



SOUL LOSS

18 SIGNS A PART OF
YOUR SOUL IS LOST
AND HOW TO GET IT
BACK



FREE E-BOOK



CONTENT

03

WHAT IS SOUL LOSS?

When a person experiences trauma, emotional distress, or significant life events, a part of their soul may become fragmented or dissociate from their being.

06

THE CAUSES OF SOUL LOSS

Traditionally, soul loss was said to result from things such as accidents, serious illnesses, shocks and other traumatic events. However, there are other causes too.

09

SOUL RETRIEVAL

Getting the lost soul part back

16

FIRST STEPS COURSE

Introductory course - learn how to meet your Power animal and do a shamanic journey



CHAPTER 1

WHAT IS SOUL LOSS?

When a person experiences trauma, emotional distress, or significant life events, a part of their soul may become fragmented or dissociates from their being. This fragmentation can have profound negative effects on a person's well-being and ability to lead a fulfilling life and can result in feelings of emptiness, disconnection, depression, and a lack of purpose or passion in life.

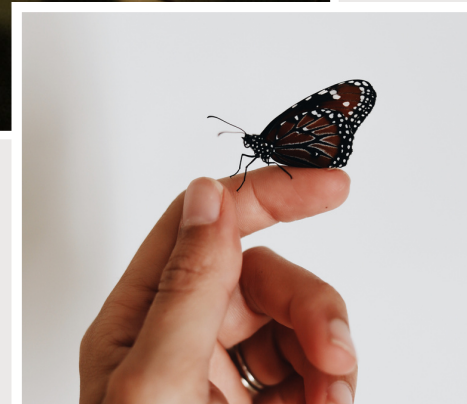
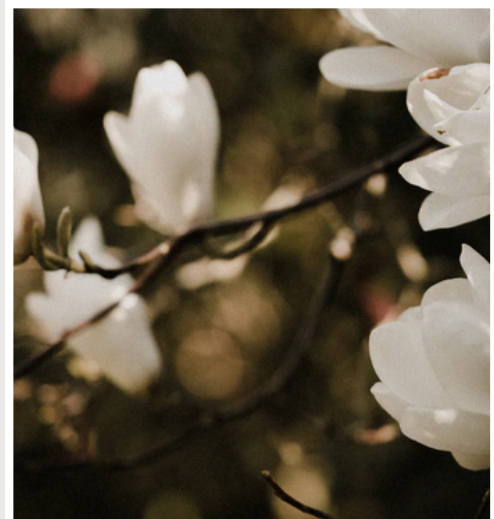
To address soul loss, shamanic practitioners often engage in practices such as soul retrieval. Soul retrieval involves the shamanic practitioner journeying into non-ordinary reality to locate and bring back the lost soul parts, reintegrating them into the person's present consciousness. The process aims to help the individual regain a sense of wholeness, healing, and empowerment.

Shamans understand that parts of our soul can leave our bodies. If, however, those parts do not return, the result is a sense of emptiness and a feeling that something is missing.

SIGNS YOU ARE SUFFERING FROM SOUL LOSS

They are many and can include a sense or feeling of:

- somehow being incomplete; that something is 'missing'
- numbness or flatness; of just going through the motions
- hopelessness, apathy and indifference; like a spark is missing
- being disconnected from life or what is around you; as if you are living in a dream
- depression, ranging from mild, to moderate, through to severe
- feeling lost, indecisive and aimless
- procrastination; time-wasting; or finding it hard to sustain focus or effort
- a lack of confidence and self-belief
- having a strong inner critic who puts you down and is always on your back
- phobias and anxieties; fearfulness
- missing memories (where have the memories gone, and why did they go?)
- addictions or other compulsive behaviours and/or thought patterns
- never having really recovered from a past event
- repeatedly returning to a person, location or behaviour that is unhealthy for you
- inability to move on from an issue or event, despite efforts to do so
- finding it hard to (re)invest in the future with enthusiasm and optimism
- grief, fear, anger or rage that you cannot seem to shake off



Other times, it's simply a feeling that the soul retrieval may help

This last symptom may seem strange, but in fact it is surprisingly common. It is because, before the birth of the so-called "civilisation" from around 4,000BC, shamanism was practiced by all humans. In fact, they did not just practice it, they lived and breathed it. It was central to them. So the vast majority of your ancestors, going back literally thousands upon thousands of generations, would have recognised and understood the symptoms of soul loss.

