

Whole-Self Attunement Manual

“Re-integrating All the Lost Fragments of Self”

Version Number: 6.1

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Highlights of Changes in Version 6.0:

1. Re-focused the Whole-Self Attunement to re-integrate ALL the lost Fragments of Self.
2. Modified the Whole-Self Hologram. Also simplified many parts of the manual and expanded other parts.
3. Removed any references to Angels, Archangels, Elohim etc., so that it is more appealing to individuals universally. Please note however that Beings of Light are always present and do assist energetically during the attunement.
4. Updated all images and used colour where necessary.
5. Removed the meditations — these are not absolutely necessary before doing the Whole-Self Attunement, as the Whole-Self hologram itself is a very high vibrational space. However, if you still wish to use them they are available as audio resources through the website.
6. Added the following new sections: “What is Axiatonal Energy”; “What’s Next”; and “Glossary of Terms”.

Highlights of Changes in Version 6.1:

1. Minor cleanup throughout the manual.

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*The Perfect Time has come when you have the
Opportunity to reconnect to all the lost Fragments of your Self,
And in re-integrating each of your lost Fragments
You then begin to express your Whole Self!*

Whole-Self Overview

Have you ever wondered – “Who am I?”; “What am I really doing here?”; “What is my purpose in life?”. If you have been asking yourself these types of questions then chances are you also feel that you are in a rut, or you are unsatisfied with life, or just feel empty.

Unknown to the conscious part of your self, you are involved in a big game – the game of Life. The purpose of this game – to express ALL of your Self in a balanced way, and to experience without judgement ALL that Life has to offer. Somewhere along the way you made a conscious choice to veil your true identity so you can fully experience life and its subtleties from the perspective of not knowing. Yet, you do not recall making that choice. The direct result of this was that you became a Fragment of your Self. The part of you that you know as your self (your Personality) is but a tiny fraction of the whole of your Self. As the fragmented-you continued on, you became further fragmented through more conscious or unconscious choices, through traumatic life experiences, or through self-judgment of your experiences. When you judged some of your experiences it caused a great deal of self-loathing, guilt, shame, judgement, denial etc., causing even more fragmentation. These Fragments continue to live a separate existence apart from the rest of you.

The many parts of your life that are no longer working for you are truly a reflection of all this fragmentation. All your varied life experiences are now bringing you to the realization that there is more to your Self. This is the point where you have the opportunity to re-awaken to who you really are.

The diagram below, the Whole-Self hologram, is a representation of the whole of your Self.

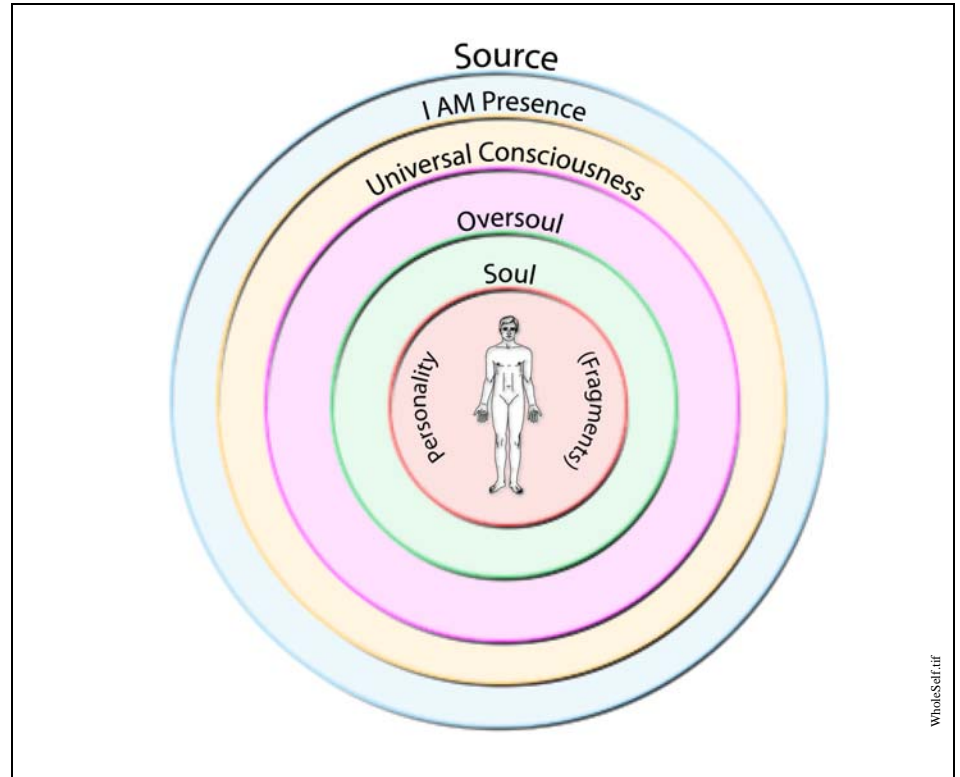


Figure-1: Whole-Self Hologram.

