Recapitulation is the process of recapturing your energetic essence from past and present experiences and from people you have encountered during your present life and past lives. It is basically Soul Retrieval.

During our lifetime, we continually exchange “energies/essences” with others, be it a person, place or object and at times thoughts. As we change locations, move and separate, some of our essence is retained by these places and people we have interacted with, depleting our vitality and in some cases, our life force energy. We do this all the time; it is a part of living. However, there are times when it can become detrimental to your wellbeing and over an extended period of time your energy can become so inter-mingled with the energies of others that you may start to wonder just who you are. The reason for that is there is always an exchange of energies and we unconsciously take with us the essence of others and give ours away…..no wonder we often do not feel like ourselves!

Examples of how one may experience a loss of essence is expressed outwardly through our longings

- wishing we were back in a different home

- wishing we were back with a different partner....friend....coworker

- co-dependency

- excessive grief over loss – be it a home, a person, a place, a job, an object

- feeling stuck, unable to move forward or make decisions that are in our best interests – stagnant, feeling weighed down

- physical, mental and emotional exhaustion following a life altering event

- ideas and choices that don’t feel like your own

- physical issues that just don’t heal no matter what you do

Simply put, whenever you undergo a change in your life – moving to a new home; leaving a business [businesses have personalities of their own separate from the people who you have worked with]; separation from a partner – either physical or death; children leaving the “nest”; loss of a beloved pet, etc. I am sure you can think of many other times……from your elementary school teachers…..to friends who are no longer a part of your life……to the next door neighbour when you were 2 years old.

**The Process of Taking Back Your Vitality!!**

The technique is simple and requires only that you focus your attention on your intention to reclaim your vitality using some guided dialogue. I have used this process with clients for 10 years now and they are always surprised by how much stronger, expansive, and grounded they feel. As one client put it, “I feel like my skin is my own again”. Once you have learned the technique, you can do it anywhere at any time.

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* Determine from where, what or whom you are reclaiming your energy and ***always, always work from a place of compassion.***
* **From a Location**: Calm your mind as if you are going into a meditation and see yourself in the place you are wishing to reclaim your energy/vitality from.
* E.g., If it is a house/property, see yourself walking around the periphery of the property and then walking through each room in the house. As you walk, set the intention of inhaling into the heart chakra, with each breath [be gentle and don’t hyperventilate] , all of your energy that has been left there. With practice you will actually feel your energy returning to your body. Do not rush the process and be as thorough as your memory will allow. You will be surprised at how much you will remember once you begin your “walk about”. *See the last 3 “bullets” below for following steps!*
* **From a person**: Ask the person to come and stand before you energetically. Give yourself a moment to really feel/sense their energy. Tell them that you have asked them to be present so that you can reclaim that which is yours and begin to slowly inhale, with the intention that with each breath, your energy is returning into your heart chakra. Take your time, breathe slowly and don’t hyperventillate.
* When you feel you have finished, say “thank you” and then tell that person that you are now going to return that which is theirs back to them. Using your intention, and with each exhale, see/feel/sense their energy returning to them.
* When you feel you are complete, take a moment to check over your body with your third eye/inner knowing and see if they are still connected to you in anyway [usually you will see/sense/feel that tendrils, cords or roots are attached to you]. If you do, see a pair of scissors made of the *Violet Flame* and cut and release these cords from your body. Please know that no harm is done – because it is the *Violet Flame*, it is done in Universal Love and compassion and there is no “bleeding” because the *Flame* cauterizes at the same time.
* To complete the process, simply see them in a pink balloon and say “I wish you well and I wish you away”.

As you reclaim your energy, you will begin to notice an increase in your vitality and a lessening of the sense of loss of personal power, and release anger, frustration, fear, etc. You are becoming the whole person you were meant to be.