

## What is Spiritual Individuation

Spiritual Individuation is a process that aims at unifying the physical and spiritual parts of an individual human being and assists them on their journey to become whole. This unification is the foremost task of any human being as focusing only on one part of our being and neglecting the other, makes for an unsatisfactory life spent on earth.

Although it is possible for anyone to reach the state of wholeness by themselves and become spiritually individuated, the majority of people would need guidance, support, and experiences of professionals to complete the journey.

Spiritual Individuation discussed here is a method of treatment that is similar to Spirit Releasement Therapy and Spirit Release Therapy, as introduced and practiced by William Baldwin and Terrence Palmer, respectively.

The following are the differentiating points from above mentioned methods:

- It assists the individuals to reach a higher level of consciousness by realizing their true spirit and integrating spiritual life into their daily physical living.
- The process is facilitated by an experienced facilitator/psychotherapist and a medium/registered nurse with years of experience in providing care, support, compassion, and healing energies to their clients.
- It is individualized to a particular client with attention to age, gender, culture, strengths, current level of functioning, and needs.
- It attends to the totality of the individual, physical, mental, emotional, and spiritual domains, and seeks to liberate the client from any barriers to healthy, productive, and meaningful spiritual life.

The procedure is performed after obtaining the client's consent for services and the permission of the client's *Higher Self*. There are two formative sessions that are offered initially:

- I. **The Objective Session-** This session is performed remotely by the facilitator and the medium where the medium would summon her spirits guides. During this session, the spirits guide perform a thorough scanning of the individual which includes, the etheric body, the spiritual body, and the physical body, identify the presence of any dark energies, identify any possible physical difficulties, and proceed to heal, repair, and adjust as needed and permitted for the higher good of the individual. The guides will also provide information necessary for the client's spiritual growth, higher good, and provide

recommendations and suggestions that would help the client towards their journey to become whole.

- II. **The Follow Up session-** The practitioner will conduct this session after the Objective Session to review with the client the results, such as a complete transcript of the communications from the spirit guides, details of each domain, details of each barrier to individuation, early traumas, and suggestion and recommendations to improve physical, mental, and emotional stability.

Spiritual Individuation follows certain principals that are used as foundations of the practice and are discussed here for the benefit of the individuals who may be interested in an alternative method of transformation and spiritual growth. These principals are widely known in a variety of disciplines, such as Spiritualism, Theosophical doctrines, Philosophy, Mythology, Mysticism, Analytical Psychology, Parapsychology, and Eastern Religions.

**Principal-** *We are united and one, in spirit and creation.* We have reached a degree of higher consciousness throughout our development as an specie to know that we are a small part of a greater scheme. We are indeed individuals that are not only connected to one another, but connected to the universe and beyond, to The Source of life, to the creator itself, the Supreme Consciousness, to God, if you will. We are a tiny particle of The All.

*The objective of Spiritual Individuation is to unite the soul of the individual with the soul of The Creator, to become one with The Devine Light, and to live out the rest of the physical existence as the incarnation of The One for the Higher Good of All.*

**Principal-** We are born into this ecosystem as a physical body to host a spirit, or a soul, that is destined to return and evolve, to go from a lower level of consciousness to the next higher level. There are two conditions in which a soul would return:

- ✓ **Contractual-** Here the spirit has come back to fulfill a contract. This particular spirit has lived before and must come back to either complete another rotation of learning and growing spiritually, or to complete an unfinished task/lesson that was left undone in the previous life.
- ✓ **Voluntary-** These are souls who have completed their tasks and reached the highest level of consciousness possible by any human being, have become one with all, and are given the choice of remaining with the light, or returning to earth and teaching others.

**Principal-** Every individual who enters this current physical world has had many previous lives and is accompanied by a team of energetic fields:

✚ **Higher Self-** This entity is thought of as an energetic field that contains all the information about the individual as related to the previous lives, contracts, and necessary tasks that need to be completed in this time and space. The Higher Self also provides guidance, support, and protection for the individual. Most individuals are unaware of the presence of this greater part of their being and therefore out of touch with their core values, tasks, and objectives in this lifetime. The individual must strengthen its connection with its Higher Self to benefit from its guidance and support.