Did you forget who you really are?

You are expressing and experiencing life at every single level in this hologram, and each level allows you to experience greater and greater subtleties. The game of Life is played out as a series of themes. When all themes have been explored the whole of your Self then returns back into Source. This process starts all over again, and carries on for eternity to explore other themes. This, in a nutshell, is the Big Picture.

What do you do now? It is time to wake up and move beyond the narrow reality that you have existed in.

But the choice is entirely yours – you can choose to carry on with your life the way it is. Or, if you feel the yearning to reconnect with the rest of your Self and are willing to do the work necessary to fully re-integrate all your Fragments, then you need to make that choice consciously. You made the choices to fragment your Self, and only you can make the choice to become whole again.

If you do choose to do this work, you need to accept all of you – all the veiled parts of your Self, and all your Fragments. You are not Whole until every Fragment is fully re-integrated. The key to re-integration is unconditional self-acceptance – especially of all your Fragments. When you have self-acceptance of every Fragment, it is then easy to also accept the veiled parts of you. Self-acceptance comes when you are able to re-experience each Fragment in the light of awareness of who you truly are and why you even undertook this journey in the first place. All along, there has NEVER been any judgement or condemnation of any kind from Source or the veiled parts of your Self, which sees ALL experiences as beneficial. You judged yourself and your experiences negatively based on a very narrow understanding of life. Remember that all your

experiences have truly enriched you, and led you to your enlightenment. Each Fragment has to be re-experienced and embraced. The other parts of your Self are also eager to reconnect to you and are willing to assist you to come back into Wholeness again.

What is Whole-Self Attunement?

When you consciously veiled parts of your Self many higher order systems such as the Axiatonal Meridians and Axial Circulatory System were no longer needed, so they were disconnected and became dormant. When this happened you were no longer able to vibrationally experience your Soul and other parts of your Self at your Personality level. The fragmented self then had to limp along doing the best it could, drawing whatever energy it needed for survival through the Acupuncture Meridians.

Whole-Self Attunement is a tool that allows you to re-integrate all the lost Fragments of your Self. But before you can do that you need to first re-active and reconnect the Axiatonal Meridians. This will then allow you to reconnect to your Soul.

Once this connection is re-established, your Soul will then begin to orchestrate the necessary life experiences you need to re-experience all your other Fragments. You can then use the Whole-Self Attunement to re-integrate them.

What is Axiatonal Energy

Axiatonal energy is high vibrational energy that flows through a grid called the Axiatonal Grid, which connects all levels of Creation. As mentioned earlier, when you consciously veiled parts of your Self the Axiatonal Meridians were disconnected from this grid and they became dormant.

When connected to this grid, Axiatonal energy flows into your Axiatonal Meridians through the Soul Star and Earth Star (refer to Figure 2), which act as energy gateways. The Axiatonal Meridians which lie along your Acupuncture Meridians will then feed energy through Spin Points into the Axial Circulatory System as well as your Acupuncture Meridians. The flow of Axiatonal energy through the Spin Points into the Acupuncture Meridians ensures that all cellular grids work in harmony.

Spin Points are small spherical vortices of electromagnetic energy. They lie near the surface of your skin, and emit Light and Sound frequencies which cause the atoms of molecules in the cells to spin faster. This increased spin creates Light fibres that then create a grid for cellular regeneration. Every cell in the body also has a Spin Point. These are all connected together by the Axial Circulatory System.

For more information on Axiatonal Meridians refer to: What is Lightbody by Archangel Ariel, channelled by Tashira Tachi-ren (ISBN 1-880666-25-1); and The Keys of Enoch by J.J. Hurtak (ISBN 09603450-4-3).

How to Work With Whole-Self Attunement

Whole-Self Attunement is very sacred work and must be approached from this perspective when working with it. It is best done by yourself unless you are unable to do it for yourself and you need help. It is more empowering for you when you do this attunement yourself.

Please remember to set your intentions very clearly before you do the Whole-Self Attunement. Intentions are very powerful, and set the stage for the reconnection and re-integration.

Refer to the "Quick Reference Guide" on page 6, and use the sequence shown as a guide to do the Whole-Self Attunement. Please remember that this is only meant as a guide to get you started. Once you are comfortable with this material, use your intuition to guide you, and feel free to change things as you are guided to.

You can do the Whole-Self Attunement lying down, sitting up or standing up; although it is easier to work on yourself sitting up. It is also a good idea to remove objects such as wrist watches, belts etc. that constrict the energy flow.

Whole-Self Attunement works well when you use your intuition to guide the process. Whole-Self Attunement is perfectly safe, and there is no way it can be done "incorrectly". It is important to remember that this work is done under the direct supervision of your Soul, and hence it is perfectly safe.

