

THE INNER MAP: the practice for the recovery of our soul fragments



If you are reading this document it is because you have seen my video on the Inner Map where I explain how our internal parts interact in order to bring us harmony and healing, as well as to gradually know who we really are in our divine and human wholeness. In case you haven't seen the video, you can view it by clicking [here](#) - I strongly recommend watching it before continuing.

How to Eliminate Entities

In most cases it is not necessary to work on eliminating entities that are harmful to our evolution and our state of health, because when we reintegrate our soul fragments, they push the entities out of our body and our energy field. This happens automatically because in the same space within us two beings cannot coexist, and being we, the soul, the most powerful part and having the birthright to stay in this body, the entity is expelled. Sometimes after the expulsion, the entity will try to re-enter, especially if it has been there for decades or lifetimes, but shortly thereafter it gives up and leaves.

From my experience, and also not to overcomplicate things, there are two categories of entities: neutral and negative. Neutral entities are those that aim to protect us from the traumas we have experienced in the past, but their protective mechanism, which we often mistakenly interpret as our thoughts and emotions, is now harmful and counterproductive as adults and no longer being children. To identify them we must ask ourselves, whenever we are able to be aware of a series of thoughts or emotions that reduce the harmony within us, the following question:
"Whose are these thoughts / emotions?"

In most cases we will find that they are not ours. And if we reflect for a moment it is quite logical: if we are a divine Being who is Love, why should

we create a vibration that is not ours and that harms us?

If we are unable to perceive whether the thoughts or feelings in question are ours or not, that's okay, and we get around the problem simply by pretending that the answer to our question is always a no, that is, those thoughts or those emotions are not ours. When we apply the technique to eliminate them, even if those thoughts were actually ours, nothing will happen in this case, so we cannot harm ourselves.

Once the mental pattern is recognized, we begin with the Access Consciousness elimination technique by asking either aloud or mentally the question "Truth, who are you? And let's repeat it three times. When we use the word "Truth", the entity is obliged to listen to us, while the words "who are you" help the neutral entity to remember who it is because it may have been so long within us that it is hard to remember who is, believing now that it is part of us.

There is no need to wait for an answer to these questions we ask, just continue with the next one which is "Truth, who were you before me?" and repeat three times. This question helps the entity to remember who it was before it entered our body, so that it becomes more aware that it does not belong to us, that this is not its home.

And finally the last question which is "Truth, who will you be in the future?" , repeated three times, and so we invite it to explore other dimensions of the Universe.

After the question part we say something like this: "Thank you for your work, but now I no longer need your services and I order you to leave my body with all your magnetic memories."

If it worked we should feel a sense of lightness, or we emit a yawn, feel a shiver, the reactions however are a bit individual in general. We can apply this process several times a day to different parts of us, but there is no rule, except to listen to your intuition.

Negative entities, on the other hand, are those who wish to harm us, live off negative energies and can be recognized when we feel hatred, when we feel coldness, desire for revenge, when we suffer from addictions, when we have strong resistances to healing, when we are attracted to horror films, etc., but in my opinion it is not as important as to recognize them and how to eliminate them, although we will learn it shortly. Rather we must remember our great spiritual Power as Sons of God and let go of any fear of them - we are infinitely stronger than these entities - and learn how to nourish our life spiritually so that they leave us for lack of negative energy food. The recovery of soul fragments helps us a lot in this cleansing process,

but first let's see how to eliminate negative entities. We will use this method when and if we notice a strong resistance with the retrieval of soul fragments (in most cases it is not necessary) or when we are aware that we need them.

The cleansing is in four steps and I usually start with a bubble of protection, then I ask that these entities be detached from my body, then that they are sent away and finally that the energy portals through which they entered are closed. Having grown up under Catholic influence I use Jesus Christ in my sentences, but they can be replaced by other Beings of Light from other religions. Let's begin.