✚ **Spirit Guides-** Every single human being living on this planet, regardless of gender, nationality, ethnicity, culture, or religious belief, has with them a team of non-physical beings who are there to guide, support, and protect the individual in this time and space. These spirits guides are different aspects of the divine light and function as wise entities that without judgment are there to serve the wishes and dreams of the individual they are responsible for. The old saying, “be careful what you wish for” warns us about being mindful of the intentions behind what we are wishing for. Is what we are hoping to achieve just for us, or for the good of all? The spirits guides will definitely answer the call and provide what is needed to reach the personal goals of the individual, usually through symbols, signs, intuition, or direct communication, but nothing goes unnoticed by the highest form of consciousness, the Divine Light, and consequences will be issued in good time if the manifestations of one’s ideas and dreams do not serve the wellbeing of all. There are different types of Spirit Guides:

- **Archangels-** These are powerful entities that are part of the Divine Circle of counsels with specific specialty. They appear as needed and once they do, their high energy can transform the energy of the space and their presence could be felt. There are Archangels known in different religions with names and functions that relate to a particular religious belief and practices, but there are others that come through with amazing abilities who serve all of humanity.
- **Guardian Angels-** Are exclusive entities assigned to a particular person and most likely has been with them prior to their birth. One’s Guardian Angel is their exclusive spirit entity who is constantly communicating and paving the way for the individual to fulfill their life’s mission on earth. This type of spirit is different that the Spirit Guides in that, they are a constant, have been there from the beginning and will stay until the end, whereas the Spirit Guides come and go as needed, depending on the stage of development and the individual’s needs and wishes at any given period in their lives.

- **Spirit Animals-** These are a type of spirit known widely among the indigenous people around the world. They do often appear as guides in the modern man's dreams to make themselves known and to relate necessary messages that are needed at the time. They do function as teachers who would work with the individual to achieve a certain quality that is needed on their spiritual journey. A black panther, for example, may show up to assist the person with authenticity, a peacock may point out to the importance of noticing our own beauty and gift, or a wolf representing the importance of learning survival skills.
- **Holly Masters-** These are the spirits of once human, highly evolved, spiritual masters who have already attained the highest levels of realization and spiritual growth. Prophets and their disciples may be among them, and they function as leaders and teachers who are still serving the humankind. These masters may have had their own ways of teaching, promoting, and practicing their own spiritual paths, but after leaving the physical world they have become partners and work together for the good of all.
- **Departed Loved Ones-** This group of spirits could be any human being who has departed and has some special interest in common with you. Of course, it could be a loved one, a family member, who would like to stay and help with current earthly endeavors, such as career or education that may help with material success. There may also be a spirit that shares the same level of passion for something, arts, material sciences, or spiritual life that had gained certain level of expertise in that field and is now committed to guide and support you in your efforts to advance in the same area of interest.

**Principal-** *Human Soul, or Psyche*, is often illustrated as a circle with two distinct halves. The upper half represents the person's consciousness as the primary interacting agent with the outer world. The lower half is a container for all that is hidden away from the reach of consciousness and is appropriately named the unconscious. An Individuated Person is one who has integrated the two essential parts of their soul, the *Ego* and The *Self*.

- ✓ **Ego-** This is the center of the consciousness and the "I" that the person identifies with and declares its physical presence here on earth. This "I" is responsible for interacting with the material world through our five senses in order to coordinate us with the outer world, and to keep us alive. Therefore, it is the symbol of our physical existence and the caretaker of our body.

- ✓ **The Self-** This is the center of the consciousness, our essence, our true being, which is hidden from the reach of ego. This is the lower spirit within us who must resurrect and rise for the individual to achieve the next level of enlightenment.

