



Soul Retrieval

Arvick Baghramian

As I discussed in my previous video, the shaman believes that illness is the result of loss of power or some damage to the person's soul or spirit. And the more souls that are lost, the more powerless and weak one becomes. In many cultures people believe that a severe soul loss results in death.

So what is a soul loss, really? For me, the soul is our essence, our very life force and the source of our vitality. It is my centre of being and thus my power. So when we lose souls we are in fact losing vitality and power. That is because when we lose a part of our essence we are no longer complete and whole.

But how do we lose souls?

We may lose souls in a variety of ways. One of the main causes of soul loss is trauma. We are all exposed to potentially traumatic experiences throughout our lives. These may include a relationship break-up or the death of a loved one, accidents, major illnesses, birth traumas, domestic violence, physical, emotional or sexual abuse, etc. But the trauma doesn't have to be so dramatic to result in soul loss. We can lose a soul for something as little as a sudden fall, a startling situation or a fearful walk in the dark.

Even though in Western societies soul loss is not a recognized phenomenon, our language actually betrays the fact that we experience it. We often hear people say: 'When my husband left me a part of me went with him', or 'When my brother died, a part of me died with him.' or 'What she did really broke my spirit'. These are all indications that soul loss may have happened.

When we lose a soul, a hole is created in our soul body, or what we also call the etheric body. However, providing that the soul loss is not extremely massive, we manage to survive and lead a reasonably good life. We may live with these holes or weaknesses for a while until something happens in our lives which requires us to draw on that missing energy. These are usually challenging times in our lives which demand us to be strong and whole in order to be able to cope with the situation. If the particular energy we need to draw on is missing in our soul body as a result of earlier soul loss, we then react with either physical or psychological illness.

For those of you familiar with the psychological concept of dissociation, this will sound very familiar. And yes, I often like to explain soul loss in the same terms - as a dissociation that occurs with a part of ourselves that we reject in order to maintain our greater psychological integrity - but a loss that nonetheless makes us more vulnerable in later life, as we come across challenges that require us to draw on the psychological resources we have dissociated from. However, my therapeutic experience

has led me to believe that while verbal therapy can help people recognize aspects of themselves they may have rejected, soul retrieval is the most effective way to actually recuperate these parts and integrate them back into our lives.

Before I go on to explain what soul retrieval is, or the shamanic process of retrieving lost souls, I want to talk briefly about how we can recognize cases of soul loss.

The effects of soul loss are not always immediately apparent. Some of the possible immediate symptoms are feelings of disconnectedness from our surrounding, from people around us, our closest family and, most severely, from ourselves. At times people who have suffered soul loss may appear to be living in a dream world or experience numbness and disconnection from emotions. In psychological terms, states of dissociation or depression would be considered by shamans to be classic symptoms of soul loss.

However, soul loss may also have long-term effects. Sometimes, people I work with claim that they are unable to remember anything about their childhood. This is usually an indication that soul loss has occurred. Strong feelings of low self-esteem or powerlessness as well as destructive behavioural patterns such as various addictions, may also point to the possibility of soul loss.

Having said all that, we are not robots; we are all different and react differently to experiences in our lives. Soul loss, then, would affect each of us in a different way. So at the end of the day, the question of whether or not soul loss is the cause of any particular presenting symptoms is best answered by the spirits.

So, what can we shamanically do in cases of soul loss? Very simply - we journey to the spirit world, to search for the lost soul, retrieve it and reintegrate it into the person's body. This is a journey that can only be performed by a shaman or shamanic practitioner. After traveling to the spirit world and retrieving the soul, the shaman blows it back into the person's body.

Just as losing a soul is one of the gravest injuries to a person, so is the work of soul retrieval one of the most important and challenging tasks for the shaman, who must receive extensive training to learn how to properly find souls, communicate with them and reincorporate them into the person's body, and, of course, how to help the person provide the soul with the support to remain integrated in the body in the period immediately after the soul retrieval.

