

Prepare yourself for the meditation

It is recommended that you allow yourself at least 30 minutes to an hour for the process.

Avoid caffeinated beverages, sugar or recreational drugs before you begin. Hydrate your body with fresh water, don't fast or deny your body proper nutrition for this meditation.

Choose a quiet location where you will not be disturbed or distracted. If you are physically capable, it is recommended that you sit comfortably and not recline or lay down. When you are grounded and relaxed, imagine yourself surrounded by an impenetrable shield of white light infused with golden threads. This is a sacred and symbolic cocoon.

If you are inspired to invite a higher power to watch over you while you journey, this would be the time to allow that divine element to accompany you.

Repeat out loud in a low, steady voice, *"I am safe. I am protected. I am in control"* at least once. Three times is ideal.

Begin the meditation

Close your eyes. You are in a white, vast and open space filled with radiant, soft light. An infinite cloud without doors or windows.

Visualize the person who is returning your Soul Essence piece. When you have the subject clearly in your mind or as best as you can recall, you now have the ability to see them silently approach you from a short distance away.

It is vital to the success of your endeavor to remain balanced and calm. Your subject does not run, jump, skip or jog, and if there is an attempt to communicate with you in any manner or they display behavior that is irreverent and/or causes you to feel diminished, open your eyes and begin again. Be aware that each soul retrieval you initiate will be unique and the average rate of attempts before a confirmed success is three times. You may repeat an interrupted exercise with any subject until you are satisfied with their response and you are not hindered as you move forward.

Once they are an arm's length from you, they will quietly stand and wait for you to speak. There is no requirement to look into their eyes, their face or acknowledge them other than to say "You have something that belongs to me."

You will reach out a hand (right or left, it doesn't matter) and they will give you one blue sapphire.

The Sapphire can be any shape or color of blue. The size must be reasonable and should not be larger than a tennis ball. If you are given more than one Sapphire or any another item -- including crystals -- of any color, open your eyes and begin again. Do not linger with their touch if contact is initiated or communicate anything to them. This is not the time.

Once you have been given the Sapphire, say, "Thank you."

The person will reply, "You're welcome." They will turn, walk away from you and disappear. As before, they will not run, jump, skip, laugh, cry or speak. You may not find yourself distracted or frustrated with their actions; however if they do anything other than to quietly walk away -- please open your eyes and

begin again. Remember, your goal is to produce an energetic frequency with a specific quality or value to create a space for authentic healing and closure in all dimensions.

When your subject has completely disappeared, the Sapphire must dissolve into you some way.

Traditionally most people claim that it dissipates into their hand.

Other experiences have included placing it into the crown chakra, the heart chakra, melting into the third eye or even swallowing it. Some have had their crystal burst into a beautiful shower of soft drops that were absorbed into the body like a spiritual rain. How it is done is not important, and there is no "wrong or best way" of accomplishing this portion of your journey.

Open your eyes once the Sapphire has entered your spiritual | astral being.

You are whole. You are safe. You are free. Repeat out loud, "I am whole. I am safe. I am free" one to three times when you're fully present and conscious. This ends the meditation.

What to expect

This is not an uncomfortable, painful or difficult event to process. Although it is never debilitating or dangerous, giddiness and/or slight vertigo is the most commonly reported physical side effect. Abandoned, possibly forgotten healthy patterns or habits of personal care may return, usually accompanied by self confidence, and renewed ambition. If you're inspired to take a yoga class, or the local pottery studio has suddenly become appealing: feed your creative muse.

You may find yourself telling close friends, family and associates, "I'm back!" when they remark or ask about what is "different." Just for now, give yourself the gift of experiencing your feelings through your new and complete being without questioning them. You may experience a myriad of emotions right away or not. You could have an unusual absence of emotions without being numb or in previous denial. It's not uncommon to have an immediate sensation of peace and resolution. For some, the realization of authentic spiritual closure can cause an outburst of tears caused by relief. Grab some tissue and let the tears roll. Hug yourself. Ask the Universe to hug you too.

Within a few days at most, you will notice the presence of an almost tangible, familiar element that had been absent in your spirit, your life and at your personal foundation before you went on your meditation journey. Information gathered from participants for several years indicates that the healing initiated by the meditation can be halted -- possibly indefinitely -- as a result of attempting to identify what cannot be measured or verified by standard science or widely accepted by traditional therapists.

A Few Notes

You should not have to repeat a successful journey with a single person more than once.

Give your physical body and spirit body time to adjust.

Allow a minimum of three weeks between each session.

Finally, don't forget to authenticate your unique journey by recording the progression of your healing in some way. It will be a valuable tool for personal confirmation in the future as well as offering a perspective with a reference for anyone you may be inspired to help!