of existence, Ogdoneira seeks to impose order on her environment. Earlier Monads sought to study or even to expand order, and some were frustrated when order was absent, but Ogdoneira was the first of the Monads to seek to impose order.

Ogdoneira can be as analytical as Deuteroneira, and as loyal as Ebdomoneira, and like Ektoneira Ogdoneira tends to impose her expectations - in this case her expectations of the effects of order- on situations where they may not really fit.

Ogdoneira loves communication and interaction. Relationships are important to Ogdoneira but she can get caught up in control issues. Ogdoneira seeks order and structure to improve existence, but can be controlling and manipulative in pursuit of these goals. She likes power and the trappings of power, and tends to impose herself wherever she can.

Ogdoneira is a trail blazer who loves new situations and information - she loves to go where no one has gone before. Ogdoneira also enjoys conflict and argument for their own sake, viewing competition as the most productive way to find answers to situations. Because of this Ogdoneiran Souls sometimes seem heavy-handed and controlling. That conflict may cause damage is lost on Ogdoneira, which is why the ninth Monad was created.

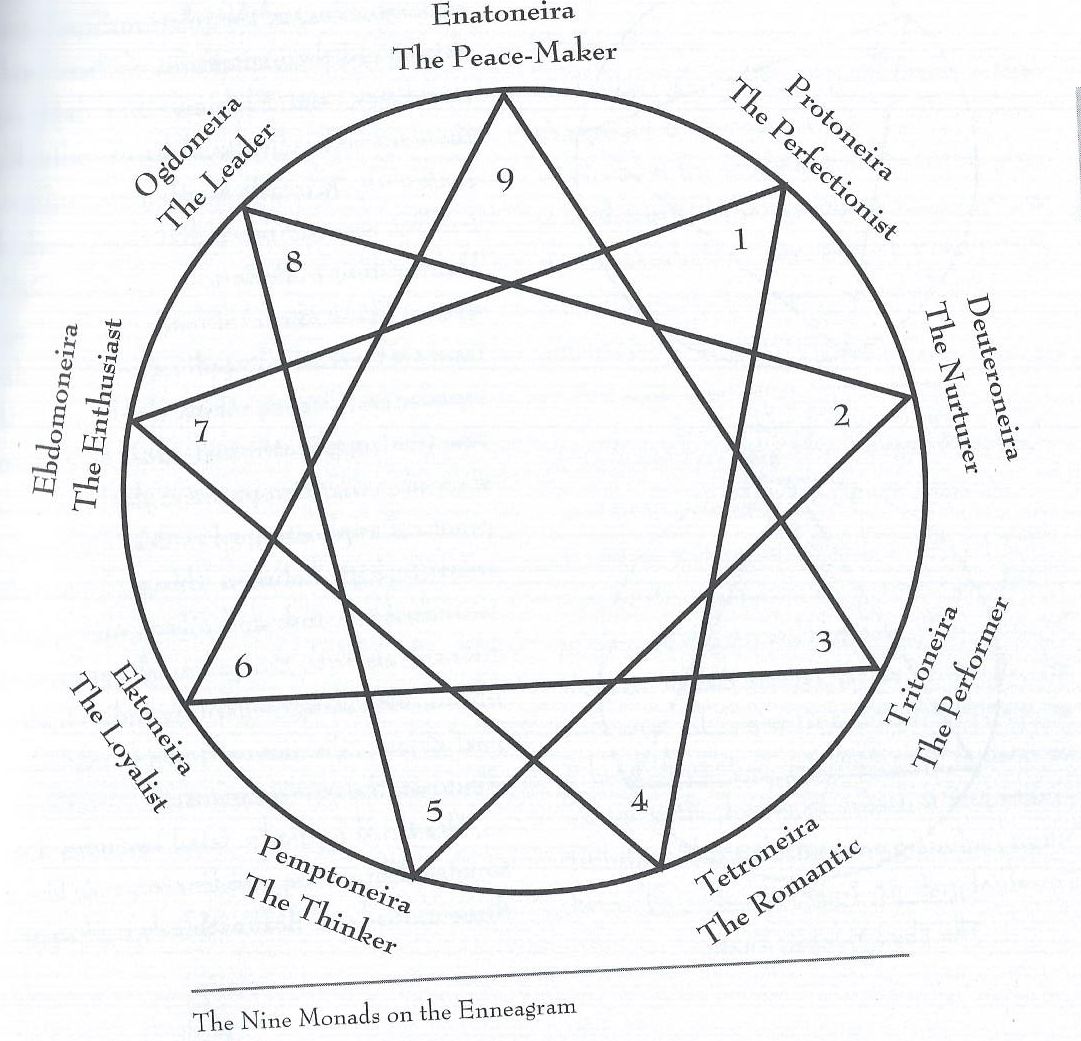
**Enatoneira** - The unrestrained individuality of Ebdomoneira brought great variety to experience, while the controlling attitude of Ogdoneira helped to give order to those experiences, but both tended to create a lot of problems in their wake. To deal with this Deity created yet another Avatar, Enatoneira.

