

# Soul Purpose Session

Please note that it is of most importance that you the practitioner are fully present for the entirety of the session.

## **Getting Started**

Start with getting in touch with client on table by touching extremities of client with both hands, moving up the body from the feet to the knees, hips, arms, shoulders, and sides of the head.

Then, return to the feet with hands placed there for reciting the opening prayer.

## Opening Prayer

*If it is thy will, oh Lord,*

*May we be protected and guided by the Highest and Purest Source.*

*May we receive the balance of the Four Directions, the North, the East, the South and the West.*

*May we receive the support of the Seven Kingdoms, the Mineral Kingdom, the Vegetable Kingdom, the Animal Kingdom, the Human Kingdom, the Spirit Kingdom, the Angelic Kingdom and the Kingdom of God.*

*I now request our spirit helpers, spirit guides, totems and guardian angels to be present.*

*May they work in harmony for the greatest benefit possible for all involved.*

*May the work we do today be of benefit not just for today but eternity.*

*I ask this with love in my heart.*

*Amen*

Gently release contact. Then place hands towards ground then together as though in prayer. (This closes your energetic field helping you get in touch with your current condition. If there are any issues you are moving through it is now time to acknowledge them and choose to become completely present to serve this person. Now that you have established your own clear center you are ready to begin.)

## **Initial Energetic Scan**

Slowly reestablish contact with each finger on the tips of the toes.

Move your awareness through your own fingers into the bio-energetic system of the client.

This is the first overall scan of the whole client. Starting with the toes move your awareness up through the legs, into the torso, through all the internal organs, into the shoulders, down the arms and hands to the finger tips, then back up into the neck and head.

### **Discerning What You are Doing**

Using your intuitive abilities, discern what this person needs. Sometimes it is filling the client with unconditional love – the same love you feel for a newborn child. Sometimes it is awakening the divine force within the client to come to the surface and meet your hands. Sometimes it is a silent counseling session listening to the condition of the body. If you are aware of the spiritual aspect of yourself then you may also become aware of this level of communication that is taking place as well.

### **First sequence – Placing the Hands on the Body**

Take time in each position. Maintain contact when moving hand positions.

1. Now place left hand on the soul of the left foot and right hand on left ankle.
2. Move right hand to their left knee.
3. Move right hand to their left hip.
4. Right hand on sole of right foot and left hand on right ankle.
5. Move left hand to right knee.
6. Move left hand to right hip.
7. Keeping left hand on right hip, move right hand on left hip.
8. Put right hand on lower abdomen and left hand on upper abdomen.
9. Then put right hand on bottom of right ribs and left hand on bottom of left ribs.
10. Remove left hand and put right hand on heart.
11. Move left hand on right shoulder and right hand on right elbow.
12. Move right hand to right hand.
13. Now put right hand on left shoulder and left hand on left elbow.
14. Now put your left hand on their left hand.
15. Come up and bridge the shoulders and chest together.
16. Now gently hold the throat.
17. Now hold the temples and apply gentle traction – if you can feel the pulse, balance it.
18. Now hold ears on each side of head.
19. Now place hands (over) lateral (of the eyes) and let your thumbs meet on the third eye. By slowly separating your thumbs towards the temporal,
20. (Now) clear head of worries and concerns, calm the mind.
21. Place thumbs together at the fontanel and the tips of the fingers at the tops of the ears. Gently move fingers together and then up away from the head. Slowly disengaging from the client's bio-energetic field.
22. Place palms towards the ground and give any heaviness to Mother Earth.

### **Second sequence – Activating Soul Purpose**

Stand beside the client and place one or both hands on abdomen, feel body's pulse, gently rock client just enough to allow both their head and their feet to very gently move from side to side.

And recite, pausing between phrases:

*I want to go for a spirit walk with you, to the source of your creation*

*To the time your soul was first separated from the whole.*

*I want to start this journey in this lifetime.*

*Now I want to go back to when you were in your mother's womb.*

*Now I want to go back with you to the time before your conception in this life.  
From this place of pure spirit we are free of space and time  
Now I want to go back before all of your lifetimes,  
Back to the source,  
To the time when your soul was first separated from the whole.  
See the purity of the source of creation.  
Feel this pure energy connect now with your body in this room  
Feel this pure source energy fill up your toes, your feet, your ankles.  
Feel this pure energy from the source fill up your lower legs, your knees and your upper  
legs.  
Feel this pure source energy fill up your hips and waist.  
Feel this energy fill up your lower back and your upper back.  
Feel this beautiful source energy fill up your stomach and chest.  
Feel this energy fill up your shoulders, upper arms, elbows and lower arms.  
Feel this source energy fill up your wrists, hands, fingers and thumbs.  
Now feel this energy move and start to fill up your neck and face.  
Feel this beautiful energy fill up your mouth, your nose, your eyes and your ears.  
Feel this energy fill up the back of your head, the top of your head.  
Feel this energy fill up your brain, your blood, your bones.  
Feel each and every cell of your body completely fill with this beautiful source energy.*

Slowly calm down the rocking until full calmness and give this precious moment some time.

