



Soul Fragmentation

Parts One and Two

by Jan Toomer

A friend and I were discussing situations where we each had interacted with some individuals who seemed to be acting as though they were missing something within.

This article is based on my experiences with, and interpretation of, the energy and the loss of energy as I perceive (d) it. I am not a counselor or medical practitioner - I only share what I see in energy.

(DISCLAIMER: It is recommended that you have sessions with a Soul Retrieval Practitioner – but is understood that this is not always feasible. If you continue reading, you are agreeing that you will not hold the author or Reality Undefined LLC liable and that you are solely responsible for any mental, physical, emotional, spiritual or psychological issues that may arise, or that you, or others, may perceive to arise; perceived, imaginary, or real. You also accept full responsibility to explore what you feel is appropriate for you at your own risk - and no one else's.)

Soul Fragmentation or Soul Loss... What is it?

Any trauma we go through has the capability of creating soul fragmentation (or soul loss); losing a part of our soul.

Trauma can be from a positive or negative experience; it is anything that creates a burst, shock, or jolt (pleasant

or unpleasant) within us.

Covers a lot of territory, doesn't it?

A portion of our soul flees – often-times staying trapped in the moment of the trauma – as the rest of our physical body and soul moves forward in time.

We, over our lifetime, can displace, lose or give away many parts of our soul, leaving us feeling empty or incomplete (more on "symptoms" later).

And most of us don't even realize we are suffering from soul loss!

What we, as adults, look back and think some childhood incidents were trivial or inconsequential may have – in reality – been very traumatic to our younger, or child, self.

You'll not be able to re-integrate EVERY fragment in one sitting; trying to do so can lead to an unpleasant physical upset/imbalance.

Trapped in the Past

The soul fragment is trapped in the event – perhaps the event was too terrifying, so that part fled the scene, but not the time frame.

Symptoms

First, let me say:

- Every individual is unique.

- There is no sure-fire list of symptoms to definitively say that one suffers soul loss.

- Some soul loss "symptoms" may be reflective of mental/physical health issues and not necessarily soul loss – a mental/physical health check is recommended before progressing.

- Some possible circumstances: Post Traumatic Stress Syndrome (may be indicative of a soul fragment loss event); substance abuse; death of a loved one; health traumas/illnesses/imbalance; military or protective service members (police, fireman, rescue, etc.); war; give-a-ways and takers.

The following are some "symptoms" noticed by some Soul Retrievers. It is not an all-inclusive list, nor is it a definitive list (see above).

- Emotional emptiness
- "Not all here"
- Use of external sources to fill a void within – may be an addiction – alcohol, drugs, food, etc.
- "Part of me/self is missing"
- Pushing people away emotionally (but not necessarily consciously)
- Missing periods of life (and not attributed to mental/physical health issues, i.e. stroke)
- "Part of me went with him/her when (s)he left/died"
- "(S)he took a piece of my heart"; "(S)he took my heart"

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Why Your Life Makes No Sense

by Jean-Claude Koven

From Conversations With my Dog

Zeus mysteriously materialized in my life a few years ago. He's a very complex, wise-cracking, irreverent dog with some serious attitude. However, he is arguably the most highly evolved being I have ever encountered. His great delight is in turning my world (and yours) inside out and upside down, with the soul purpose of revealing forgotten knowledge. For example:

Though he's a highly evolved being, Zeus delights in being a dog—especially when it comes to sticking his head out of the car window when we drive. He claims tuning into the smells of the human world gives him a sensory high.

"You guys really haven't got a clue," he said enigmatically, returning from the 405 Freeway morning air sampling to report his latest finding. "It's no wonder you can't make your lives work."

"You just discovered that from this morning's sniff?" I teased. "All you've got to do is turn on the morning news to confirm we went over the edge years ago."

"Forsooth, sweet prince," Zeus countered, leveraging my sarcasm back in a flash of verbal aikido, "you speak merely of symptoms, ignoring etiology. What humans have become is obvious. What's astonishing is that so few of you bother wondering why. Aren't you even a little curious about why you've ended up in this vacuous mess?"