I address this entity with intention and say aloud (saying it mentally it works only if we have strong faith and are free from fear) and with minimal pause between the various sentences:

"In the name of Jesus Christ I ask for a bubble of protection from any negative energy during this cleansing session"

"In the name of Jesus Christ I ask that any power that this entity has over me be removed, that it be completely detached from me, from all levels of my Being."

"In the name of Jesus Christ I order that it be sent to the Center of God where it will be managed according to Divine Justice"

"In the name of Jesus Christ, I ask that every energy portal used to enter me be closed and sealed forever. Amen. Thank you. So be it."

The Basic Method to Retrieve Soul Fragments

We imagine as if our soul were a very fertile soil, rich in seeds, nutrients and all its potential, and then thanks to the expansion of our awareness that produces light, that is the Sun (the Spirit, our True Self), then our talents, our potentials, our intuitions can blossom and fully manifest themselves, but what happens when we have only 70% of our soul available, for example?

How many limitations are we experiencing and what opportunities await us when we increase that percentage by recovering the soul fragments that fell off years, decades or past lives ago?

By recovering the parts of the soul lost in the past, often due to traumatic events, accidents, surgeries or through other negative actions, they allow us to feel more ourselves again, more full, more whole, and therefore we have a greater part of soul (we, ourselves) to face the obstacles of life, to attract favorable circumstances to our projects, to have greater satisfaction at work, in relationships and in many other aspects.

When the soul fragments return, some people feel changes immediately, others after a few days, others after more time. Some people do not perceive anything, but those parts have returned and sometimes more needs to be recovered to observe a significant change, even though the change often comes in the form of thoughts, intuitions, feelings, attitudes and understandings that previously escaped our awareness. The recovery of soul fragments has always been a technique managed by an expert shaman and the operation was not very simple or quick, but today we live in a time of change and we can also do it alone without any particular experience, apart from faith in what we are doing.

Where do we start? If we know the experience of some difficult events of our past and we can define that part of the soul, we can call it back. Sometimes it doesn't want to come back because the part doesn't feel safe enough, or it stays to observe us and maybe enters us later in time. If we are capable of having perceptions or intuitions, that would be of great help, but they are not absolutely necessary.

In the meantime, let's get rid of the biggest doubt: where can I find this part of the soul that broke away from me a long time ago and that I don't see and don't hear? What dimension did it end up in? Fortunately, this answer should not worry us, because the search will be delegated to a Being of Light who has always known us: our Guardian Angel. Thanks to a statement we will ask the Angel to find our fragments and bring them back into us - our job is just to clarify what problem we want to focus on and then ask our Guardian Angel to do the rest. We can also ask for help from other Beings of Light if we want, so let's feel free to experiment.

Here is how it is done in practice: "I ask my Guardian Angel to look for and bring back that part of the soul that went away when I lived (eg this event with my father)."

We can say it aloud or mentally and then we remain silent for a few minutes, listening to ourselves. When we sense or feel that the fragment has returned we say: "Welcome home, I'm glad you are here."

We can apply this technique to many aspects or problems in life, and the only disadvantage of this technique is that it still remains a bit slow. If you'd like to integrate hundreds of lost parts faster, I can help you with the 13 Chambers for Soul Fragment Recovery I learned from Zabe Barnes, a shell shaman and a shell alchemy teacher (thanks to their shape, shells have great healing power). Here is a partial list of healings we can do together:

- trauma during gestation and childbirth;
- childhood trauma;

- relationship problems with family / partner
- management of anger, jealousy, envy
- feeling of nostalgia, not feeling part of this world
- feeling disoriented, unmotivated or unrealized in life
- blocks related to ancestors
- betrayal, difficulty in trusting
- inability to be grounded
- problems in loving and letting oneself to be loved
- diseases of psychosomatic origin
- knowing what are the next steps to take to solve a problem
- and so on.