**Principal-** The *Physical Body* is the container of the human *Soul* and is made of immeasurable number of atoms and cells. This material body is made up of a number of organs and materials that work in complete harmony with one another to maintain the body's proper functioning and health.

**Principal-** The physical body is surrounded by a number of energetic bodies that are invisible to the naked eye. One of these celestial bodies is known as the *Etheric Body* and it is imagined as being egg-shaped and containing the physical body. The etheric body is also known as the ether-body and its function is to sustain the physical body and to connect it with higher fields of energy. Any cracks or openings in this layer would enable the dark energies and other alien entities come to contact with the material body and cause harm to it.

**Principal-** *Aura* is another layer of energy that appears around the material body of an individual. It is known for its colorful manifestation and representation of our mood, emotion, and energetic vibrations. In its original form it is bright and vibrant, and when damaged the quality of its brilliance is affected.

**Principal-** Physical beings are not the only forms of life in this ecosystem. There are many other species on this planet that our physical senses are incapable of interacting with them. We can go as far as saying that they are there, they are different forms of energy, and they can hinder the course of our spiritual transformation. In so many ways, they cause physical, emotional, and mental harm to an individual and must be removed or reintegrated into the *Divine Light*. Here are a few of these energy forms that we come across on the road to Spiritual Individuation:

- ✓ **Dark Energies-** The spirit guides refer to them as Cords, dark black rope-like energies that are attached to our *Etheric Body*. Some are self-created after having traumatic experiences, some are created by our own thoughts, and some are planted there by other entities with higher levels of consciousness.
- ✓ **Devices-** These are energetic instruments, often described by the spirit guides as Remote-Control switch, and typically planted by *Extraterrestrial* beings. We are told that they do experiments on human beings, as we do on laboratory animals.
- ✓ **Eggs-** Other than the Extraterrestrials there are some other forms of energies that are capable of reproduction as we are and they enter our Inner Etheric Body and lay their eggs there.

- ✓ **Parasites and Viruses-** These are small, tiny creatures that the guides refer to as spiders, or some other insects, as they scan the inner and the outer Etheric fields. They are often seen as a large group of specie that forms a substantial dark cloud in some areas of our energetic field.
- ✓ **Earthbound Spirits-** These are spirits that have left the physical bodies but have not transitioned onto the light for one reason or another. Some do not realize they are dead; these souls may be among those who die accidentally. Some are among those who committed suicide and their consciousness is at a state of confusion. Some are afraid of the transition and like to stay in the familiar as they are still aware of their earthly lives. There are others who declare that they are hanging around because they like the particular person on earth for they make them feel loved. Some are just too attached to physical world and want to see what's next for this human race.
- ✓ **Archetypal Spirits-** Although few in number and scares in presentation, they do come forth at times as they were in ancient times. A man with an animal's head, or a woman with an animal's feet, and so on is examples of these archetypes.


**Principal-** The invisible fields of dark energies penetrate the inner and outer *Etheric Body* through what we refer to as a Portal. These entryways must be identified and closed in order to protect the integrity of the entire human being.

- ✓ **Etheric Body Portal-** The Etheric Body gets damaged after experiencing trauma and the spirits describe the Portals as “cracks” or “holes” on the Etheric Body.
- ✓ **Environmental Portals-** The Portals are also seen within the living environment of the individual, as well as the workplace, and even the car that is regularly used for transportation. It is through these portals that the dark energies enter our personal domain, attach to our energetic Etheric Body, and live off of our energy.

**Principal-** The *Chakras* are transformers within our Etheric Body that convert the life energy, Chi, into the type of energy that human beings need to sustain life. These transformers are referred to as energy centers and must shine as the Divine Energy does, with Love and Light. They each play important role in our physical and psychological wellbeing and the blockage of one interferes with the functioning of others and the overall spiritual growth of the individual.