He was right, of course. Even the so called successful people I know feel they're missing some essential nugget. They're all looking for some unholy grail to fill a void.

Zeus read my thoughts like an open book. "Yep. You got that right. Everyone's so hell-bent on bein' someone else, they ain't got no time for bein' who they really are," he said with a hillbilly drawl.

"That makes no sense at all!" I protested.

"Couldn't have said it better myself," Zeus responded. "Never could figure it out, neither. Why would someone throw away a

perfectly good incarnation trying to be anything 'cept the magical being they already are?"

Sensing my confusion, Zeus lent a helping hand. "Your lives won't ever make sense to you until you ask certain questions."

"Like 'who are we?' and 'why are we here?'" I asked.

"Not bad," Zeus replied. "Worth answerin', fer sure. But the answers ain't gonna do you no good 'til you find out something even more basic. Like, what's 'here'? And why did someone go to such extraordinary lengths to make 'here' happen in the first place?"

"What do you mean, 'go to extraordinary lengths?'"

"Too askew for you?" Zeus rhymed, dropping his Appalachian affectation. "I'll make it more clear for the little dear. Most of you are so confused about how you got here and what you're supposed to be doing, that you never take the time to actually look around and ask what's the purpose of it all.

"This Grand Illusion—what you call reality—is an immense stage where exalted beings, such as you, get to explore and experience different aspects of the Infinite. Central wardrobe lets you choose from a wide variety of bodies, previous life experiences, even where and when you'll be born and the personality you'll use to interact with the rest of the cast. Then, just before you step in front of the footlights, you pass through the Veil of Forgetting, which blocks you from knowing who you really are and infuses you with the belief that you're separate from the universe and the other characters in the play.

"As if that weren't enough, once you get here, you throw away your built-in manual. Instead, you take advice from the first humans you encounter—usually your parents—and become card carrying method actors."

"You mean we actually come equipped with a manual?" I blurted.

"If you didn't," Zeus replied, "you wouldn't

have a chance of advancing to the next level. The trouble is, only a handful of you ever use it."

"Now I know you're yanking my chain!" I said.

"Wrong choice of words there, tiger. Fact is, you don't know anything—and right there's the best place to start. Your assumptions about what you think you know keep you from ever really knowing anything—and from letting the manual access you."

"Hey! Stop messing with my head."

"Well you didn't expect something so valuable to be printed on parchment or burned on a DVD so you could sell it on e-bay the first time you got into a financial bind, did you? 'Manual' is just my word for the universal resonance that pervades All That Is. Think of it as a homing beacon that can guide every step of your journey. When you follow it, your thoughts, words, and actions fall into their appropriate places, like the tumblers of a lock. When you ignore it, your life loses its orientation and becomes disjointed, fragmented, and ultimately meaningless.

Zeus paused for a moment. "Do you know how you lost your manual?"

He correctly interpreted my silence as a definite no. "As you came through the Veil, you became totally identified with your new role. You're so enchanted with this illusion's new toy—the ego—that the real you rarely surfaces. So there's nobody listening to the resonance. Look back on your life: when was the last time you actually exercised Free Will? The jobs you've had, your relationships, beliefs, and loyalties are more the result of serendipity and geography than intent.

"You humans are a bizarre life form. I'd say you were descended from the gods, but that would be wrong, You *are* the gods, making believe you're mothers or Christians, physicians or athletes, connoisseurs of football, good music, or fine wine. Why are you here? To rediscover that fact, while you experiment with the possibilities of existence. Yet you're so busy trying to be something you're not that you miss your

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Check out their website - they have neat stuff happening throughout the month!

<http://www.mlecnm.com/home.html>

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Why Your Life Makes No Sense

Cont'd

own grandeur and power.

"A great deal of effort has gone into creating this illusion. It's brilliant in every respect—the perfect setting for playing out the drama of discovery."

"Yes, but what's the point?" I asked. "Why bother coming here if the purpose is only to wake up and transcend it?"