Because of this, when it is explained to them, soul loss can still make sense to people on a deep level. It is something they have long felt deep down but could not quite put their finger on.

Physically, the symptoms of soul loss can be many and varied and soul loss can be a factor behind pretty much any illness. Given soul loss results in a weakened state mentally, emotionally, and spiritually, it is not surprising if things start to go wrong physically too.





THE CAUSES OF SOUL LOSS

There are some obvious causes of the soul part leaving. Traditionally, soul loss was said to result from things such as accidents, serious illnesses, shocks and other traumatic events. However, there are other causes too.

- abuse; not just sexual, but also physical and mental/emotional too
- prolonged anxiety or fear
- loss and grief
- shame and guilt
- prolonged pain
- giving your soul to another; co-dependent relationships
- domination by another person, or a group (everything from peer pressure to religious cults)
- having your soul stolen by another, or others
- substance abuse and other addictions (losing your soul to the object of the addiction)
- not being true to oneself; disowning or disallowing parts of oneself

However, the principal cause of soul loss in modern times is usually that we send part of our own soul away, to ‘fit in’.

In order to fit in, we can variously send away our own playfulness, creativity, spontaneity, joy, passion, wildness, sensitivity, vulnerability, confidence, assertiveness, carefreeness, cleverness, sadness, tears, anger, and so on.

Repressed or literally lost?

Psychotherapeutic vs. Shamanic view

Psychotherapists are familiar with the notion of us having repressed or disowned parts of self. Similar to soul loss, parts of us can become repressed for various reasons including shock or trauma, domination by others, addictions, and sending parts of ourselves away in order to fit in. Having repressed or disowned parts usually makes us ill, and through the process of therapy we can recover these parts, befriend them, and reintegrate them.

However, shamanism says that sometimes something altogether more startling sometimes happens. Sometimes a part is not just repressed, but actually leaves altogether. The (soul) part literally splits off and goes. In this case, there will be only so far that therapy can go. This is when shamanism comes into its own, because shamanism can find the parts that are “no longer in the room” but which have left altogether.



How does Soul Loss happen?

- Sometimes soul loss occurs when we do not feel safe, say in the case of a traumatic event. Part of us then leaves, as it does not feel it is safe to stay.
- Sometimes the part is literally shocked out of the body. It may then still be stuck in the time and place of the traumatic event, literally hanging around it like a ghost (this is why people describe flashbacks, or persistent thoughts or images; part of them is literally still stuck back there).
- Prolonged situations such as fear, guilt or pain can have a similar effect. Part of us eventually leaves because it could no longer cope (we may say we felt part of us died).
- Sometimes we give our soul (our power) over to a loved one, and when they die or leave, we feel our heart has been wrenched out.
- Other times somebody (or even a substance like alcohol or drugs) may ‘steal’ our soul, by undermining and gradually overpowering us; dominating us and keeping us in chains and tied to them.

Where does the lost part go?

Sometimes, the lost part is stuck back in the time period and place of the trauma. Other times, the soul part drifts further, and literally goes off into realms beyond this one.

Sometimes parts flee to safe places in these other realms. And sometimes, they gravitate to places of hopelessness and despair. What they need, and what the person they belong to needs, is to come back. This is where soul retrieval comes in.



When explained, soul loss still makes sense to people at a deep level, something they have long felt deep down but could not quite put their finger on.

CHAPTER 3



SOUL RETRIEVAL

Getting the lost soul part back

In a soul retrieval, the skilled shamanic practitioner leaves their own body and enters into shamanic reality. This is known as a “shamanic journey” and is usually (but not always) done to the accompaniment of a shamanic drum or rattle. Working with the help of their power animal(s) and other shamanic guides, the practitioner finds the soul part of the person they are journeying for, and attempts to persuade it to return. If it agrees to return, the part then receives whatever shamanic healing it needs. Then the part is gathered up, brought back to this reality, and then literally blown back into the person’s body.

The actual process of doing soul retrieval can seem surprisingly quick. This is because the retrieval itself happens outside the timescale of this reality. So the whole process can be done in the space of an hour or two.

In many cases, one session alone can be enough. But not always. In modern times, soul retrieval is a much more complicated process than it once was.

