



Working on Your Psychology Using the Teachings of the Ascended Masters, Part 3 Soul Retrieval

Protect your inner child. Call upon us as the three wise men to tend and nurture and protect your inner child; for, as you know, your inner child is your soul, who needs your loving attention. And if you hear many children speaking to you from within, know that these are fragments of your soul. And the fragments must become one voice — one voice, one soul immaculate. Only then shall that soul rise in wholeness as a totality of being.¹

The three Wiseman will help you reassemble the components of your soul²

There is only one way to succeed and that is to visualize yourself as the beggar at the gate, as the one sick or maimed — to get into the heart of the one who fears, who trembles, who knocks. And then go to the other side, open the door, and say, “Friend, thou art welcome here! Enter and I will give thee sup.”³

The ascending path is the way and the exercise of letting go and being free. You must still the mind once a day and disassociate yourself from everything and everyone of your environment — even for ten minutes of meditation in absolute concentration on the Light of the One, using your favorite mantra of Light, consciously letting go of this circumstance and all previous lives and tasting the existence that you already enjoy in higher octaves. Therefore, healing is but the descending Light of what you already are.⁴

I would suggest, then, that on a daily basis you call to God for the Great Central Sun Magnet to be superimposed upon your heart chakra. And thereby, even though your heart chakra is not developed nor [is] the Great Central Sun Magnet developed [where you are], that magnet will be placed over your heart and will hold intact the fragments of soul that you have called back through many prayers and mantras and decrees in these rituals of soul retrieval. So you see, beloved, this in itself is a great dispensation — to know that you may have that Central Sun Magnet over the heart flame, over the threefold flame, protecting, protecting the fragments of being.⁵

¹ El Morya February 19, 1995, Vol. 38 No. 8

² Mother, July, 1995 Introductory Lecture for Soul Retrieval

³ Vol. 27 No. 55 - Beloved Sanat Kumara -November 18, 1984

⁴ Ibid.

⁵ Ascended Lady Master Ruth Hawkins – dictated on December 30, 1996; Pearl of Wisdom in Vol. 45 No. 31, which is dated August 4, 2002.