

# Therapeutic Shamanism

## Soul Loss and Soul Retrieval

### Symptoms of soul loss include...

- Depression
- Feeling of being incomplete
- Feelings of hopelessness
- Feelings of numbness
- Post Traumatic Stress Syndrome
- Inability to move on from an issue or event, despite efforts to do so
- Feeling disconnected from life or what is around you
- Fatigue, apathy and indifference; like a spark is missing
- Incidents in your past when you feel you lost something that has never come back.
- A sense that someone took a part of you and you have not been the same since
- A desire to return to a person, location or behaviour that is unhealthy for you
- Missing memories
- Feeling lost, indecisive and aimless
- Lack of confidence; doubting self
- Addictions or other compulsive behaviours
- Phobias and anxiety
- Feeling shattered; in pieces
- Being dominated by others, or a history of being dominated
- Poor immunity
- The feeling that soul retrieval may help

### Reasons for soul loss include...

- Abuse
- Fear
- Trauma and shock
- Loss and grief
- Shame and guilt
- Extreme or prolonged pain
- Giving your soul to another; codependent relationships
- Domination by another, or others
- Allowing your soul to be stolen by another, or others
- Substance abuse and other addictions
- Not being true to oneself; disowning or disallowing parts of oneself