OBSTACLES TO EFFECTIVE SOUL RETRIEVAL

Intrusions

When soul parts leave, they leave holes in us. When this happens, other things called 'intrusions' can get in and need to be removed. The process of removing these is generally known as shamanic extraction.

Introjects

Introjects are "shoulds" or "should nots" ("musts" and "must nots", and "oughts" and "ought nots") that we have adopted over time. Some are healthy and useful ("I should look for traffic before crossing a road", or "I ought to say please and thank you" for example). However, some introjects we adopt are not healthy, and may even be causing us harm ("I should always do what is expected of me", or "I must never be vulnerable/angry", for example). When it comes to soul retrieval, strong introjects can create problems. It is all very well to bring somebody's soul part back for them. But if the soul part is a part of themselves that they have strong 'shoulds' or 'should nots' about, then if the part is to stay then these will need to be addressed (and this is often where counselling or psychotherapy can pick up the thread again).

Body Shock

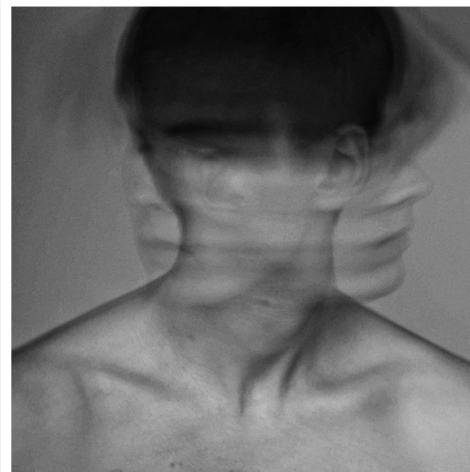
The other thing that sometimes happens is that the soul part returns, but the body is still in shock. Shamanism recognises different aspects of us, each having different needs. Put simply, we are made up of body, soul and spirit. What the Body needs is to feel safe. So sometimes, as well as soul loss, there is 'body shock', in which case what is needed is a 'body re-patterning' journey too.

"Fort-Holder" Parts

In modern soul retrieval, "fort-holders" are parts of ourselves that developed survival strategies during difficult times in childhood. They might resist the return of lost soul parts due to fear of change, making the process more complex than traditional methods.

Power Loss

As well as soul loss we can suffer power loss – the loss of healthy connection with nature and the other-than-human world – and so, very often it is necessary to do a power-retrieval too, usually in the form of what is known as a Power Animal.



Let's look at "Fort-Holder" strategies and Power Loss in more depth.

I. FORTHOLDER STRATEGIES

Sometimes a series of sessions are needed, when soul parts are reluctant to return, or when multiple parts have been lost. However, if all our soul (or souls) had left, then we would have died. The fact that we did not die means that part of us stayed behind and carried on, 'holding the fort' so to speak. In childhood, this is the part of us that learns to bite our lip or hold our tongue; to always be ready for a fight; to not show weakness; to not speak out; to swallow our sadness; to sell ourselves out in order to fit in or survive, and countless other strategies we may have adopted to get through childhood.

This part of us, the fort-holder, may be ambivalent or even outright opposed to the 'lost' soul part returning, as it is likely to be nervous about the changes that doing a soul retrieval could (and would) bring. That's because it is the fort-holder who sent the lost soul-part away in the first place, to try and protect us, and help us to survive.



Consequently, these days it is often not enough to retrieve the lost soul part for a person and to blow it back into them, as traditional shamans would have done, because the **fort-holder in us often does not realise that the war of childhood is over**, and will simply send the part away again. They are still on guard like a loyal soldier, ever ready to step in and protect us (albeit in ways that may now no longer be appropriate or serving us any more).

II. POWER LOSS

By “power”, shamans essentially mean “life-force“. If our life force is weak, then we are prone to disease. Because of this, maintaining healthy power is an essential part of any good shamanic practice.

In shamanism, Power-loss (with a capital “P”) is more than what, in psychotherapy, might be understood as the “loss of personal power“. It means a disconnection from our other-than-human relatives, and from Nature. In shamanism, this disconnection from the natural world leads to Power-loss, something altogether bigger and more serious than the loss of just our personal power.

DISCONNECTION FROM NATURE IS A MODERN DIS-EASE

Whilst indigenous tribes understood the dangers of Power-loss, they rarely suffered from it, because they lived immersed in nature!