Once you have created the Attunement Space (refer to page 7) and stated your intent Axiatonal energy begins to flow through your fingers. You then trace the Axiatonal Meridians either on the physical body or in the etheric body. Tracing the meridians re-activate them. Your middle fingers, also known as the "Fire fingers", are used to trace the meridians; although Axiatonal energy flows through all your fingers. Your fingers can be within 75 mm (3 inches) of the Spin Points/meridians, and they will still be re-activated. Once the meridians are re-activated, you are then ready to reconnect them.

When you do a Whole-Self Attunement, you may feel fatigued. This can be because you are not used to the energy, or there is a lot of transmutation occurring. As the Axiatonal energy enters the body you may experience spontaneous releases which may manifest as twitches, jerks, wiggles, or even as laughter or tears. Generally most people feel very refreshed and revitalised after this attunement. Some experience tingling in the body, sounds, lights, colours, symbols etc. It must be clearly understood that the experience is unique for each person, and that your Soul is giving you exactly what you can handle at that given time. On the whole, it is a very pleasant experience and deeply relaxing.

After completing the attunement please drink lots of water and take a detox bath. The detox bath consists of 250ml (1 Cup) Epsom salt in a warm bath. Soak your whole body in it from head to toe for at least 20 minutes. Following the bath please allow your body to rest, and avoid all activity that requires you to be alert.

There is no general rule-of-thumb for the number of Whole-Self Attunements you need to re-establish a solid connection with your Soul. However, each session reinforces the connection. Work with your intuition, and let it guide you. You will experience dramatic shifts in all aspects of your life as you start to do the attunements. Please remind yourself that you are making the shift from limitation to Wholeness. Hence those parts of you that are out of balance with your Wholeness will come up for release.

As mentioned earlier you can also use the Whole-Self Attunement to re-integrate other Fragments of your Self. When you are ready to do this, please refer to the [Frequently Asked Questions](http://www.whole-self.net/faqs.html) link on the website (www.whole-self.net/faqs.html) for additional information.

Quick Reference Guide

Use the sequence shown below as a guide to do the Whole-Self Attunement to reconnect to your Soul.

1. Create the Attunement Space – page 7.
2. State the general intention for the attunement, and any other specific intentions you may have – page 8.
3. Re-activate the Axiatonal Head Meridians – page 8.
4. Re-activate the Spin Points – set #1 – Figure 12.
5. Re-activate the Axiatonal Body Meridian 1 – page 15.
6. Re-activate the Axiatonal Body Meridian 2 – page 15.
7. Re-activate Spin Points again – set #2 – (Figure 12).
8. Re-activate the Axiatonal Body Meridian 3 – page 16.
9. Re-activate Spin Points again – set #3 – (Figure 12).
10. Re-activate DNA strands – page 17.
11. Re-activate Spin Points again – set #4 – (Figure 12).
12. Remove patterns – page 19.
13. Re-activate Spin Points again – set #5 – (Figure 12).
14. Hook-Up to the Soul – page 20.
15. Seal the Connection – page 21.
16. Re-harmonize All Meridians – page 22.
17. Seal the Connection Again – page 23.
18. Check energies – page 24.
19. Blessings from the Soul – page 24.
20. Close the Session – page 25.

Attunement Space

Refer to: Figure 2 below.