"Where did you get that crazy idea?" Zeus countered. "Think man! It's you and your fellow gods, in a masterful stroke of sheer brilliance, who conjured this grand holographic stage set. Then, deliberately forgetting your part in its creation, you dove

in and began to perform. What theater!" "I just got the funniest image," I said. "I saw myself as a giant puppeteer manipulating the strings of a smaller me that's on the stage."

"And who," Zeus quipped, "pulls the strings for the larger you, do you suppose?"

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Soul Fragmentation

Parts One and Two

Cont'd

- Not feeling in control
- "I haven't felt like myself / felt the same since..."
- Feeling of loneliness deep within (possibly missing one's own soul fragment)
- Feeling of being disconnected
- Scattered feeling
- Not able to get over, or move beyond, an issue/experience – even though trying to do so
- Not wanting to get over or move beyond an issue/experience (really recommend therapy here)
- Returning to an event (emotionally re-visualizing) and/or returning to a person or place...but not quite sure why (again, really recommend therapy here)
- Feeling like on auto-pilot
- "I gave everything I had to _____"
- "I gave my power to _____"
- "_____ still holds power over me."
- "I don't know/understand what kind of hold/power _____ has over me!"
- Angry in general, or angry at everyone else.

When soul fragmentation and/or loss occurs, it is usually because an incident and/or event was too horrifying or scary; the soul fragmented to "hide" or "escape" from the event.

My first time during a personal soul fragment retrieval, I found my fragmented "child-self" (FCS) of about 8-10 years old, deep in the woods.

My child-self severely distrusted adults, including me, and it took several "visits" for

adult self to gain the trust of the fragment child-self.

Though I do not remember the specifics of the event that led to the fragmentation, the result was (and those of you who have worked with me have heard me say this before) I had grown up feeling that I trusted animals but not humans. "Animals don't lie; humans do!"

As I continued to "visit" my FCS, my adult self had to work hard, and have a lot of patience. FCS finally began talking with me (adult self) and was angry because "she" (FCS) was left behind and "forever" (until then) stuck in that time frame...alone and only trusting animals.

Eventually, and joyfully, we re-integrated.

There are still some fragmented "selves" that have yet to be re-integrated, so I am not finished.

We, each human, are supposed to be working on self, clearing up the past and working on creating our individual realities. (The Other Side of Illusions <http://www.metaphysical-studies.com/e-books-store/>)

I believe one of the things from the past that need completing is the re-integration of our displaced soul fragments.

(Part Two)

Give Aways

We, humans, have been known to fragment – giving away a soul fragment, out

of love, to another.

We have also, unsuspectingly, given away fragments to another person in control: spouses, doctors, teachers, bosses, children, military, religious head figure, friends, etc.

Takers

Some soul fragments have been taken by another – they usually take soul fragments from those whom they deem to be weaker – and are often taken to control the person (usually through fear, intimidation, bullying, etc.)

There are also Takers who steal because they aren't sure how to get their own soul fragments back; this is not usually a conscious act, but harmful nonetheless.

Past Lives

Not all soul fragments were lost in this lifetime – many of our fragments could have been lost in past lives.

I have memories of "my" lifetime in Germany during World War II – and of being tortured and eventually killed in a concentration camp.

In this lifetime, I kept going back (mentally) to the concentration camp, looking for something; I had been tasked to find it, retrieve it, and give it back to its original owner.

I kept going back until I finally found "it" (up until this point, hadn't a conscious knowledge of what I was looking for) – it was a small wooden box which had been

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Volunteer articles are welcome! I will provide your web (and/or contact) info with your article. We are looking for spiritual/metaphysical, real life, uplifting, guidance, etc. type articles. Can be in the natural health fields, mental health fields, personal experiences, etc. Send article to Jan Toomer at: Jan@reality-undefined.com

buried deeply to be kept safe.

I left with the box and called upon the original owner. It turned out to be a male who had given me this box for safekeeping. I buried it. He had died, and later I had died.

The box actually contained a soul fragment – which I had returned to its proper owner.