Power-loss occurs when we cut ourselves off from nature and Mother Earth, disconnecting and unplugging ourselves from the larger energy grid of each other and of the more-than-human.

Disconnection from nature is a largely modern-day thing. It began with our adoption of what the author Daniel Quinn has described as “totalitarian agriculture“. This began around 11,000 years ago (the “Neolithic revolution”), when we moved from knowing we were part of the land, to instead seeing ourselves as owning the land.

WE BEGAN TO SEE OURSELVES AS SPECIAL AND ABOVE OTHER SPECIES

At its heart, totalitarian agriculture says: *“We now own this land. We now decide what lives on it and what dies. You goats, you can live on this land, as we now own you and want to use you as we wish. But all you other species who compete with the goats, or who eat them, you now die. Wheat, you can grow on this land, but all you other plants, we will now kill you. For this is our land”.*

Symptoms of Power-Loss

Power-loss has the same symptoms as soul-loss, plus a disconnection from the natural world.

Even if the symptoms are largely the same, because the cause is different, Power-loss cannot be healed by soul retrieval alone. Instead, when there is Power-loss, we need to address its root cause – the disconnection from the other-than-human (and specifically, from our fellow animals, plants, and even the land itself).



HEALING POWER-LOSS

Practical ways to heal this disconnect and “rewild our souls” is at the very heart of both shamanism and animism, and include:

- SPENDING TIME IN NATURE
- SHAMANIC EXPLORATIONS OF THE LOWER-WORLD - Connecting back to the real Lower-World, underneath the layers of separation and distortions laid over it by modern ‘civilisation’.
- POWER ANIMAL RETRIEVAL - Bonding with Power Animal (our most important connection to the more-than-human!).
- WORKING WITH A HUMAN LOWER-WORLD GUIDE - Someone who can teach us what it is to be an animist human, living as part of nature, and not separate from it.
- COMMUNICATING WITH NATURE - Just spending time in nature is good for us, but shamanism goes further. Rather than just being in nature, shamans communicate with nature. Indeed, doing this was (and is) very much one of the roles of the shaman – to connect with nature and be its advocate and voice, and be the intermediary between humans and the rest of nature. Shamanism has practical ways of doing this, ways that work, and in learning shamanism, you can learn to do this too!

We heal power-loss by reconnecting to nature and Mother Earth, plugging ourselves back to the grid and energy flow of each other and more-than-human.





CHAPTER 3

HOW TO DO SOUL RETRIEVAL

As I already emphasised, nowadays, soul retrieval can be a complex issue. To achieve the best results, we need to seek help from both shamanism and psychotherapy. This is why Therapeutic Shamanism teachings draw from both of them.

Our courses are built in a way that can give you all the necessary knowledge, practices and tools to successfully learn to do soul retrieval for yourself and for other people. However, this takes some time and work.

The Soul Retrieval Course is an advanced course, so only students who have done our First Steps and at least one of our Next Step course are eligible. If you want to start your shamanic journey, we are accepting bookings for First Steps Course: [Discover more](#).

Soul retrieval is an advanced shamanic technique and it takes some time to get to the point of being able to do it yourself. However – if you feel the calling, our first steps course is a great foundation you can build on!

CHAPTER 4



FIRST STEPS COURSE

Start your shamanic journey & meet your Power Animal

Learn:

- The history of shamanism and animism. What they are, and what this tells us about where we find ourselves today.
- How to do a shamanic journey (a step-by-step method).
- How to do a Power Animal retrieval journey and find your own Power Animal.
- Other shamanic nature-based practices.
- Why we nearly lost shamanism and lost our way in the process, and how we can recover.
- Therapeutic Shamanism – the differences and similarities between ancient shamanism and modern psychotherapy, and what they might learn from each other.
- The basics of how to do simple shamanic healing for other people (including not just humans, but pets and other animals too).

Module 1 (live and recorded)

After watching a pre-recorded talk – “What is Shamanism” - given by Paul Francis, the founder of the college, a chance for students to ask the tutors any questions that they have. Then a tutor-led guided shamanic journey to the Lower-World.

Module 2 (live and recorded)

Learn how to do a shamanic Power Animal retrieval journey. Or, for those who already have a Power Animal, a journey to receive shamanic healing.

Module 3 (video)

Exploring what a Power Animal is and how to work with them in more depth.