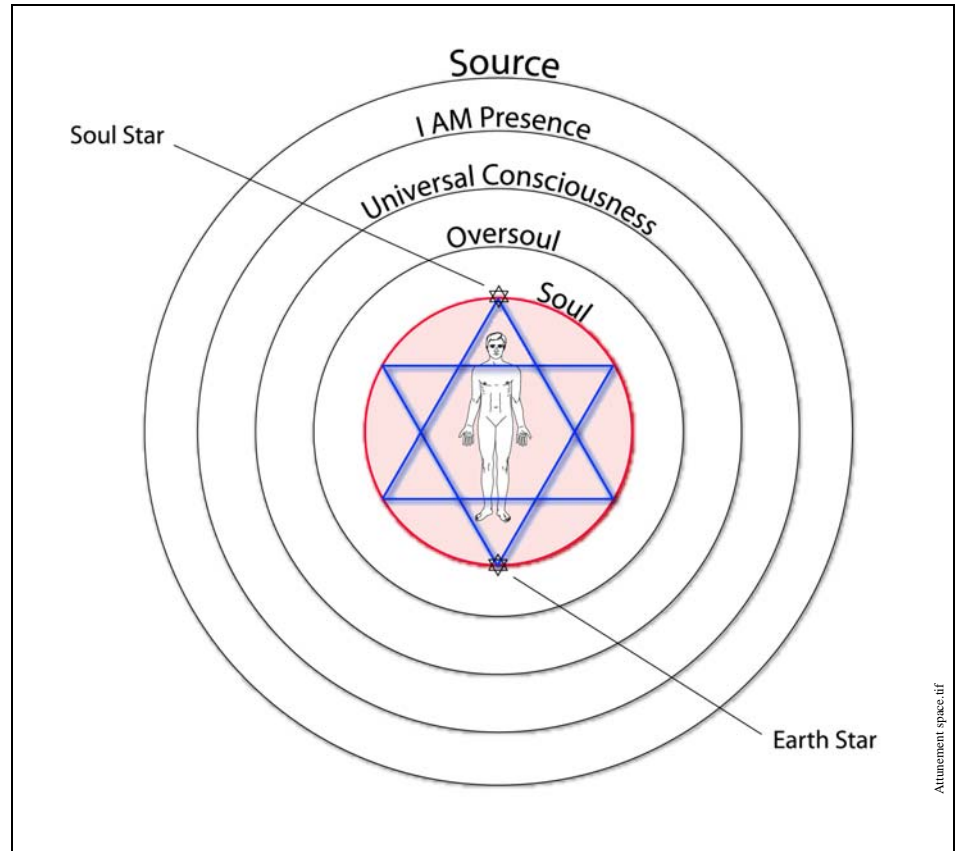


Figure-2: Whole-Self Attunement Space.

Visualize a sphere of Light — it can be as small as the space between your fully extended arms, or as large as you desire. This sphere of Light represents Source — it is actually a hologram which represents the microcosm within the larger macrocosm.

Visualize four spheres nested one inside the other within this hologram — they represent your I AM Presence, Universal Consciousness, Oversoul and Soul respectively. Visualize yourself in the centre of the inner-most sphere. Two main gateways, the Soul Star and Earth Star, through which your Axiatonal Meridians connects to the Axiatonal Grid are also represented in the inner-most sphere.

Visualize a pyramid of Light with its base at your ankles and the apex connecting to the inner-most sphere at the Soul Star.

Visualize an inverted pyramid of Light with its base at your shoulders and the apex connecting to the inner-most sphere at the Earth Star.

Invite all aspects of your Self, your Guides, and members of your spiritual family into this Attunement Space.

General Intent for Attunement

Repeat the following, or in your own words:

“I wish to re-activate and reconnect the Axiatonal Meridians into full operation, and re-establish full connection with my Soul. I also wish to bring all the fragmented parts of my Self back into Wholeness. This I do for the Highest Good of All, in service to the ALL THAT IS”.

You may also add any other specific intentions you may have for the attunement.

Re-activating Axiatonal Head Meridians

Axiatonal Head Meridian 1:

Refer to: Figure 3 below.

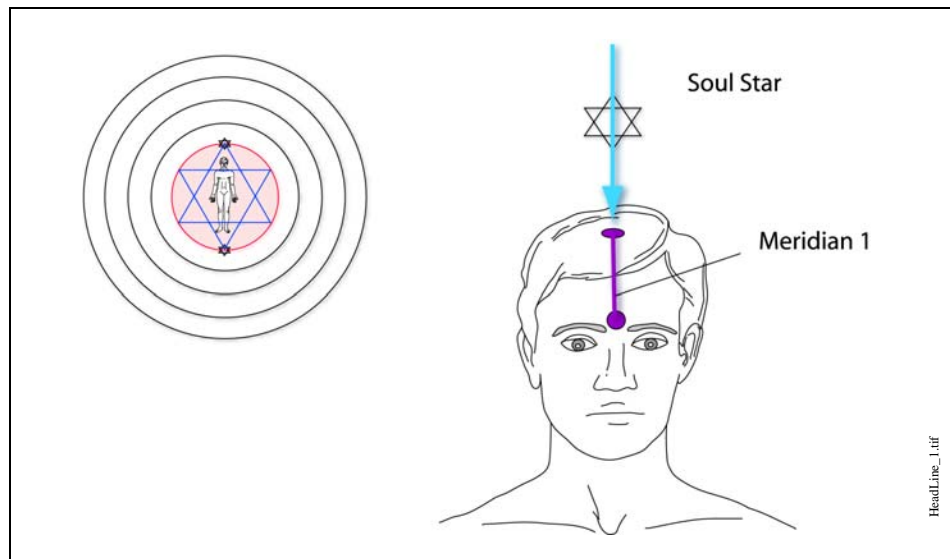


Figure-3: Axiatonal Head Meridian 1.

This Axiatonal Meridian runs from a point mid-way between the brow to the crown. Visualize Axiatonal energy flowing from your Fire Finger as you trace this meridian.

Starting at mid-brow, take a deep breath as you trace this meridian up to your crown. Then exhale as you send Axiatonal energy down your spine and out through your feet.

Repeat this 3 times.

Axiatonal Head Meridians 2 & 3:

Refer to: Figure 4 below.