Beginning Self-Retrieval

For those who are able to “see”/see, sense, scan energy, you can scan self to see if you find any voids within your own energy/soul. They often look/feel like holes filled with something that is not part of your energy – may “appear” to be filled with blackness/black energy.

1. Shield
2. Cleaning voids and black fillers
3. Retrieve fragment
4. Look at circumstances/reason for fragment loss or giveaway. If fragment is in another's possession, visualizing talking with that other individual and explain that you've come

to take back your soul fragment(s). If they refuse – call on G-d/Source, Angels, Guides, etc. to retrieve the fragment from the other individual.

5. Ask G-d/Source/angels to clean and bless your fragment and then be re-integrated with self.
 - If fragment and you are not ready/able to re-integrate, ask the Source/G-d, Angels, Guides, etc. to please keep the fragment - keeping it protected and safe - until you are able to reintegrate. At this point, if you have been doing retrieval yourself, I recommend seeing a therapist to help you with the circumstance that caused the particular fragmentation – it needs work before reintegration. *IMPORTANT: Fill the void where fragments are displaced with either white or gold Light – this keeps unwanted energies/entities from entering through that previous void.*
 - If you are able to reintegrate: welcome and embrace the cleansed and blessed fragment, bringing it back into self. Seal – visualizing white and/or gold Light, sealing the fragment back into its rightful place. Forgive others who may have had your soul

fragment. *IMPORTANT: Fill the void where fragments are still displaced with either white or gold Light – this keeps unwanted energies/entities from entering through that void.*

Next, you also need to return the fragments you have of other souls – yes, you took too.

Ask the Source/G-d, Angels, Guides, etc. that any fragments you have taken from anyone else please be cleansed, blessed and returned to the original owners, asking for forgiveness for having taken them (you don't necessarily need to know the when's and why's). Then forgive yourself for having taken them.

Nancy DeYoung has written “Soul Retrieval: An End To Fragmentation”, and has a wonderful exercise to do a soul retrieval – to reclaim those fragments you have lost and to return the ones you have taken.

<http://www.ndeyoung.com/soulretrieval.pdf>

There I Am!

by Jan Toomer

Who Are You?

I don't mean, for example, Jan the meta-physician/ the wife/ the energy worker / the mother / the friend, etc.

I mean the essence, the soul, the energy that has been, in this lifetime, named Jan.

At this time you need to know your energy, yourself, your soul signature/essence... you need to know you.

Have you noticed that weird, bizarre and violent crimes are on the rise as well as weird, bizarre and/or violent behaviour being on the increase? – You may have suspected that it is due to, in part, desen-

sitization (for example from the violent video game era) – as well as due to losing one's connection to self.

We have electromagnetic fields – it is part of our human experience and human body – and we live on a planet with an electromagnetic field; just as the planet Earth's electromagnetic field shifts, so too does ours.

Research shows that the Earth's pole has been shifting – which shifted and continues to shift, the electromagnetic field of our planet; for us, it has been a gradual shift and we have adapted as we went along our way.

www.nasa.gov estimates that the pole is shifting 40 km per year now.

I Can Share With You What Can Happen in Earth's Group Consciousness Reality

So we have had electromagnetic shifts, solar flares (creating energy disturbances), and energy shifts for raising vibrations. While this has been going on, we have been afforded an adjustment period to adapt to the changes; however, these changes are occurring more frequently and pronounced each time, with shorter breaks to adapt in-between.

This means we have less time now to get over being ishcombibbled and get ready for the next energy shift.

Some people are not catching up and/or adapting; some feel like they are on a downward spiral and don't know how (Cont'd Page 6)

Many people die at twenty
five and aren't buried until
they are seventy five.

Benjamin Franklin

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Holistic Life Coach
Radiant Life Transformations
RadiantLifeTransformations.com

A.R.E./Spiritual Meetings
Meetup.com (search Las Cruces Spiritual Meetings - 88012)

to come out of it (I highly recommend a metaphysically orientated therapist to help with this).

I am not a doctor – I am sharing with you what I perceive on an energy level/ energy read.

