



## CARE OF THE SOUL *By Josée LarSKI*

### **Do you hear your Soul calling to get your attention?**

Over the past 30 years I have become more and more aware of how nurturing it is to take care of my body in a physical way through diet, exercise and yoga. However it has been just as important to care for my mental, emotional and spiritual body. Meditation, listening to what my body is communicating, breathing, practicing gratitude and nurturing relationships result in a deeper connection with my Soul.

Care of the Soul speaks to the longings we have and the symptoms of that longing that can drive us crazy in the most unexpected ways. It is a different way of regarding daily life and our quest for happiness. In even the small details of everyday life we have many opportunities to assist us in the process of caring for the Soul.

Hank Wesselman, a renowned Shaman, explains that the soul has three parts. We inherit two of these parts at conception from Mom and Dad. These parts are responsible for thinking and feeling. The third part, or essence of the soul, comes into our body when we take in our first breath and leaves when we take our last breath. The essence of the soul holds within it who we are and our purpose for being here in this life.

The goal of Care of the Soul is to find the balance between the thinking, feeling and the essence of our soul.

Trauma in any part of our lives can disrupt the balance between these three aspects of our soul. The traumatic experience can become frozen in time and cause part of our soul to become lost to everyday awareness. We experience life from a disconnected perspective and may repeat behaviours or patterns. Something we experience externally will unconsciously remind us of the event and so we react from this disconnected part of ourselves. We think, do and feel things we just don't understand and seem to have no control over.

The symptoms of this disconnection or soul loss are many. Some common ones are anxiety, fear, depression, sadness, feeling unmotivated, not feeling quite like yourself and addictive behaviours (smoking, overeating etc.).

The role of the Shaman is to guide the soul back to wholeness. The Shaman identifies the location in the body where the individual is experiencing discomfort. Using this information, the Shaman journey's into an inner world, following it like a thread to the lost or disconnected soul part and brings it home. The soul part reconnects and opens to our everyday awareness allowing more balance and alignment.

Through shamanic healing you can experience life from the perspective of your soul. Awake, aware and whole, your future can come through you, not to you!

**Begin today and create magic in your life every day!**

***Shamanism is a way of life as well as a healing journey!***

*Blessings,*

*Josée Larski, DH, CH*

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