



*Before you rise every morning let your mind drift gently to the awareness of the support you can draw from this quiet moment as you align your life with your Soul purpose and gather around you and be receptive and connect to the love your Soul brings to you.*

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Welcome to our **Red Spirit Blog**, where we offer snippets of our ongoing exploration into other dimensions. Our intent is to share information and hopefully prompt the reader to consider some alternate thinking. From my perspective, working in the field of therapeutic change for the last ten years, my thinking and views have definitely changed. Indeed, every client we work with challenges our thinking in some way. Every client is unique, with the potential agenda of human exploration that boggles the mind. We often find ourselves reviewing cases and clients to get some further understanding of "what just happened then?" And it's in asking that question, we learn the most. The bottom line is that nobody has all the answers, but if you are willing to keep an open mind, then new ideas will always present themselves.

### **A case of late soul integration.**

*Enoulment*: In religion, ensoulment is the moment at which a human being gains a soul. Some religions say that a soul is newly created within a developing child and others, especially in religions that believe in reincarnation, that the soul is pre-existing and added at a particular stage of development.

<https://en.wikipedia.org/wiki/Enoulment>

*Self* (noun): A person's essential being that distinguishes them from others, especially considered as the object of introspection or reflexive action.

<https://en.oxforddictionaries.com/definition/self>

We were approached by a 51 year old successful professional, with a happy marriage and children. From a general point of view, one may consider this person has a lifestyle many would consider as "ideal". Approaching us for help, we had difficulty understanding the presenting problem. Eventually, we recognised that our new client was fundamentally not happy with themselves, their achievements or where they were headed in life. They also expressed a concern in regards to a possible blockage preventing them from achieving greater awareness. Does any of that sound familiar?

In this particular case, there were indicators of childhood experiences that were continuing to affect them, but we failed to recognise the more intricate details involved. Right from the very beginning of the first session, we were challenged in understanding what our client needed.

Although Chris and I recognised particular ages and experiences that we believed needed to be addressed, we received very little response from the client. Intellectually they recognised some experiences in childhood that affected them, but there was very little emotional attachment, and all memories were very vague. Although this is not uncommon, in this case we had great difficulty in achieving any release; at least not at the level we would normally expect.

It was in the second session that we changed our approach, with Chris on the table as the surrogate, and the client observing. After clearing a number of interferences, we managed to connect to the spirit of the client, as well as their higher self. With some digging, and asking many questions, it was eventually acknowledged that the greater consciousness of this person, was exploring "what is Self". It had chosen to explore Self, in the physical form of our client. One can imagine that "exploring Self" could be a very broad convoluted journey, with the potential to cover many different aspects. How does one explore Self, any differently to anyone else on the planet, who are simply living their life? Obviously this would be a lifelong exploration, but what makes this chosen journey different? There's no reason why a journey of Self exploration could not be full of fantastic achievements and happiness. And yet, at age 51, having achieved many significant things, our client was still trying to understand who they were. They simply were not happy; not so much with life, but themselves.

If we look at some of the details in this person's life, we begin to understand the choices they made in order to explore Self in a different way. As previously noted, the reference points we identified were birth, ages 2, 12 and 18. The physical birth was very difficult and life threatening to the baby. But, for whatever reason, the spirit of our client had chosen not to experience the physical birth, and chose to be out of the body during the event. Having chosen to experience or explore "self", the decision to not experience the physical birth offered a unique point of observation.

Fundamentally, observing their self being born. But this was a double edge sword, so to speak. Having not actually felt the effects of a physical birth, there was a feeling of lost opportunity from not having the experience. This was a consequence of choice. Then there was an overlaying factor, in that the spirit felt it had been betrayed by not having the full consequences of their choices before birth, being fully explained to them. We're not just talking about the birth, but the consequences of all the choices affecting their journey. It was eventually acknowledged and understood, that not explaining the consequences of choice was a divine act of love for the spirit by the higher realms. This offered an opportunity to fully experience Self, free from any predetermination. Once that was accepted, we then cleared any feelings of betrayal.

Moving on to age two, there was a feeling of empty, quite literally, as in nothing there at all. No memories, no emotions, nothing. Exploring this, we eventually determined that the spirit of our client spent a lot of time outside the physical body. In fact, the spirit was not fully integrated into the physical body as we would commonly recognise it, until late in life. (*We prefer the term integration rather than ensoulment.*) From our understanding, the timing of full integration of a spirit into the physical body can occur any time from birth to a few years. Until that time of full integration, the spirit is free to travel at will between realms, while retaining full recognition. What we discovered in regards to our client, is that complete physical integration of the spirit, did not occur until around age 18-19. This is why our client only had vague, conscious recollections of experiences and emotions in their life up to age 19.