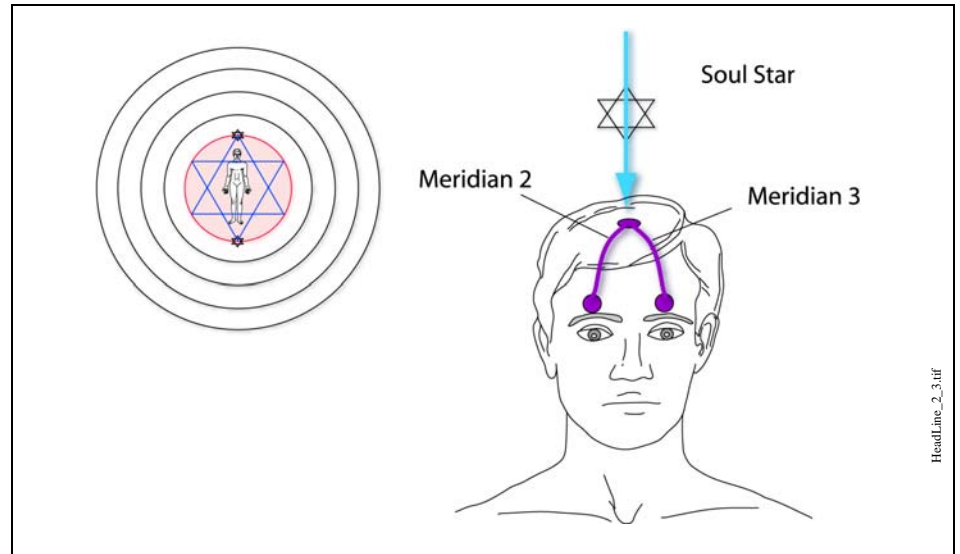


Figure-4: Axiatonal Head Meridians 2 & 3.

These Axiatonal Meridians run from just above the brow to the crown. Visualize Axiatonal energy flowing from your Fire Fingers as you trace these meridians.

Starting at the brow on either side, take a deep breath as you trace these meridians up to your crown. Then exhale as you send Axiatonal energy down your spine and out through your feet.

Repeat this 3 times.

Axiatonal Head Meridians 4 & 5:

Refer to: Figure 5 below.

These Axiatonal Meridians run on both sides of the head beginning at the base of the neck, running up the sides of the neck, behind the ears, along the sides of the head to the crown.

Starting at the base of your neck, take a deep breath as you simultaneously trace your Fire Fingers up the sides of your neck, behind your ears, along the sides of the head to the crown. Then exhale as you send Axiatonal energy down your spine and out through your feet.

Repeat this 3 times.

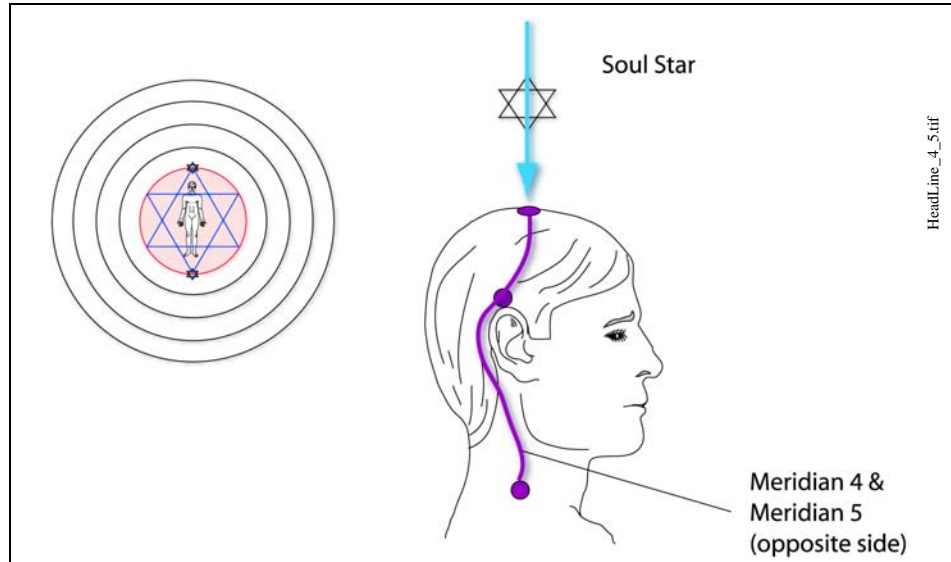


Figure-5: Axiatonal Head Meridians 4 & 5.

Axiatonal Head Meridians 6 & 7:

Refer to: Figure 6 below.