*I now want to offer this prayer.  
May there be no being be they live or dead to have power over you.  
You are free to be yourself, whole of body mind and soul, integrated together as one.  
May you walk this earth in confidence, knowing who you are and your soul's purpose  
here in this creation.*

*I offer this prayer with love in my heart, may it fall on open ears.  
Amen.*

There should now be an incredibly strong energy under your hand that is holding the client. Very gently lift the hand off the body whilst still maintaining this energy. Slowly spread this energy over their entire body, right to the tips of the toes and fingers and to the top of their head.

### **Third sequence – The Chakra Attunement**

Locating the chakra points: Gently work up the central energetic core stopping to pinpoint the energetic centers, using fingertips, without touching. Take your time to locate them accurately.

Have LIFE ESSENCES close at hand. Perform the steps on each chakra point starting with the base chakra. Take your time to finish each step before moving on to the next.

#### I. Align the chakra

Aligning the chakra begins by moving your hand in a clockwise circle above the chakra point. Slowly move your hand closer to the body, and with your mind bring your awareness more deeply into the origin of their chakra moving in a spiral funnel shape. Finally when you have found the origin of the chakra your hand should come to rest – your awareness should be able to distinguish this as being the very core of their being – the origin of the chakra.

#### II. Activate the Chakra

Take the appropriate bottle of essences for the particular chakra. These are color coded in the traditional chakra manner (i.e. the red bottle is for the base chakra, the white bottle is for the top of the head, the fontanel.) Move with the pipette close to the body in the same spiraling funnel shape. Activate the chakra by placing three drops directly over the chakra point if the chakra is covered in clothes or one drop if the skin is not clothed. After drying there may be a spot left on the fabric. The physical liquid will stop at the surface of where it touches, but it is now up to you to follow the energetic signature down further with you conscious intention to the core of the chakra, its origin.

#### III. Clear the Chakra

Clearing the chakra is done by moving your focused attention from the origin of the chakra out in a counter-clockwise formation, a motion that is the reverse of the one in activating the chakra, spiraling outwards as you move slowly from the body.

#### IV. Connecting the Chakras to the Soul Thread

After you have completed all seven chakras, go back and check each one again. If you are happy that the chakras are all clear and activated, you may start connecting the chakras to the soul thread. Firstly starting at the point of origin of the crown chakra move your hand down following the soul thread acknowledging its connection with all the chakras and bring it down to the base. This is bringing Heaven to Earth. Then we place our awareness at the origin of the base chakra and with our hand (over the body) we follow the soul thread up to the crown chakra acknowledging the connection again. This is bringing Earth to Heaven. Repeat this procedure 3 times.

Then with your awareness simultaneously on the origin of the base chakra and the crown chakra, place your hands over each of these places (over the body) and gently bring them

together over the heart. This is bridging Heaven and Earth. Once the hands have met at the heart, bring this beautiful energy into the creation by turning your hands outwards over the top of the heart and separating them out beyond the crown and base chakras. Hold your hands there for a short time, encouraging this beautiful activated heart energy to move out into the creation.

### **Finishing the Session**

Now moving down to the soles of the feet recite:

*If there is anything else that needs to be done for this session to be whole and complete, may it now occur.*

Then silently wait, watch and listen. After a minute or so, there will be a feeling of completion. Hold Gall Bladder 1 point, a very grounding point that helps the client's awareness come to the present and brings all this energy home into the body. Now, also invite the soul of their being to the surface to bridge their entire being together.

Sometimes when I look at the client's face at this stage, I see he or she totally glowing in radiant white light.

It is now time for reciting the closing prayer.

### Closing Prayer

*I would now like to offer my gratitude to all the spirit helpers, spirit guides, totems and guardian angels that have supported us in this process. May they now be released from this work.*

*I would also like to thank the Four Directions for their balance –  
The West, the South, the East, and the North.*

*I would also like to thank the Seven Kingdoms for their support –  
The Mineral Kingdom, the Plant Kingdom, the Animal Kingdom, the Human Kingdom,  
the Spirit Kingdom, the Angelic Kingdom and the Kingdom of God.*

*I would now like to give my gratitude for having this experience.*

*I offer this prayer with love in my heart.*

*Amen*

If you are not feeling comfortable saying this out loud then they can also be said with the silence of your mind, but it is nice if you do say it out loud for benefit of the consciousness of the client, though in some situations use your intuition as to what is appropriate to say or not.

Ben Risby-Jones