Age 12 was the time when a sibling was born and our client felt a number of negative emotions around no longer being the centre of focus. Interwoven through all the life experiences was the influence of a parent who was verbally and psychologically abusive. From a young age, the child had built a thick wall of resilience around it to cope with the experiences whenever the spirit was in the body. This boundary layer had consequences for the spirit in experiencing Self in human form. Compounding this, it would seem the spirit spent just as much time observing Self from outside the body, right up until age 19.

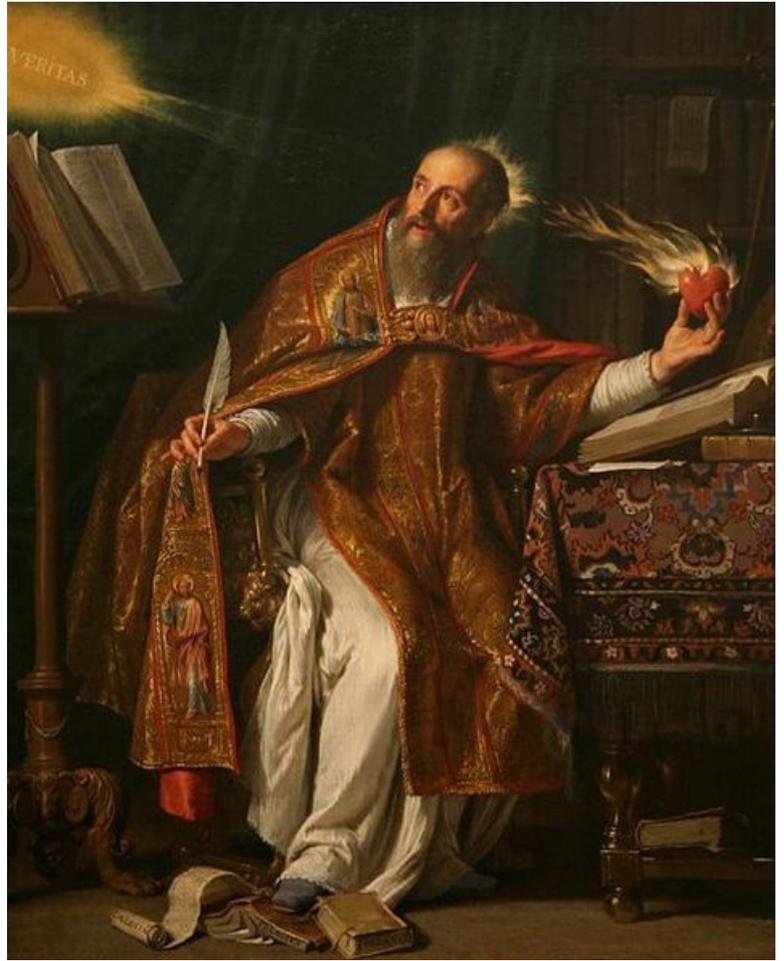
Our role in this unique case, was to help the client understand their chosen journey a little better. We cleared the feeling of betrayal that manifested at the beginning of the journey, and also initiated the release of emotions in regards to the abusive parent. That aspect of clearing was done with the client back on the table. In working with the higher self, we facilitated the closer connection with the spirit and conscious being, to enhance the client's spiritual awareness and expansion. I suspect that because our client spent so much time out of the body experiencing the higher self directly, being fully integrated into the physical was a very uncomfortable feeling. This factor, along with any emotional burden, caused the blockage in creating greater self awareness throughout life. Having said that, we did encounter a number of interferences between the spirit and higher consciousness of self, that needed to be cleared.

It's interesting to note that while facilitating a clearer connection with the higher self, both Chris and I felt a heaviness fall across her body. As Chris was still the surrogate at this point, she was actually feeling the full and final integration of the spirit into the physical body; an act that had been hampered by interferences and emotional burden. This was the final process of bringing the client into physical and spiritual alignment.

So every case is different, and despite what we are told by those who think they know, there is always something more to learn. The human spirit has an infinite combination of choices to explore the human condition, one for every unique person on the planet. As this case suggests, there are no set rules regarding the full integration of a new soul or spirit, into the physical body of a human being. And, despite what religious beliefs you may hold within the physical realm, the reality is your spirit may be playing a totally different game.

### Just a note...

There have been many concepts put forward in regards to "ensoulment" over the centuries, and every religion has their own version. The painting above is St. Augustine, who theorised in the fifth century that the soul enters the body only after the body is fully formed. St. Augustine (354-430 CE) reversed centuries of Christian teaching in Western Europe, by returning to the Aristotelian Pagan concept of "delayed ensoulment." He wrote that a human soul cannot live in an unformed body. In this painting, the Flemish artist Philippe de Champaigne portrays Augustine in his studio. In one hand Augustine holds a feather pen, and in the other, a flaming heart. The flaming heart, a heart on fire for God, was one of Augustine's traditional attributes. The painting is located at the Los Angeles County Museum of Art, California.



*Saint Augustine, by Philippe de Champaigne, 1650.*

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