When we work with the 13 Chambers it is as if we were Trinity in the movie The Matrix when she downloads the instructions for flying a helicopter. Similarly, we "download" information from our soul, that is, from specialized parts of the soul from which we have disconnected and which can help us solve our problems as we are now more whole, there is more soul in us, and therefore we have more information and knowledge, and the result of this retrieval work manifests itself in intuitions and thoughts that we did not have access to before and that clarify our ideas and consequently our actions will lead us to solutions not previously contemplated, nor seen before.

The recovery of the soul fragments is connected with most of our discomforts and is perfectly complemented with a psychological or physical work with conventional or alternative treatments.

If you would like to schedule a whatsapp session with me to try the 13 Chambers Technique, please [contact me here](#).

How to Avoid Losing Soul Fragments

The good news is that now as adults we have more control and freedom in our life than when we were children, so we can avoid some negative situations that predispose us to lose parts of the soul and/or to let entities enter.

The first action to do after recovering some parts of the soul is to communicate with them during the first days (and then every now and then), because this strengthens the bond - it's simple, just ask how they are for example, if they would like to eat something good, see a fun movie, go to the beach or for a walk in nature etc., in short, it is necessary to involve them a little in daily activities to make them feel "part of the family". Even if we may not be able to hear a response, that's okay because they will still

feel our consideration and attention.

On the other hand, there are circumstances where we open ourselves to the risk of losing the same recovered fragments and also some new ones, such as for example drinking too much alcohol, drug use, surgical operations, accidents, sudden strong fear, bereavement or breaking up of an important relationship, suffering physical or verbal violence, visiting places with heavy energy when we feel vulnerable. Some circumstances open us up to entities such as drinking alcohol, which begins to alter our perceptions (when we become "cheerful") by opening our aura and offers the possibility for entities to enter. Same thing happens with drug use, including marijuana. Letting in too many entities can push out soul fragments, especially if we are feeling high in public places with many people.

If we have experienced any of these circumstances mentioned and perceive some inner energetic alteration, we must practice the techniques we have just learned, but in case of soul recovery we must also ensure that it does not happen again in the future. It is useless to recover the parts and for example the following week to get drunk again.

I also recommend some practices that nourish the soul and that is doing something that creates us happiness, where we feel useful and fulfilled, and it can also be a very simple hobby, a walk in nature or do someone that makes us feel good. Even better if it's our job.

A spiritual practice that fills and nourishes the soul is the sunrise meditation taught by Master Mikhael Aivanhov. The sun, as we said before, is awareness, the light that nourishes the seeds in the soil (the soul), so absorbing the sun's rays as we rise in the morning is an excellent technique for nourishing, strengthening and making our soul shine. While looking at and absorbing the rays of the early morning sun we can say:

As this sun rises on the world, may the sun of freedom, immortality, eternity and truth rise in my spirit.

As this sun rises on the world, may the sun of love and immensity rise in my soul.

As this sun rises on the world, may the sun of intelligence, light and wisdom rise in my intellect.

As this sun rises on the world, may the sun of joy, happiness and purity rise in my heart.

As this bright, radiant sun rises over the world, may the sun of strength, power, energy, dynamism and activity rise in my will.

And as this bright, radiant and living sun rises over the world, may the sun of health, vitality and vigor rise in my entire body.

Amen. So be it. For the Kingdom of God and his Justice.
Amen. So be it. For the glory of God.

NOTE: We cannot practice this meditation during the day or at sunset, nor look at the sun with our eyes open, except for the first minutes of sunrise in the morning.

Happy retrieving your soul fragments and wish you to shine with everything you are!

Helios

If you are interested in a spiritual practice suited to our European heritage, where connection and identification to our Higher Self (to the Christ) is the primary goal, follow me on my [YouTube channel](#) where I share a little bit of everything I have learned in life, and if you like what you feel, I invite you to spend a [wellness holiday in the Canary Islands](#) with me for a small intensive of spiritual growth.