A builder and an organizer, Enatoneira seeks to impose order like Ogdoneira, but uses more refined and diplomatic techniques to do so. Enatoneira seeks to use the best aspects of all the others to create an effective working order.

Enatoneira is innovative and likes new forms, and is elastic enough to adapt these forms as necessary. Consequently Enatoneira is able to draw together the best attributes of the other Monads and balance these in a positive manner.

Unlike Ogdoneira whose love is for experience and power, Enatoneira loves others for themselves and appreciates their unique differences - unlike Ebdomoneira however Enatoneira does have judgment and discernment as to the effects of individual differences.

Enatoneira is a peacemaker and a resolver of oppositions. Where Ogdoneira loves to impose order Enatoneira loves to create harmony. Where she cannot create harmony, Enatoneira tries to rise above the disharmony. It is this trait which causes Enatoneira to be the last Monad, for she has the ability to rise above the patterns which she works with. The Enatoneiran Soul seeks to transcend limiting situations.

These then are the Nine Monads and their basic qualities. Of course there is great complexity in each Monad, and the continuum of Souls which arise from each Monad expresses the whole range of that complexity.  
  


To better understand the Monads, let us try to recapitulate the qualities of each as simply as possible.

**1 Protoneira** - To gain abstract understanding of Being: To find the “right way” for things to be. Key Phrase: “To Conceive”.

**2 Deuteroneira** - To develop practical systems for dealing with Being: To nurture and assist in pragmatic ways. Key Phrase: “To Nurture”.

**3 Tritoneira** - To implement systems of dealing with Being: To put things in motion and expand them. Key Phrase: “To Pursue”.

**4 Tetroneira** - To gain abstract understanding of the relationships between things: to be creative and invent new ways of doing things. Key Phrase: “To Develop”.

**5 Pemptoneira** - To develop practical systems for dealing with the relationships between things: to understand and manipulate cause and effect. Key Phrase: “To Study”.

**6 Ektoneira** - To implement systems for dealing with the relationships between things: To gain practical facility with building and maintaining relationships. Key Phrase: “To Admire”.

**7 Ebdomoneira** - To gain abstract understanding of the role of individuality vs. the whole: To appreciate individuality in creation. Key Phrase: “To Apply”.

**8 Ogdoneira** - To develop practical systems for dealing with the role of individuality vs. the whole: To impose order on creation. Key Phrase: “To Establish”.

**9 Enatoneira**- To implement systems for dealing with the role of individuality vs. the whole: To resolve conflicts and create new forms to allow systems of order to move forward in creation. Key Phrase: “To Resolve”.

If we honestly examine ourselves and how we interact with the world we should be able to identify which Monad our Soul is part of. As we move to through the processes of Soul Retrieval we need to keep this in mind as it will be relevant to how the Soul can be approached for healing. There is much more to learn about the Monads and the Ennead they form but that is not necessary for doing a Soul Retrieval. If you progress in your studies you will learn these in your 3rd Degree work.

**How to identify that which must be healed:**

The next process of a Soul Retrieval is to determine WHAT you need to be healed of. Doing a Soul Retrieval without knowing what you are working on is like trying to get to someplace unfamiliar without a road map or GPS. You may eventually get there but it will be stressful, probably unpleasant, and take a lot longer to arrive.

Before you can do a Soul Retrieval you must first identify the blockage or wound to be healed. Issues which bother you out of proportion to their situation can be assumed to point to blockages which need healing. Outmoded belief systems or behavioral patterns constitute blockages to be healed. Blockages can also be discovered through meditation, found in past-life information, or revealed by Spirit Guides. In all cases, the response is the same, heal and release the blockage.

This part of the process is the longest and most difficult. You need to specifically identify that which must be healed. You must confront that traumatic experience or those negative emotions and pin point the root cause of why the Soul needs healing. This is done through many sessions of self examination and meditation, Shadow Work. Peel back the layers of the onion until you find you have no more layers hiding the truth. It may help you to keep a journal after these meditations so that you can see patterns develop and do closer examinations of thoughts that have been recurring or stand out in stark contrast. This is the step where understanding the Monad of the Soul that is being retrieved helps with the identification of the root cause of the wound.

