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Soul Essence Release Ritual

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Whose Essence Do You Need to Release?

You may already have an idea of whose essence you may be carrying, trust your intuitive knowing. You may have had a healing session and been given this practice as integration. If you're unsure, you can start by tuning in. You can sit quietly with your eyes closed and ask the question, "Whose soul essence do I need to release?" Trust the impressions you receive. It may be one or more people. It can also be a pet, place or a country that you are holding on to and carrying. If you are feeling overwhelmingly homesick or feel a lack because you left, you may be holding essence of that place. Check in during meditation or by doing a shamanic journey to ask your guardian spirit or power animal to show you.

You do not need the other person's permission to do this work, you are not affecting their process, you are clearing your own energy system. **This is your healing!**

We are taught how to do this on a subconscious level, we have been conditioned this way. Often, we are exchanging essence with loved ones, family, friends and in close working relationships. **There is no shame or blame to be had, just wholeness to be restored.** Be compassionate with yourself and understand we are multi-dimensional beings having a human experience.

How to conduct the Ritual

⊙ Once you know whose essence you wish to release. Find a natural object: stone, feather, twig, soil, shell etc. one for each person, place or pet. You will carry out the ritual for **one at a time**, to keep focused and clear on your intention.

⊙ Create sacred space by lighting a candle and calling your true self present and any spirit helpers you may already work with. Call in the directions if that is part of your practice. This can also be done outside in nature.

⊙ Hold your chosen object between both of your hands and **set a clear intention** to let go of and release the soul essence in to the object. **Do this for one person at a time**. Selecting

a different object for each person. This is a powerful and profoundly healing ritual when carried out with your clear intention and focus.

⊙ You might visualise it happening, you may feel or sense the energy moving from your body in to the object or you may feel nothing. **Your intention is what's key**. Make yourself slippery, feel, sense or just know that the essence is going in to your chosen object. **Continue to do this until you feel it is complete.**

⊙ When ready, release the object in to nature somewhere; on to the earth, in to the sea or a river, or in to the air if using a feather. You are letting it go (feeling lighter), knowing that when the person is ready to receive their soul essence back, it will be ready for them to reclaim. Like it is waiting in the cloud until they are ready to download it.

We NEVER give it directly back to the person. It can harm them if they are not yet ready or able to receive it back. It could overwhelm them, there are cases where people have had a heart attack when being given it back directly. Remember this is YOUR healing.

Spiritual Hygiene

This ritual can be performed regularly as part of your regular spiritual and energetic health maintenance. If you feel to repeat the ritual for someone you have already performed it for, trust your inner knowing. You are your best guide.

If you journey, you can go in to your Spirit Helpers and ask for a personal ritual for how to do this process.

⊙ You can also start to set a dream intention each night to call back lost parts of yourself. Make a note of your dreams when you remember them.

⊙ Working with your inner child is another way to start retrieving parts of your soul essence.

Watch the video here: Soul Essence Release Ritual explained further.

In joy and freedom,