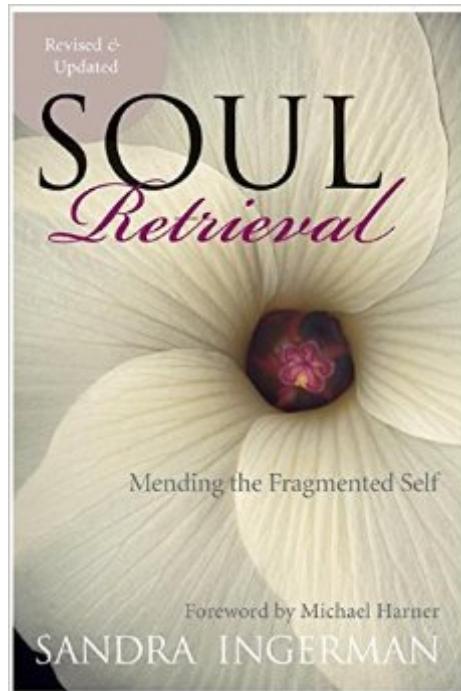


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# Soul Retrieval: Mending The Fragmented Self



## **Synopsis**

With warmth and compassion, Sandra Ingerman describes the dramatic results of combining soul retrieval with contemporary psychological concepts in this visionary work that revives the ancient shamanic tradition of soul retrieval for healing emotional and physical illness. This revised and updated edition includes a new afterword by the author.

## **Book Information**

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## **Customer Reviews**

How do I begin a review of the one book out of thousands that I have read, that marked the most dramatic healing journey of my life? Until this book whispered to me from the second shelf in a holistic center in Huntington back in the early '90s, I had done a virtual sleep-walk through my days. I had even remarked to a friend that up until that point, my whole life had been a near-death experience. I was working in the book department of Body, Mind & Soul holistic center on Route 110, and had begun studying shamanism with a local teacher, after a series of mystical experiences that had left me terrified and shaking. I needed training, that was sure, because I needed to understand this path I was being called to. And I also needed healing; I needed to have my soul parts returned to me. When I opened this book to the checklist of soul loss symptoms, I saw every reason that I had always felt so lost and frightened, and at the same time somehow deadened inside. There had been long periods of time wherein colors were so dull they had almost appeared grey-black. There were periods of my childhood I had blocked out entirely. At this time I was being trained to do shamanic journeying, and one night I was guided to retrieve my own soul. I actually had to check with a shaman who I was later to work with, to understand what this intense experience had been about.

She confirmed what I already knew in my heart. Later that year, I went to her to have 3 more parts returned to me. Reading this book by Sandra Ingerman helped me to realize that gathering my soul was the necessary path I would begin to take, and that I would continue until I had achieved wholeness.

This is an important book for anyone who works with people who have severe emotional wounds. Sandra Ingerman trained in shamanic healing with Michael Harner, and is now a very respected shamanic teacher herself. In this easy to read book you will find explanations of shamanic cosmologies and approaches to healing, particularly focused on reuniting people with shattered personalities who have literally lost fragments of themselves. While this may sound like a metaphoric description of psychological fragmentation, in the world of bioenergetic anatomy and healing it is a literal description of aspects of a person that may become fragmented and lost - not just to conscious awareness, but actually dislocated energetically from the person and existing in remote energetic/spiritual realms. Ingerman details methods for locating and reuniting these fragments with their owners. Case descriptions provide more concrete and understandable details of how the fragmentations occur and how they can be repaired. For instance: Carol, a participant in a shamanic workshop, went on her own shamanic journey. A teacher in one of the shamanic realms directed her attention to a childhood trauma that had left her with serious problems. Carol immediately recalled being raped by her father at age three. Ingerman journeyed into shamanic realms, and with the help of her power animal observed the trauma occurring when Carol was three years old. As I watched, I saw something for which I was totally unprepared. As the rape was taking place, I saw Carol's soul, her essence, separate from her body and leave. As I watched her departing soul, I saw that it had gone into a place known in shamanism as the void - a place of pitch darkness, silence, lifelessness. (p.

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