For me this process took almost a year. For others it may go longer or shorter but the more complex the wound to the Soul the longer it will probably take. If you proceed onto the final step in the process, the actual Soul Retrieval, before you have devoted sufficient effort to this part of the process you may have a very messy and emotionally draining Soul Retrieval. Done at the proper time Soul Retrievals can be euphoric and full of positive emotions.

So now you have invested the time to examine the wound in the Soul and find out the root cause of it. There is one more process to complete before starting the Soul Retrieval. You want to go into your Soul Retrieval with your Chakra’s in balance so that the energy of the Soul Retrieval is flowing without blockages. We will get into that right after we go over the other final preparations for the Soul Retrieval.

**What is the Soul Retrieval Process and what do you need to do it?:**

It’s finally time to do the final preparations for the Soul Retrieval. What is the Soul Retrieval process? In the Correllian Tradition it is a guided meditation that is akin to Astral Travel as you present yourself to the Goddess and ask Her for healing.

Let’s go over the basic steps of a Soul Retrieval.

1. Enter a meditative state
2. Present yourself to Deity, allowing Deity to appear to you as Deity wishes
3. Present the issue to be healed to Deity, describing what needs healing in detail
4. Ask Deity to heal the issue, visualize the healing as a shower of golden light
5. Ask Deity to help you to have the acceptance of the healing, imagine this as a wave of warm energy moving through you
6. Ask Deity to help you to integrate the healing into your being, imagine the integration as a wave of energy pouring into your Heart Chakra
7. Give Deity all the burdens associated with the wound which has been healed, imagine them as packages, stones, detritus, whatever represents burden to you, and see these consumed by purple light as Deity takes them
8. Forgive each person, place, and situation with is involved with the issue that has been healed and release all attachment to these – forgive yourself as well for anything you blame yourself for, and do not forget to forgive Deity as well
9. Ask Deity to help you reclaim the lost parts of your being which have been caught in the issue which is being healed, imagine these returning to you as bits of colored light
10. Now ask Deity to heal the lost parts of yourself which have returned to you, visualize the healing as a shower of golden light
11. Ask Deity to help you have the acceptance of the healing of the lost parts of yourself, imagine this as a wave of warm energy moving through you
12. Ask Deity to help you integrate the healing of the lost parts of yourself into your being, imagine the integration as a wave of energy pouring into your Heart Chakra
13. Finally, give thanks to Deity for the healing

What will you need to do it? It is strongly suggested this is not a journey to take alone. You should have a trusted anchor, in the realm of the physical, who can assist you if the ride gets too bumpy to be comfortable. This person should understand the Monads and the Soul Retrieval process. They do not NEED to know your wound or the root cause of it unless you wish to share it with them. They can ensure you are undisturbed in the physical world while you are in the presence of the Goddess in the Astral. They can also act as your scribe so that you can tell them what you saw during the Soul Retrieval. This record will allow you to examine your experience later and will come in handy should you need to repeat the process. You may also ask your Spirit Guide to accompany you. They can offer assistance where the physical anchor cannot.

There are stones and incense that can help with Astral Travel but these are not necessary for a successful Soul Retrieval. Recommended stones, should you decide to use them, include clear quartz, which is the ultimate booster and protection stone, Herkimer Diamonds or Blue Kyanite, which increases the clarity of your experience and focuses your awareness, Apophylites, which activate the higher chakras and help to transfer the experience to our conscious mind, and Black Obsidian, placed near your feet will help ground you. For incenses you might try 3 parts Sandalwood with its high spiritual vibrations, 3 parts Benzion adding a sense of calm and 1 part Mugwort which enhances shamanic astral travel.

Other than your anchor all you truly need is a quiet place where you can safely enter into a deep meditative state without interruption. It needs to be comfortable enough so that the physical is not a distraction. You need to be where you can hold a position comfortably for a prolonged period of time. Either perform the next two processes mentally alone or allow your anchor to read the guided meditations.

Remember this may be the first of a string of Soul Retrievals you will need to perform to be fully healed and your Soul made one with yourself. There are difficulties that may make this necessary.

You may not have fully identified the healing needed. If you have not completely peeled the onion back then there are wounds you may not have found yet. Another could be the thoroughness of the healing is lacking. You must heal every aspect of it. This may involve healing the Soul in sections. Even then, you may find later that you missed an aspect and have to do still more healing. Sometimes this happens because you have not examined the wound thoroughly, so you should always be conscious of making a thorough effort. Other times this happens when you are not ready to heal all aspects of the wound at once. There is nothing wrong with this. When it occurs all you can do is be patient and keep healing successive layers of the wound as they are revealed.