Those who aren't able to keep up have a kind of electromagnetic storm raging within their brain. This creates an imbalance which can create an increase of violence, bizarre behaviour, etc. In other words, fine upstanding citizens one moment and suddenly lost with a twist the next moment.

This can be in the form of road rage all the time, not just on the road – a lot of anger and hostility; weird behaviours; suicides on the increase; murders (for really strange or unknown reasons), etc. It is like every negative (and possibly primitive) attribute of humanity is coming out more... much more.

For those who are keeping up, the energy shifts have a tendency to:

- Make us tired, almost weary
- More hungry physically (we are burning more to keep up)
- Little bouts of flakiness or ishcomb-ibbled-ness and then we settle down again as we adjust.

So far, the shifts have been gradual. But what happens if the pole shift is sped up for some reason? A massive electromagnetic storm earth-wide.

There will be no adjustment period such as we had been having. Theoretically, this could have the same effect as taking a magnet to your computer hard drive; some memory/information will be erased; some may be scrambled and indecipherable.

By knowing your energy; knowing you, then you significantly increase your chances of protecting your inner 'hard drive' if this should ever occur.

And shielding may help as well.

Want Another Reason?

Want another reason to know you, know your energy?

Humans, on the whole, are empathic (the ability to feel/sense others emotions, often as if they were your own). As energy frequencies rise, we become MORE em-

pathic and telepathic abilities emerge and/or increase.

If you do not know your energy/energy signature, then how are you going to know where your energy begins and ends and where others begin and end?

What are some of the consequences of not knowing your energy from others?

You could lose yourself.

Okay, here I would like to break off and briefly address soul groups....

Soul Groups

What does Soul Group mean?

We are a small part of one – but we really cannot say small part, because "part" denotes separateness. We are one, we just forgot it.

And part of your soul group learning is to start removing the separateness ...again, easier said than done.

So let's start with this room: you are part of, you are connected to, every human in this room. So take a moment to feel yourself expanding in this room...and while you are doing that, be aware that you are part of each person; you are part of every animal in this room; you are part of everything in this room:

- the carpeting
- the couch
- the chairs

- the pictures and paintings
- the walls

MEDITATION:

(Do not do this while driving or operating machinery - meditations are usually very relaxing).

Shield

Take one slow deep breath... and release it slowly.

Take another deep breath....release it slowly.

Now turn your attention to your solar plexus or abdomen. With each exhale you take, expand your awareness outward from your abdomen – bring it two feet out from your body....
Expand it now four feet from your body.

Five feet from your body.

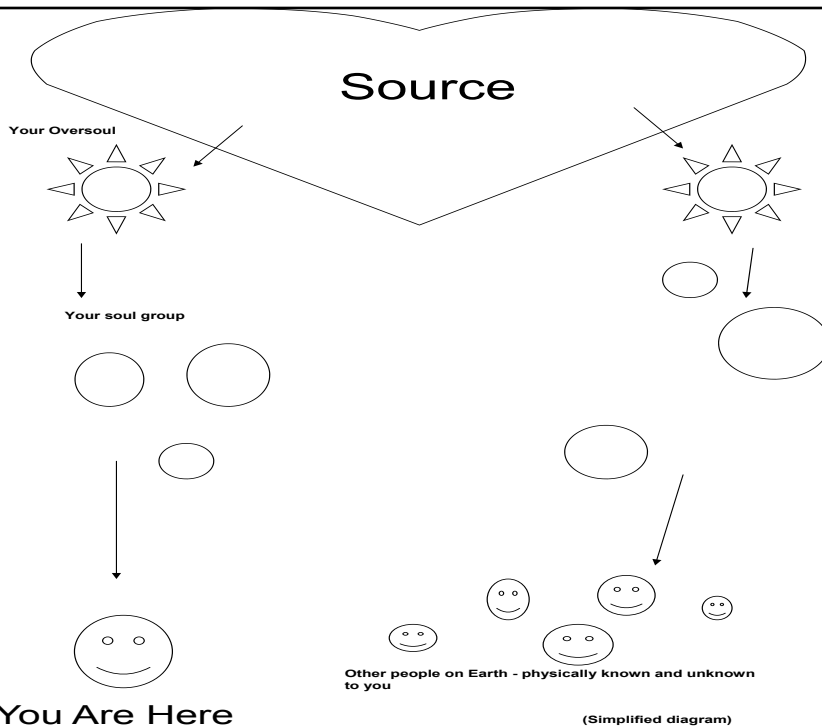
Expand yourself to fill this room – now become aware of the feel or existence of each person in this room.