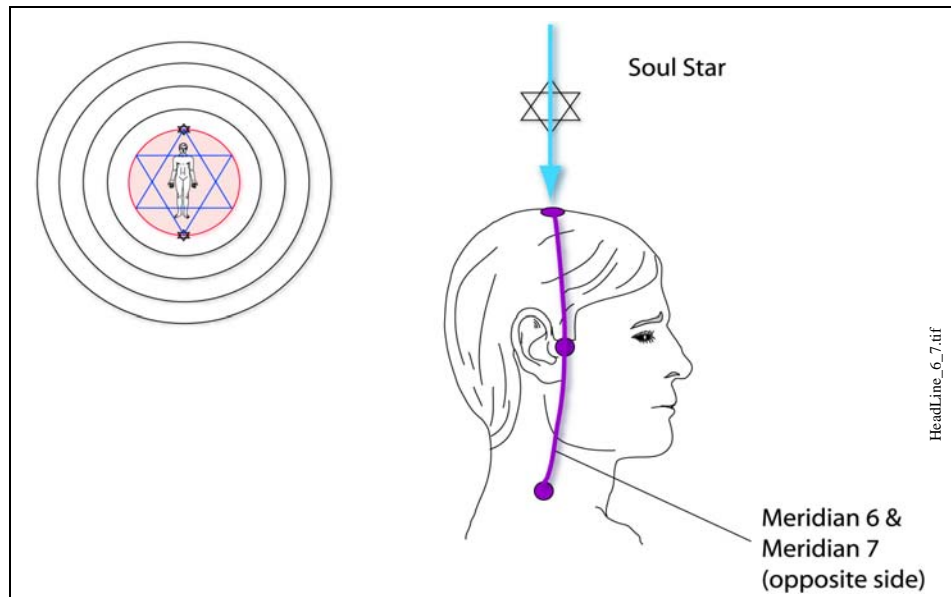


Figure-6: Axiatonal Head Meridians 6 & 7.

These Axiatonal Meridians run on both sides of the head beginning at the base of the neck, running up the sides of the neck, in front of the ears, along the sides of the head to the crown.

Starting at the base of your neck, take a deep breath as you simultaneously trace your Fire Fingers up the sides of your neck, in front of your ears, along the sides of the head to the crown. Then exhale as you send Axiatonal energy down your spine and out through your feet.

Repeat this 3 times.

Axiatonal Head Meridian 8:

Refer to: Figure 7 below.

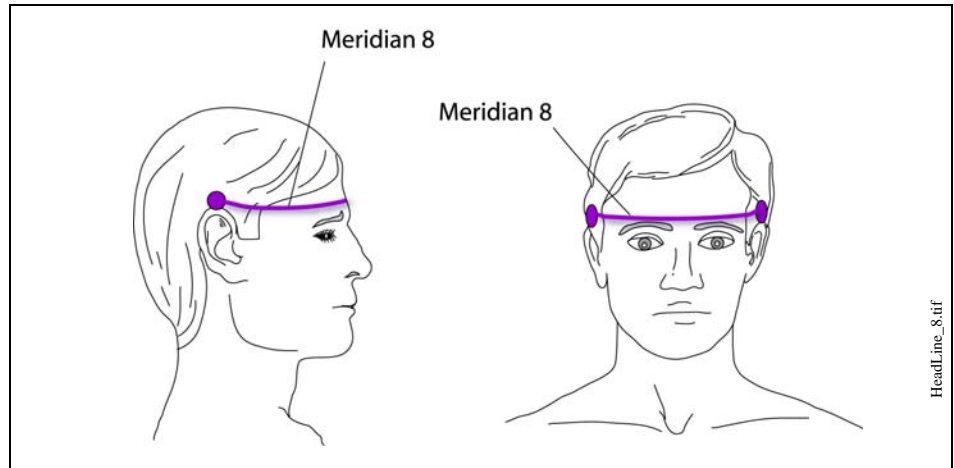


Figure-7: Axiatonal Head Meridian 8.

This Axiatonal Meridian is a horizontal band that runs from a point just above the top of the ear, through the brow area to the corresponding point just above the top of the other ear. Visualize Axiatonal energy flowing from your Fire Finger as you trace this meridian.

Repeat this 9 times.

Axiatonal Head Meridian 9:

Refer to: Figure 8 below.

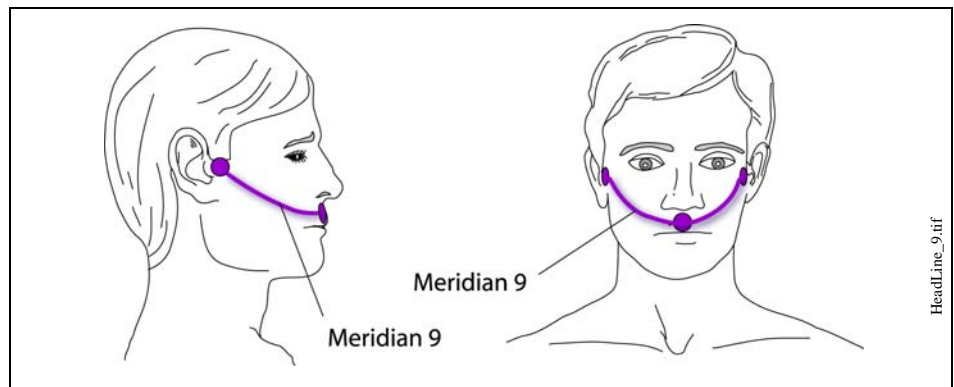


Figure-8: Axiatonal Head Meridian 9.