#### ✓ **The Root (Muladhara) Chakra**

 Color- red

 Physiological- located in the perineum, relates to the gonad, controls ejaculation

- ✚ Psychological- security, survival, and fight or flight response
- ✚ Blocked- Fearful, Anxious, unsecure, financial instability, ungrounded
- ✚ Balanced- Safe, Secure, centered, grounded, happy to be alive
- ✚ Overactive- greedy, lust for power, aggressive, materialistic, cynical

#### ✓ **The Sacral (Swadistana) Chakra**

- ✚ Color- Orange
- ✚ Physiological- Located in the sacrum and related to the testis or ovaries
- ✚ Psychological- Sexuality, relationships, violence, addictions, creativity, pleasure, and enthusiasm
- ✚ Blocked- Low libido, fear of intimacy, no creativity, isolated
- ✚ Balanced- passionate, creative, healthy, libido, optimistic, open
- ✚ Overactive-

#### ✓ **The Solar Plexus (Manipura) Chakra**

- ✚ Color- Yellow
- ✚ Physiological- Located in the Solar Plexus metabolic and digestive system
- ✚ Psychological- Power, will, fear, and anxiety
- ✚ Blocked- Low self-esteem, feeling powerless, inferiority complex
- ✚ Balanced- confident, feel in control, personal power, drive, good self-image
- ✚ Overactive- power hungry, domineering, perfectionist, critical

#### ✓ **The Heart (Anahata) Chakra**

- ✚ Color- Green
- ✚ Physiological- Located at the thymus, in the middle of the chest, immune, circulatory, endocrine system responsible for fending off disease, blood flow, and maturation of T cells
- ✚ Psychological- Love, compassion, rejection, equilibrium, and well-being
- ✚ Blocked- lack of empathy, bitter, hateful, trust issues, intolerant
- ✚ Balanced- peaceful, loving, compassionate, tolerant, warm, open
- ✚ Overactive- jealous, codependent, self-sacrificing, give too much

#### ✓ **The Throat (Vishuddha) Chakra**

- ✚ Color- Blue

- ✚ Physiological- Located at the thyroid, produces the thyroid hormone responsible for growth and maturation
- ✚ Psychological- communication and growth through growth and expression
- ✚ Blocked- cannot express self or cannot speak out, misunderstood, secretive, not a good listener
- ✚ Balanced- Confident, expressive, clear communicator, creative, diplomatic
- ✚ Overactive- opinionated, loud, critical, gossipy, yell or talk over others, harsh words

### ✓ The Third Eye (Ajna) Chakra

- ✚ Color- Indigo
- ✚ Physiological- Located at pineal gland, the precise geometric center of the brain, light sensitive, produces melatonin which regulates sleep and dream states
- ✚ Psychological- Intuition and clarity of mind
- ✚ Blocked- poor judgement, lacks focus, poor imagination, cannot see beyond physical
- ✚ Balanced- imaginative, intuitive, clear thoughts, clear visions, sees beyond physical
- ✚ Overactive- nightmares, delusions, hallucinations, obsessive, see too many spirits

### ✓ The Crown (Sahasrara) Chakra

- ✚ Color- Violet
- ✚ Physiological- Located at the crown of the head and relates to the pituitary gland which plays a major role in regulating vital body functions and general wellbeing
- ✚ Psychological- Is related to beingness, pure consciousness and karma
- ✚ Blocked- depression, learning difficulties, weak faith, anger towards the divine, brain fog
- ✚ Balanced- strong faith, universal love, intelligent, aware, wise, understanding
- ✚ Overactive- dogmatic, judgmental, spiritual, addiction, undergrounded

**Principal-** A healthy individual has their feet firmly on the ground and with a fair degree of awareness is connected to the outer world and participates fully in the affairs of real world, with ease, calmness, and peace of mind. Such an individual is considered to be *Grounded*. The majority of human beings are either partially grounded, or not at all; meaning that they are distant from reality, or completely out of touch with it. Such an individual is said to have their “head in the cloud,” or “walking in the air.”