

## Extraction Process - How to Guide

1. Gather your materials:
  - ❖ Your medicine bundle.
  - ❖ A pendulum.
  - ❖ Smudge.
  - ❖ Spirit water.
  - ❖ Candle.
2. Open sacred space. Set up your materials. Welcome your client.  
**You will ALWAYS do an Illumination with a Soul Retrieval. NO EXCEPTIONS.** *The reason the soul part left must be cleared, the Illumination clears the imprint and creates the necessary healing for a soul part to re-enter and feel safe and secure.*

## Illumination Process

3. As the two of you sit down together, open your 8th Chakra over yourself and then over your client.
4. **Begin with a conversation.** Discover what is challenging your client. Why have they come to see you today? Where are they stuck, struggling, etc.

During this conversation, you listen and you track. Yep, they happen at the same time.

Look for patterns. Pay attention to what's happening within your body, look for places where their story doesn't connect, notice where, when and if they fidget or get uncomfortable. Ask questions that invite them to go a bit deeper.

**The purpose of this conversation is to activate the energy** hooked around the story they are telling you and living.

Keep this conversation relatively short . . . like 5 minutes.

Also during this conversation you are inviting them to identify their own language to describe what they are experiencing. Clarify that language with them. Use this language throughout the session. Try to avoid substituting your words for their words. This is about their experience. We honor that by honoring their words and encouraging

them to bring voice to their experience.

**You will know when that energy is activated.**

5. Once that energy is activated, keep them in it while inviting them to **select a stone from your medicine bundle** to work with for this session.
6. Once they have selected a stone, **invite them to use their breath to blow the energy of what they are experiencing into the stone.** Exhaling a minimum of 3 breaths.
7. Invite your client to lay down.
8. Open your 8th Chakra over self and then over them again.
9. Ask for the stone back.
10. Get your pendulum. From here, you are going to work with it to **discover the effected chakra by holding the stone and the pendulum in the same hand and holding the pendulum over each chakra.** I like to check each chakra to discover which ones are all affected.  
\*\*\*Please note here . . . If one of the lower 3 chakras aren't affected, it is very likely your client has not gotten to the root of the issue. Dive back into a bit more conversation and take a couple more deep exhales into the stone.
11. **Open the Chakra with a counter clockwise motion.** You may notice some gunk. Gently scoop that out and offer it to Mother Earth to mulch. Then, **place the stone on the lowest effected Chakra (1, 2, or 3).** If it is to be placed on the root, I like to lay down a cloth first as it helps to keep the stone in place.
12. Guide your client to begin breathing in through the nose, exhaling through the mouth. We do not want them to rest or to become super relaxed here. We want them to stay present with the energy.
13. Bring your hands to the base of their skull where you will hold the deepening points. This offers an energetic invitation to deepen into the experience and into the energy that has been activated. Support them in staying present. This is not a time to go to sleep or to feel super relaxed.

14. **Invite them to use their breath to send the energy down they are experiencing down to the stone.** The stone is going to gather this energy and mulch it. Remember, it is connected with a sacred place. It calls on the energy of that place to transmute the energy as well as to support your client in calling it all up.
15. As you begin here, they are simply deepening with their breath. Inhale through the nose. Exhale through the mouth. During this time your fingers are placed at the deepening points at the base of the skull.
16. Tune in to what is happening with your client. **When you notice that they are ready to release a wave of energy, shift your fingers from the deepening point to the release point.**

A wave of release may not look like much or it may look like a bit of a temper tantrum or anything in between. Most often I notice some form of emotional release here: crying, laughing, getting angry, fear surfacing. I encourage them to keep breathing and sometimes, I will invite them to breathe with me. Then I am supporting them in their pace so that they are not overloaded and continuing to release.
17. **After a release, return your fingers to the deepening points.** Invite your client to relax their breath. During this time you are supporting them to deepen into the energy. This may mean gently prompting with questions or checking in with my favorite question 'so what's happening?' You may also do some more tracking here.
18. Repeat Steps 13 - 17. You may move through several cycles or waves.