Another difficulty is fear. Because healing a Soul involves confronting the feelings involved, and because this can sometimes be painful, you may find yourself afraid to face certain healings. Even though you have resolved to do the healing you may procrastinate or find ways to avoid it. In such a situation you must make a decision how to proceed. Sometimes delaying the healing and coming back later will be successful, other times it may be best to try to take the healing in bits, still other times you have to plow through it and get it over with. In any event, where a lot of fear is involved you may have to repeat the healing several times.

**Chakra Balancing Meditation:** [2]

Begin by clearing and releasing all excess energy. Let all the excess energy pour out of you. Let any tension, stress or anxiety pour out of you like water, running down your body and out through your feet into the earth, where it may be reused for better purposes.

Become aware of your Heart Chakra. Imagine it is a ball of clear stone and bright white light glowing in the center of your chest. If it is mottled or occluded in any way, take a moment to clear it. Imagine the Heart Chakra like a sun inside your chest, glowing with light, energy and strength.

Now from your Heart Chakra send down a beam of light into the earth. See the beam of light going down through your body, through your legs, through your feet and into the earth, down into the soil deeper and deeper, down into the rock, deep into the bedrock, further and further through the rock mantle of the earth, until at last it enters the molten core of the earth.

Send your beam of light into the glowing magma, the warm and pulsing Heart of Mother Earth. Feel the heat of it. Feel the strength of it. Feel the energy of the earth, glowing hot and golden. It is full of love and peace, strength and power.

Now feel the golden energy of the earth moving up through your beam of light. Feel the strong energy of the earth moving up through the bedrock, moving up through the soil, up through your feet and into your body. Let the golden energy come up through your legs and into your torso to fill your Heart Chakra. Let the hot and glowing energy of the earth fill your Heart Chakra. Feel the warmth, strength and peace of the earth filling your Heart. Feel Her burning love and joy. Let it fill your Heart Chakra, then move out through your whole body, out into your shoulders and your abdomen, into your arms and your legs, all the way out to your fingers and toes, until you are filled completely with the golden light of the earth.

Savor the energy. Feel it flow through you, filling and suffusing you. Imagine the golden energy moving out from the edges of your physical body now, beginning to fill your aura. See the golden energy filling your aura, expanding and moving around you until you are surrounded by a ball of golden energy, until you and your aura are completely filled by the energy of the earth.

Now become aware of your Heart Chakra again. As the strong and loving energy of the earth fills you and moves within you, send out another beam of light from your Heart Chakra. Imagine this beam of light moving upward, up through your head, up into the air, out into the sky. Feel the beam of light going up further and further, higher and higher. Feel the beam of light moving up into the clouds, then past them into the upper reaches of the atmosphere.

Feel the energy of the heavens, airy and broadly expansive. Where earth is hot and passionate, filled with warm emotion, the heavens are cool and analytical, free-floating and mercurial. The energy of the heavens is clear and precise, glittering with a silvery blue-white light.

Now imagine the energy of the heavens begins to move down your beam of light. Cool and glittering, it moves down through the beam of light, down from the outer atmosphere into the clouds, down through the clouds into the sky, down, down, moving down the beam, down further until it enters through the top of your head, moving down through your neck and into your chest to fill your Heart Chakra.

Feel the cool, sharp energy of the heavens fill your Heart Chakra. Feel its clarity and precision. Let it fill your Heart Chakra, then move out through your whole body, out into your shoulders and your abdomen, into your arms and legs, all the way out to your fingers and toes, until you are filled completely with the silvery light of the heavens.

Now let the warm, loving energy of the earth and the cool, determined energy of the heavens come into balance within you. Feel the two energies balancing one another, bringing your own energy and all of your Chakras into balance as they do so. Feel the movement of the energy within you as they come into perfect balance and harmony.

[2] Witch School Ritual, Theory and Practice by Rev. Don Lewis

**Soul Retrieval Meditation:** [3]

Still in your comfortable position, clear and release any excess energy before you begin and again when you finish. Imagine a ball of clear white light in your Heart Chakra. See this light as clear and strong and beautiful, filled with peace and love. This is the light of Spirit – the Goddess.

Let the white light expand outward from our Heart Chakra, filling your chest, expanding through your shoulders and abdomen, down into your arms and legs, and up into your head – so that you are filled with the white light of the Goddess. Let the light move within you. Feel its strength and peace.

Imagine the light expanding beyond your body, so that it surrounds as well as fills you. See the light form a circle around you, so that you are within a ball of white light. Imagine yourself floating weightless within the ball, supported gently by the light.