Module 4 (live and recorded)

How to develop a "hollowing-out" practice – how to make sure that your shamanic journeys are grounded, authentic and Spirit-led.

Module 5 (video)

“The Great Forgetting”: Our separation, domestication and "the Fall". Why we nearly lost shamanism and animism, and why we need them back.

Module 6 (video)

Lean the basics of doing shamanic healing for other people. Includes looking at interpersonal skills, healthy power-dynamics, and ethical considerations.

Module 7 (live and recorded)

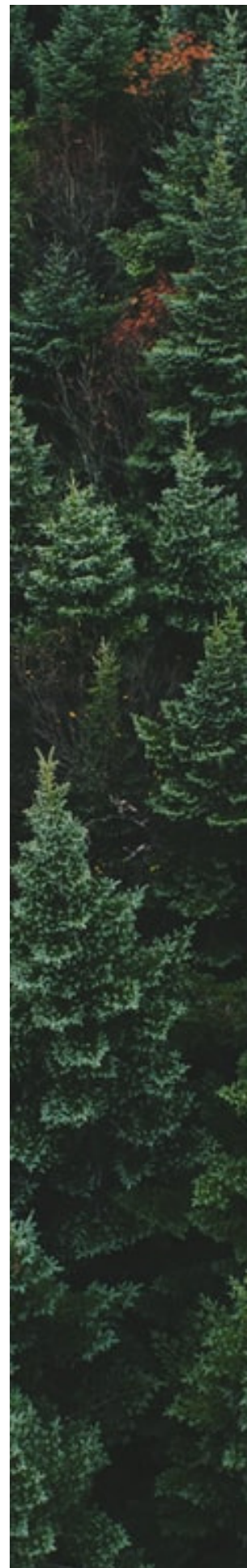
Grounding practices - how to do a shamanic "burial" and/or tree journey. Plus, the basics of doing a "shamanic extraction".

Module 8 (video)

The "Great Remembering". How we can reconnect to animism and shamanism, and in doing so, regain our sanity and heal our broken connection with the world. Includes a look at the similarities and the differences between shamanism and psychotherapy.

Module 9 (bonus video)

A bonus video (or videos) based on topics and issues that have been raised on the student forums, where the tutor will answer any questions and address any remaining issues.



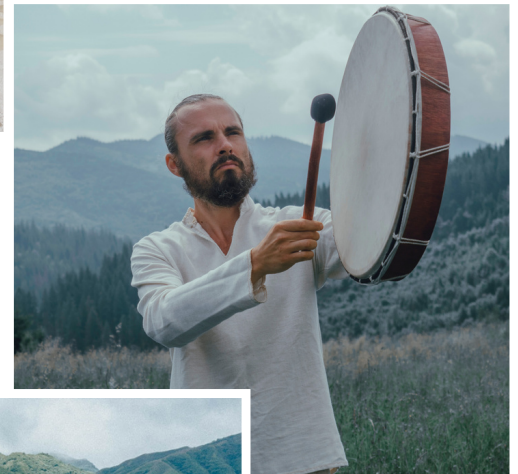
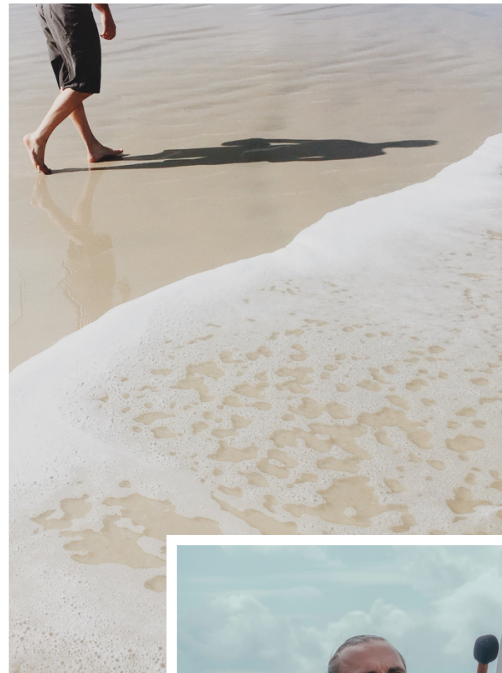
The course is delivered via:

Three live sessions on September 30th, October 14th, and October 28th. These live meetings start at 2pm (UK time). The first is 3.5 to 4 hours long, and covers the first two modules (described above). The second and third live sessions are 2 hours long. All are recorded, for anyone who is not able to attend them live.