This Axiatonal Meridian runs from a point mid-ear, through a point above the upper lip to the corresponding point in front of the other ear. Visualize Axiatonal energy flowing from your Fire Finger as you trace this meridian.

Repeat this 9 times.

Axiatonal Head Meridian 10:

Refer to: Figure 9 below.

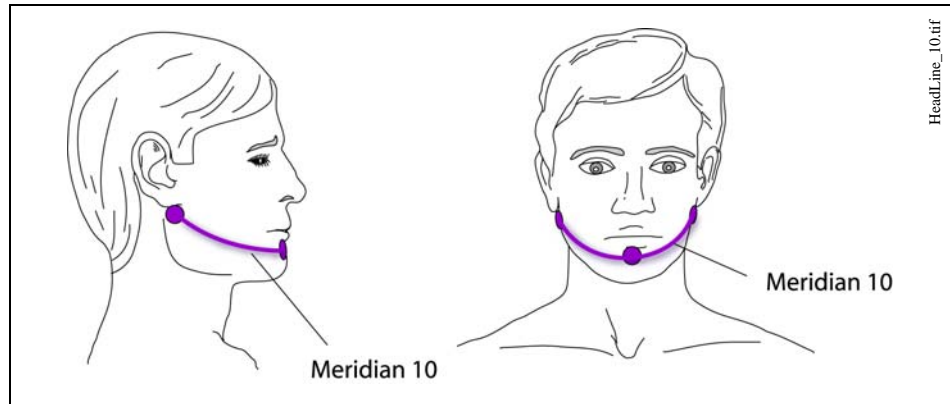


Figure-9: Axiatonal Head Meridian 10.

This Axiatonal Meridian runs from a point below the ear lobe, through a point below the lower lip to the corresponding point below the other ear lobe. Visualize Axiatonal energy flowing from your Fire Finger as you trace this meridian.

Repeat this 9 times.

Axiatonal Head Meridian 11:

Refer to: Figure 10 below.

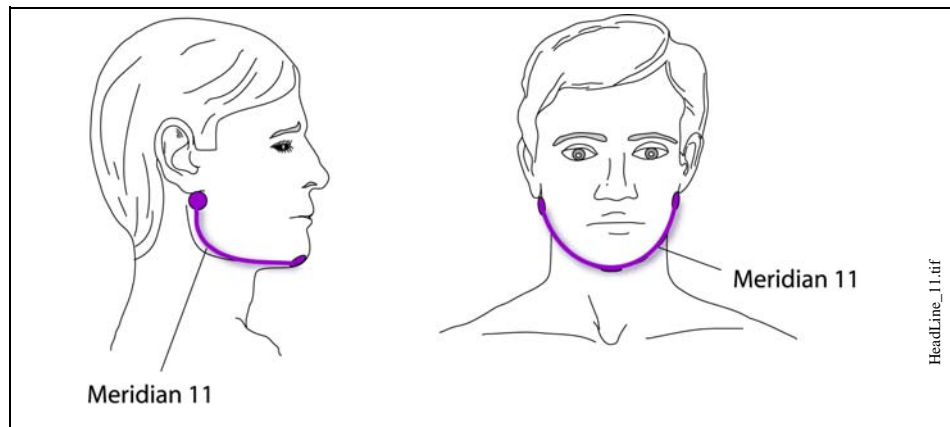


Figure-10: Axiatonal Head Meridian 11.

This Axiatonal Meridian runs from the same point below the ear lobe, along the jaw line, through the chin area to the corresponding point below the other ear lobe. Visualize Axiatonal energy flowing from your Fire Finger as you trace this meridian.

Repeat this 9 times.

Axiatonal Head Meridian 12:

Refer to: Figure 11 below.

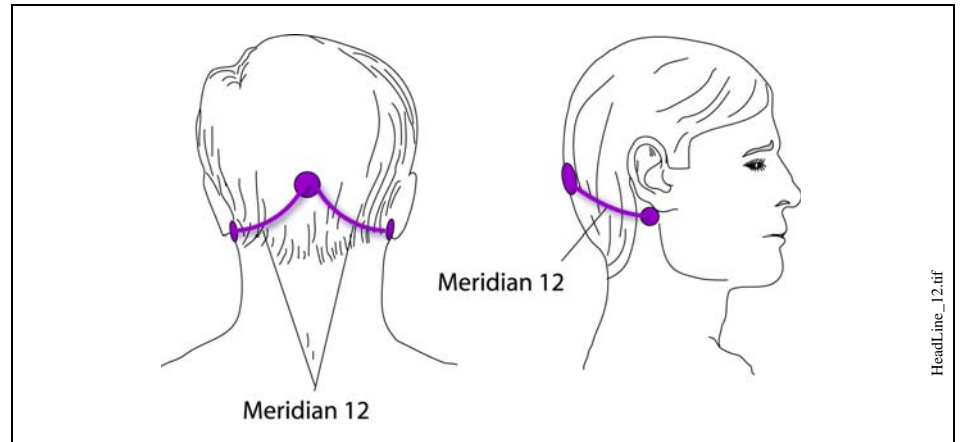


Figure-11: Axiatonal Head Meridian 12.