Imagine the ball of light rising up, carrying your consciousness with it, but leaving your body behind. Float up through the ceiling, through the roof, and out into the sky. Imagine yourself floating among the clouds, gently buoyed by the light.

Let your soul float. Imagine yourself gently carried as if by the hand of Spirit. Imagine yourself floating through the atmosphere, out into the darkness of space. See the stars shining around you, as you float farther and farther out. At length, you come to rest. Before you, you see the Goddess Herself.

Have no preconceptions as to Her appearance, but let Her reveal Herself to you in whatever manner is best. Give greetings to the Goddess, and listen to see if She answers you. She may or may not. Tell the Goddess that you are here for healing.

Take a moment and think about what it is that you wish to have healed. This can be one thing or several. It can be the effects of a specific event, or it can be an emotion, belief or behavior that you wish to heal.

Now that you have made clear what you wish the Goddess to heal, think about all the things that are attached to it – the feelings, fears, beliefs, perceived limitations, everything that is connected to what is to be healed. Tell these too to the Goddess. Do your best, don’t worry about whether you have thought of everything – your Higher Self will put in your mind the things that need to be addressed at this time. Ask the Goddess to give you healing for all of these things.

Imagine a shower of golden light coming down upon you from above, entering through the top of your head and washing through you. Let it continue as long as it needs to. Tell yourself:

“I allow this healing, I invite this healing, I welcome this healing.”

When the shower of golden light has finished you are ready to continue. It is not enough to receive the healing. You must also accept the healing. Ask the Goddess to help you to have the acceptance of this healing.

Imagine the acceptance washing through you like a wave of energy, entering through the top of your head and passing through you. This is the power of the Goddess helping you to fully accept the healing.

And finally, you must integrate the healing and the acceptance into your being. Ask the Goddess to help you to make this integration.

Imagine the integration pouring into your Heart Chakra, like water pouring into a drain. Let this process continue as long as is necessary.

You have had your healing, but you are not done.

Imagine all the burdens you have carried because of that which has been healed. Imagine these burdens as packages, logs or bricks – or any other form that will symbolize burden for you. Imagine taking these burdens out of your body and laying them before the Goddess. Dig as deeply as possible, and rid yourself of as many burdens as you can. You may find that there are more burdens appearing before the Goddess than you are aware of placing there – these are burdens that are connected to these things but of which you have no conscious knowledge.

Ask the Goddess to take the burdens from you. Imagine the burdens glowing with purple light, becoming engulfed with the purple light, then disappearing. Sometimes this will appear as purple flame.

Thank the Goddess.

Now you must make forgiveness. This can be the most difficult part of the healing, but it is the most important – this is you releasing what has held you back. Begin by making a formal forgiving to every person who has anything whatsoever to do with what has been healed – forgive them one at a time, and then forgive any others who do not come to mind, or whom you are not conscious of. Now, forgive all of the circumstances and situations that pertain to what has been healed. Forgive also any actions of your own that have contributed in any way to any blockage you may have carried.

By making forgiveness you are releasing any anger or fear that you may have carried, and opening the blockages that come from these. Do not forget to forgive YOURSELF. Often it is ourselves whom we have blamed most and been the most angry at.

And finally, forgive Deity. Forgive Deity in ALL of Deity’s many forms, for any anger which you have harbored against Her. Ask the Goddess to help you make these forgivenesses as deep and complete as possible.

Ask the Goddess to return to you the parts of yourself that have been lost because of these issues. Trauma, pain, anger – these cause us to cut ourselves off from parts of our self, to “block” our own energy.

Imagine Goddess returning these lost parts of yourself to you, see them as glowing shapes of light, which come into your body, and return to their proper places.

Ask the Goddess to give you healing for these lost parts of yourself – imagine a golden light again raining down on you, passing through you, healing the lost parts.

Ask the Goddess to help you have acceptance of the healing of the lost parts of yourself – imagine a wave of energy passing through you, helping you to accept.

And finally, ask the Goddess to help you have the integration of the healing of the lost parts of yourself. Imagine the integration draining into your Heart Chakra.

Now thank the Goddess.

Finally, ask the Goddess if She has anything further to tell you. She may or may not choose to tell you something more at this time. If She does, the message may come in words, or She may show you a message in symbols. However, She responds, thank Her.

Return to your body. Settle back into yourself, and into the here and now. Cleanse and release all excess energy. You have completed your Soul Retrieval. Tell your anchor what you have seen before you get up while the images are still fresh in your mind so they can be recorded in your journal.

[3] Correllian Soul Retrieval by Rev. Don Lewis, CSR-01