But perhaps the best way of explaining the effectiveness of soul retrieval is to give you an example.

Yarin, an 8-year-old boy from Israel, was referred to me for persistent and severe symptoms. For about eight months prior to our first meeting he had been defecating and urinating uncontrollably and seeing insects in his food, which frequently stopped him from eating. After various failed attempts at psychological and medical intervention, Yarin was referred to me. A diagnostic journey I did indicated the need for a soul retrieval and a power animal retrieval. I was also given instructions to do certain artwork with him.

Following the diagnostic journey and a piece of artwork I performed a power animal retrieval followed by a soul retrieval. All in all, I met Yarin four times.

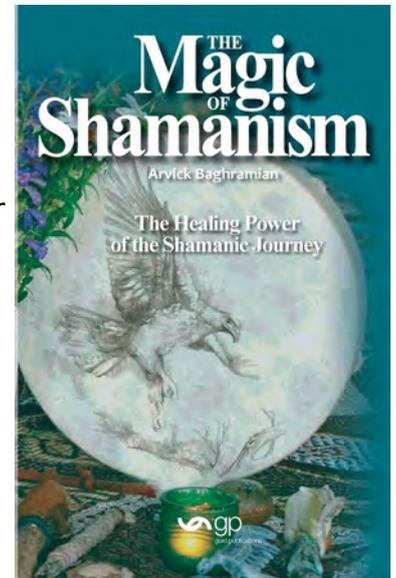
At the time, the war in Iraq had just started and there was fear that the Iraqis would bomb Israel with chemical weapons. The country was in turmoil and everyone was instructed to carry gas masks and be prepared for a possible attack. From the artwork it became clear that Yarin was afraid of the possible harm to his parents and siblings in the case of an attack.

The soul I brought back for him was that of a newly-born baby. After I returned from the journey his mother told me that Yarin was born with two front teeth and that shortly after his birth the doctors extracted the teeth. Shortly following the soul retrieval, Yarin stopped seeing insects in his food, and his other symptoms gradually disappeared as well.

What we can conclude from this is that as a result of the tooth extraction, Yarin felt extreme fear and suffered a soul loss. Then, when the war brought up deep fear for him again, the relevant soul part or energy that he needed to draw on was missing. The soul having been returned to him, he was able to draw on that power and deal effectively with his present situation.

Author's Bio

Arvick Baghranian, currently living in Spain, received her degree in Applied Social Studies and Social Work from the University of Bradford in England. She specialized in the field of child sexual abuse and has worked with traumatized children and adults for the past twenty years, lecturing extensively on the subject and training professionals around the world. Her work with abused children compelled her to explore different therapeutic techniques, leading her to become a Play Therapist, NLP Practitioner and Eriksonian Hypnotist, and ultimately led her to Reiki, Conscious Breathing, Shamanism and the Personal Totem Pole process, all of which she has been teaching since the mid-1980's. Arvick leads workshops in the UK, USA, Israel, Spain, Poland, New Zealand and the Scandinavian countries. Her commitment in directing people to achieve their full potential and to discover their true inner selves is an inspiration and her unique way of teaching as well as her personal approach and sincerity make her courses and trainings an unforgettable beginning of a new path in life.



Arvick's book *The Magic of Shamanism* (Guid Publications ISBN: 978-99957-32-15-8) is available in your local Waterstones bookshop or on Amazon. <http://myBook.to/themagicofshamanism>. Guid Publicaciones (www.guid-publicaciones.com) have a website for their books published in the English language and you can read more about Arvick's work at www.guid-publicaciones.com/arvick-baghranian/.

Indie Shaman is happy to work in partnership with Guid Publications bringing columnist, Arvick Baghranian, who in this series of short articles (with associated videos) discusses her work and insights as a shamanic counsellor.

To see the original video on this article: <http://youtu.be/yhXDsh877bw> courtesy of www.guid-publicaciones.com

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