

free soul



Connecting with your soul and soul family

Soul Family Structures:

According to “The Source”, channeled by Varda Hasselmann, we each are part of a soul family that counts between 1000 and 1500 souls. We are further part of a soul clan that is made up of seven soul families. And further we are part of a soul tribe that is made up of seven soul clans - 49 soul families... Each soul family has its own identity, works on an overall question, theme or goal and is comprised of a combination of at least 2, but no more than 4 different soul roles.

The seven essential soul roles, which stays the same for all souls in each lifetime, are:

- Healer - supporting
- Artist - inventing
- Warrior - fighting
- Scholar - learning + teaching
- Sage - communicating
- Priest - consoling
- King - leading

According to “The Michael Teachings” a soul family is called an entity. A soul clan is called a cadre. And a soul tribe is called a cadre group.

Their soul rolls are called:

- Server - service
- Artisan - creation
- Warrior - persuasion
- Scholar - assimilation of knowledge
- Sage - expression of wisdom
- Priest - compassion
- King - mastery

References:

Varda Hasselmann: Archetypes of the Soul

Shepherd Hoodwin: Journey of your Soul - Introduction to the Michael Teachings

Also: www.michaelteachings.com

How to give your soul a name:

Feel into your soul and pick a name that you can sense a resonance with and feels right, or try to listen to the sound that resonates with your soul. If your soul doesn't like the name, it can easily ask you later to change it.

If you want to train your internal connection:

Begin with 5 min every day - sit quietly, fold hands, and turn your eyes upward under closed lids. Let the eyes go when it starts to hurt or they don't stay up any longer, then repeat. Ask for an answer to a question you carry around with you. Later you can also do this laying down before going to bed, or getting up. Make sure you don't get interrupted!!

In order to communicate with your soul, soul family or soul tribe:
Generally always begin by cultivating quietness, relaxation and trust.

Soul Family Communication

Before you start communicating:

What is your intention in talking to them?

Do you have one or more specific questions?

Determine who you want to speak to. Think about who might have the greatest expertise on the subject you want some support, insight or advice about.

Which group, which type of essence would you most like to talk to?

Do you need advice from incarnated souls or ones residing in the astral or causal plane?

And do you feel more comfortable to talk out loud to them or communicate in writing?

Always create a resonance with your soul first:

- To start out always relax, tune into an inner quietness and open into trust.
- Take a few deep breaths.
- Then, to create a resonance with your soul,
slowly read the blue lines below, and as you do, breathe into and savor each emotion:

(You can also read them more than once if you like)

(There may be some emotions that are harder to feel and some that you can access more easily, and that's perfectly fine.)

I enter into this sacred resonance by feeling a beautiful sadness or sorrow,
and then also a feeling of tenderness,
as well as a sense of deep compassion and caring.
I let myself be fully aware of my own goodness and truth,
and feel the breadth of my own courage and bravery,
strongly rooted in my trust and confidence.
I am willing to take the chance to be wrong and to learn, held in a soft gentleness.
Culminating in a sense of joy, shining and sparkling.

How to talk out loud to your soul or your soul family:

After creating the resonance, say out loud three times “My dear soul I call you!”
(or “My dear soul siblings I call you...” or “My dear soul family...”
or “Dear souls from my soul family who know about...”
or “Dear incarnated souls from my soul family... etc...)

Start by talking to your soul, or soul family (always out loud) like you would talk to your best friend. Just pour out your heart. This will be the easiest way to start, especially if you don't exactly know what question to ask.

Keep talking. At some point you may notice an adjustment, a response, a clarification, a shift in perception.

You may notice their presence.

You may receive an image.

You may feel an emotion.

Keep going until you feel complete.

If you have a question at any point, just ask it out loud as well.

Listen and feel for their response.

You may get a clear response.

You may only get a partial response and feel the need to clarify your question.

The response may bring up a new question for you.

You may be able to have a back and forth dialog with them in this way.

* Take some time after you are finished to write down anything that was significant to you into a special journal.

How to communicate in writing with your soul or soul family:

After calling in your soul or soul family... (three times out loud as above)

- Write down your question...
- Wait a short while with your eyes closed, no longer than a minute...
- Then start to write down every single thought that enters your mind, no matter where it seems to come from.
- Write for about 10 to 15 min without editing. Or until you feel finished.

Even in this writing format you may feel right away when your soul family is speaking to you. In that case you can engage in a dialog with them.

When you feel done, count out loud from 1 to 10 - stretch - drink a large glass of cold water - walk around the room for a little bit -

THEN read what you wrote. There may be different voices showing up: trivial ones, stuff “not from me”, strange stuff, as well as remarkable, moving insights and profound answers.

*Transfer all significant passages into a special journal in careful handwriting.