



## Soul Health Soul Facets – Baseline Assessment

### Session Handout Retrieval of Soul Facets

The human soul is shaped like a rough gemstone. It is comprised of 617 facets. The soul reflects light, which gets brighter with our evolution to enlightenment. Eventually the soul shape resembles a smooth pearl. Soul facets may be lost, causing fragmentation due to trauma, physical injury, invasive surgery, drug and alcohol toxicity, theft or voluntary removal, i.e., giving them away. If you lose more than 50% of your soul integrity, the soul cannot sustain itself and will begin to fall into decay. Symptoms of excessive fragmentation may include severe mental and emotional illness, recurring nightmares, chronic fatigue, hallucinations, delusions, suicidal thinking, and insomnia.

There are many methods for retrieval of lost soul facets and the return of facets in your possession that belong to another. Many shamans and spiritual professionals practice soul retrieval. You can also visualize your soul as a healthy gem in meditation and prayerful request.

Name: \_\_\_\_\_ Date: \_\_\_\_\_

You have had a Soul Perspective Session with The Inner Realm. It is noted at this time that you are missing soul facets that belong to you, and or have facets belonging to another that need to be returned. (This information may be sent separately to you).

Missing Facets	Facets to be returned to another

It is recommended that you complete the following exercise. A reevaluation of this condition is recommended following successful completion. Below is an invocation used by the Ancient Christian Church to restore the lost facets of the soul, which also nourishes the soul with a divine influx of energy. It is one of the 72 Names of God, and a portion of the Psalm 21 in Latin.

Instructions for use:

1. Wash hands and rinse your mouth with clean water.
2. Face East.
3. Write the invocation on a clean sheet of paper each day for 30 days. At the end you will have one sheet of paper with this invocation written upon it 30 times.
4. Repeat the invocation 108 times out loud, daily for 30 days. It is not necessary to start over if you miss a day, but try to do it on consecutive days. Do begin again if you miss 7 days in a row. (Recommended: use mala beads for counting)
5. At the end of the repetition, you may experience an inrush of force that can be quite strong. Sit Quietly for at least 10-30 minutes each day after saying this Name of God.
6. At the end of the 30 days, anoint the paper with blessed oil and/or holy water from your altar. Burn the paper and allow the ashes to be absorbed in nature (earth, wind or a moving water source).

**Jeli: Tu autem Domine ne elongaveris auxilium tu-um- a-me, ad-Defensionem me-am  
conspice.**

Translation: "But you, O Lord, do not withdraw your help from me: look towards my defense."