Acknowledge or feel each animal in this room, all while knowing your own energy.

<Give yourself some time>

Begin pulling your awareness back towards your own physical body. With your inhale, you are now five feet out from your body...

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There I Am!

Cont'd

Now you are four feet from your body....

Now two feet...

Now you are back into your body... now say to your self:

Head to head
Neck to neck
Shoulders to shoulders
Arms to arms
Hands to hands
Fingers to fingers
Torso to torso
Legs to legs
Feet to feet
Toes to toes

Now wiggle your fingers and wiggle your toes, open your eyes feeling relaxed and refreshed.

I was sitting at a stoplight the other day, and I began looking – I mean *really* looking - at other people.

As I looked into each vehicle as it drove by – I realized “There I am!”, “Oh how cute! There I am!”, “Oh look! There I am!”

No, I wasn't being conceited, egotistical or full of myself.

I was seeing my part of oneness and how it related to the other parts of oneness; in

other words...how we are all connected.

I know those words are *so* easy to say and it is said a lot and by a lot of people, but to experience it, to *feel* it, to *know* it...totally different ball game.

We Are All One

So I am learning more and more that everyone and everything is connected.

I always *knew* that energy was everything and everything was energy – I understood that out here, outside of myself.

Through gradual personal shifts and changes, it had gone from being outside myself to being within me.

That means it is a part of me now, not just an externally known idea or concept; it's in me now.

Can't get more up close and personal than that!

If everything is connected and everyone is connected, then you are me and I am you. This also means it is my responsibility to share what I know to help assist you/“me” in succeeding in this lifetime.

I try to provide tools to those parts of “me” that are receptive and ready for what the Jan-part can offer, whether it is a little or

lot depends on where the “you” me is and what “you” me is ready to receive.

I want “you”/me to grow and I want me/“you” to accomplish what you came here, in this lifetime, to accomplish.

Because you are me and I am you.

Now, having said that we are all one...why did we travel from “knowing self-energy” to “we are all connected”?

Kind of contradictory...right?

No, not at all.

We currently have one foot in the mass consciousness reality (which includes the illusion of separateness) and one foot in the individual created reality in which we acknowledge our connection to the Source and ultimately to everyone and everything else.

We are currently working *both* realities.

So, I ask that you learn who you are, learn your energy as well as seeing your connection to all else.

Meta-Nights

Jan is topic, question or situation triggered. When a question is asked, or topic/situation presented, she shares her experiences, reads the energies involved and/or accesses her far seer ability, listens to guides and Universal Network to provide a possible answer and/or solution, usually utilizing short story telling to present the information.

Normally utilizing this technique during Q&A sessions in classes, Jan will be offering it outside of the classroom.

Meta-Nights (or Meta-Days) are usually done in a 2 hour group sessions and is available at the Heart of the Dove Center and at your meeting place in Las Cruces.

Seating is limited; registration required for away locations; \$8.00 min. donation.

Linda Aragon's 10/18/11, 6-8pm. Contact Linda to RSVP at Aragon77@comcast.net (or at Meetup.com; search for “Las Cruces Spiritual Meetings - 88012”). Or call Jan to RSVP.

Raquel Ontiveros-Carr 11/07/11, 6-8pm. Contact Raquel to RSVP. rsontiveros@yahoo.com. Or call Jan to RSVP.

Jan@reality-undefined.com; (cell) 520-234-4440; 575-382-4576.

Problems cannot be solved at the same level of awareness that created them.

Albert Einstein