Five pre-recorded modules, delivered by video and accompanying learning materials. These are released at intervals as the course progresses.

A website discussion forum and (an optional) Signal group, where students can ask questions, discuss topics, share experiences and additional resources, and get support, encouragement, and a sense of community.

A bonus video, answering students' questions and offering additional teaching.



Live & Pre-Recorded Online Training

- Zoom Online Sessions With Founder of Therapeutic Shamanism, Paul Francis.
- Live Shamanic Journeying.
- Study in the Comfort of Your Own Home.

Support Between Sessions

- Detailed Course Notes.
- Video Recording of Every Class.
- Submit Your Questions for the Next Session and Discuss with Peers.
- Learn at Your Own Pace.

Your Shamanic Tribe

- Meet Like-Minded People.
- Connect Between Sessions on our Website Forum and (optional) Signal group.
- Deepen the Connection in Break-Out Rooms During Live Sessions.

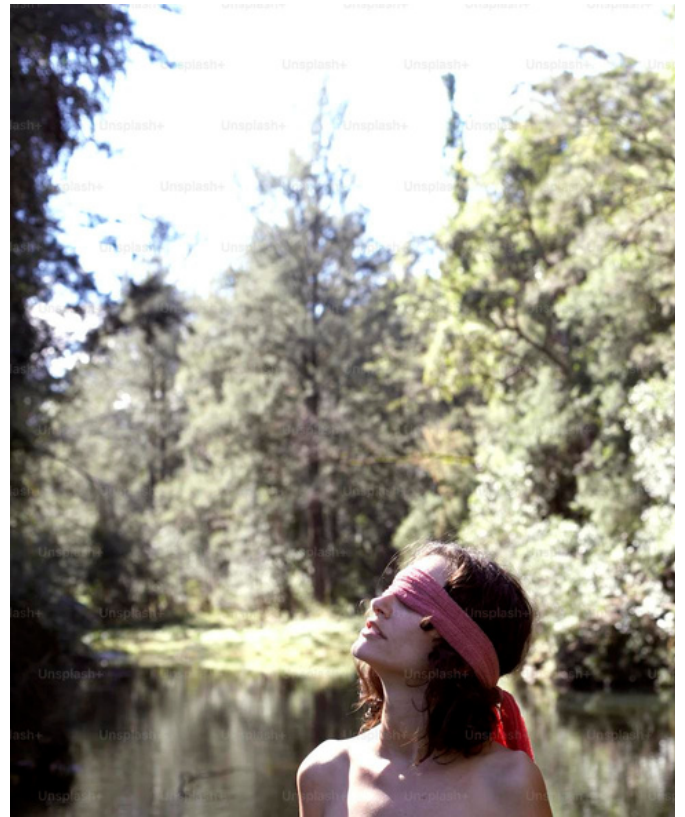


Improved 12-month access

All our courses now come with 12-month access to the recordings of the live sessions of the dates that you signed up for, and life-time access to the other teaching materials.

Self-paced learning

If you can't make the time or dates for the live sessions of our courses, don't worry. You can still sign up and do the courses by watching the recordings of the live sessions, all in your own time and at your own pace. Signing up also allows you to join the courses' lively discussion forums, where students can share experiences, ask further questions, debate issues and share ideas and resources.



Free life-time revision!

As of now, when we (re)run any course that you have done previously, you can sign up for the new version for free!

Join a supportive shamanic community

Our students often say that finding people to walk the shamanic path with can be hard, and so how much they come to deeply value our online community. Signing up for our online courses allows you to join our thriving and growing international community, where you can share your experiences, ask questions and discuss things, and gain support, encouragement, and inspiration.



**THE FIRST STEPS ARE
YOUR TICKET DEEPER**

First Steps are an introductory course, a start of the journey of learning therapeutic shamanism. Whether you want to master the art of shamanic practices for yourself, to help your loved ones or to become a professional practitioner, it all starts here.

November - December 2023:
FINDING YOUR WILD SOUL

January - February 2024:
PAST, PRESENT, FUTURE

March - April 2024:
LOWER-WORLD EXPLORATIONS

and more!

**START YOUR
SHAMANIC JOURNEY**