

REFLECT & RESOURCE
WHERE IS THE REST OF ME?

Introduction & Intention

This sheet helps you identify areas where you have lost parts of your soul, and where you can bring more of yourself and your vital essence home.

Inspired by

Dreaming the Soul Back Home: Shamanic Dreaming for Healing and Becoming Whole by Robert Moss. This book is available in paper and audio copy.

Practice

1. Take some time to get a feel of how much of you is present right now.
2. Then, ask yourself whether there is more of you out there, that you can reach for and bring home.
3. Ask this question, where is the rest of me? Ask it again, and again, varying the emphasis.

where is the rest of me

where **is** the rest of me

where is **the** rest of me

where is the **rest** of me

where is the rest **of** me

where is the rest of **me**

4. Keep doing this. Close your eyes and allow pictures or memories to come to you.

Things you might see...

- a younger self engage in a hobby or activity that you have dropped somewhere along the line
- a younger self in a traumatic situation
- a piece of yourself that hasn't moved on from a previous relationship, a previous home, or a previous job
- a larger and brighter version of yourself, or an aspect of yourself that you haven't dared to embrace until now.



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5. Make a list of all the glimpses that you get in this exercise.
6. Ask yourself for each one of these glimpses, what you can do to engage with and celebrate each of these aspects of your life. Come up with an action plan for each one of them.

Action plans might be:

- That swimmer need to get in the water soon.
- That young child may want to have some candy and go play in the park.
- That adolescent might want to dress up and go dancing.
- That writer or painter inside you might want to express her art, regardless of what it will look like or what anyone would think.

These sightings give you insight into potential areas where you can bring more of yourself home, so you can embark on a richer and fuller life.

7. Aside from making your list, get your house ready to receive more of you. It is essential to make some space and perhaps establish some structures to accommodate for more of you. How do you create space for your soul part – as if you are preparing a room for a welcome guest? Let us know in the community!