## Soul Retrieval Process

19. If/when you arrive at a point in the session when the energy feels to either pause or shift in a way that makes you curious if your client is ready for a soul retrieval, do a little tracking, ask some questions to clarify what your client is experiencing. If, during the initial tracking conversation, your client shared something about a traumatic experience that may have triggered soul loss, this would be a great time to ask them something about it to help you clarify if this is the right time for a soul retrieval.

### **If you decide yes, it is time for a soul retrieval . . .**

20. Pull out your soul retrieval stone. Hold it in your hand. Begin a shamanic journey into the lower world on behalf of your client.
21. As you enter the lower world be sure to cleanse yourself in the waters. Then, get permission from Huascar to enter the lower world.
22. Visit the 4 Caves.

1. **Cave of wounds.** Observe. Notice what happened. Do not engage. Do not try to fix, change, shift any bit of this. Your role here is to be a sacred witness to the experience and gain a deeper understanding.
2. **Cave of Agreements/Contracts.** What agreement has your client made? This is a belief or statement about life that they have agreed to. This belief has been so deeply held that it has become a soul contract, one that they made that does not fit or match the essence of the soul part, gift, and spirit animal that is being returned. Break this agreement.
3. **Cave of Grace.** In this space you will find the whole, healthy, and healed soul part. This part will be vibrant and lively. And this part contains an essence that your client has felt was missing in their life . . . not because it is something they've been generically wanting, but because it is a very core part of self that has been lost.

Sometimes, this bit can require some negotiation. Always be honest with the soul part and support that part in being ready to return to your client. You may need to share how your client has grown, changes they've made, and the ways this part will support them in continuing to grow. This is the most important aspect of this journey. Remember, the soul part must come back willingly.

4. **Cave of Gifts.** In this cave you will find an energetic gift that will support your client in embodying and integrating the returned soul part. This gift will feel like a natural compliment to the restored energy of the soul part.
5. **Animal Spirit Guide.** As you step out of the final cave (or maybe even earlier in the journey) you will be met by an animal who is wanting to return to your client as an ally for integrating these soul retrieval.

With Each of the pieces, it is important that you are curious. Ask questions. Receive answers and insights so that you can support your client with integrating these pieces.

23. Gather the essence of each piece into your Soul Retrieval Stone and lovingly journey back to your client with these pieces.
24. When you return from the journey, check in with your client. Then share what you discovered on the journey.
25. Use your breath to blow the essence of these pieces from your stone into your client's chakra. Place one hand over the chakra, holding space, as the part, animal, and gift enters (each maybe in a different chakra). This will give the piece a moment to be fully received by your client. Then draw a bit of soul light into the chakra and support it in a clockwise spin.

26. Return to the Illumination Process. Check in with your client. Track. Notice their energy. How does everything feel? Is it feeling clear and aligned or do they need to do a bit more clearing? Honor what you find.
27. When you feel like your client has moved through a series of waves and there no longer appears to be an energetic charge, ask them what's happening. Invite them to tune into the energy of the story they started with. Does it bring up any linger energy?
28. If it does, repeat more of the Illumination Process.  
If it doesn't, pull out your pendulum and check each chakra. If the imprint is cleared, each chakra will spin in a clockwise manner. If they are not, go back and continue more of the Illumination.
29. **When all chakras are clear**, you're going to illuminate the space with a little light energy from your 8th chakra. I like to do this at each chakra. You may notice a little expansion energy within the chakra as you bring the light in. Enjoy this beauty.
30. **Closing your session:**
- ❖ Step back. Pull off your 8th Chakra from your client. Then close it yourself.
  - ❖ Remove your medicine stone and spritz it with a little spirit water to cleanse it.
  - ❖ Put your medicine stone back into your medicine bundle.
  - ❖ Give your client a bit of space to get up in their time.
31. After they have had a bit of time, invite them into some conversation again. This time you are going to support them to map a new way of being.  
Tune in. Listen to their experience. **Keep this simple.** Invite them into one very simple practice to connect them with and keep them anchored in a new way of being.
32. Offer your client gratitude and send them on their way.
33. Close sacred space.
34. Do a little clearing of your space . . . spritz it with spirit water, smudge, play so music, ring a bell, etc. I like to do multiple things post session.
35. Next, take some notes and do a bit of personal reflection around your experience as a shamanic practitioner.

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