This Axiatonal Meridian runs from the occipital area (where the spine meets the cranium) to a point behind each ear lobe. Visualize Axiatonal energy flowing from your Fire Fingers as you trace this meridian.

Repeat this 9 times.

Re-activating Spin Points

Refer to: Figure 12 below.

The diagram below shows where the major Spin Points are located relative to the physical/etheric body. Touch the Spin Points to re-activate them. This allows Axiatonal energy to enter the Axial Circulatory System and feed into every single cell in the body. Visualize Axiatonal energy flowing from your Fire Finger as you re-activate the Spin Points. When you need to re-activate the front/back or inside/outside Spin Points use both your Fire Finger and your thumb.

All 26 Spin Points make up one set. You need to re-activate the Spin Points a total of five times as described in the "Quick Reference Guide" on page 6.

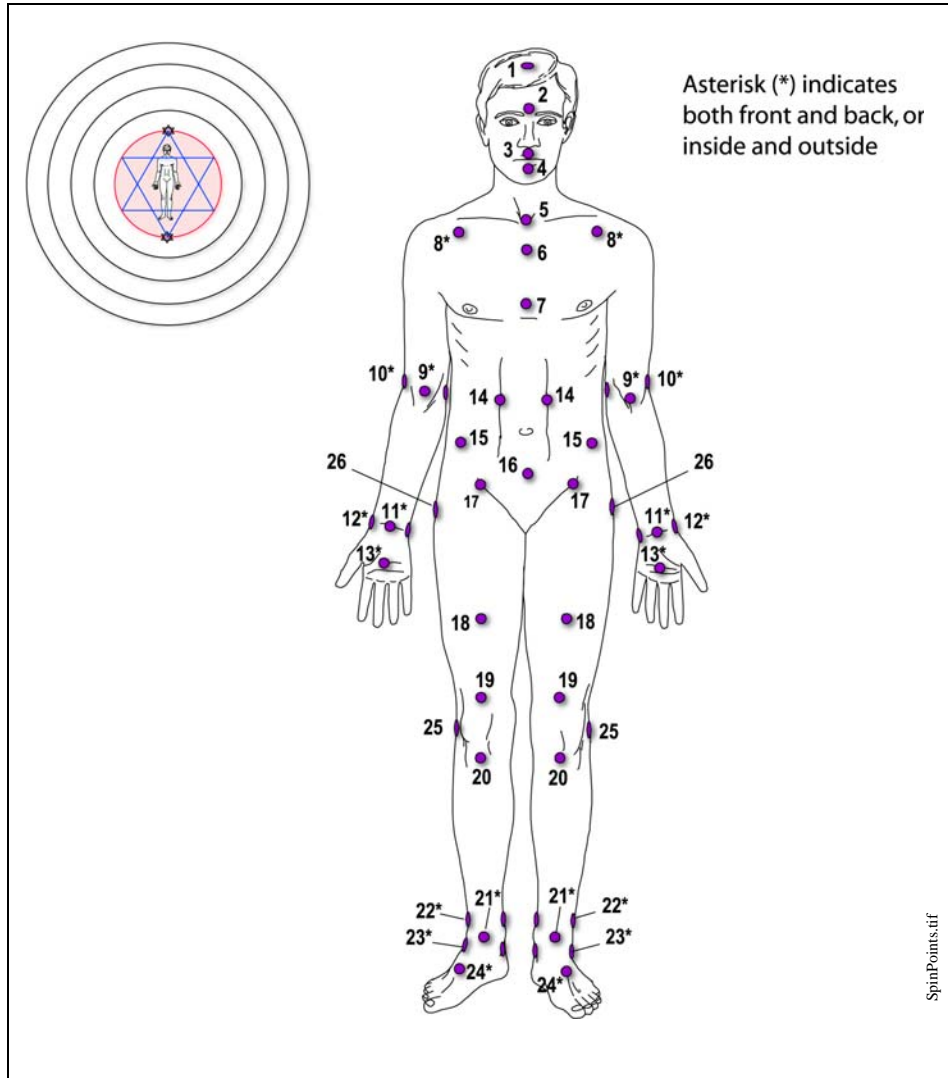


Figure-12: Spin Points.

1. Crown — top of the cranium 2. Third eye area — just above the eyebrows 3. Under the nose
 4. Chin 5. Base of the throat 6. Thymus 7. Heart centre 8. Heart/Lung point — the soft area under the collar boner — front/ back 9. Elbow joint — front/ back 10. Sides of the elbows — inside/ outside 11. Centre of wrist — front/ back 12. Sides of wrist — inside/ outside 13. Centre of palm — front/ back 14. Below the sternum 15. Top of the hip (Coxal) bone 16. Above the pubic bone 17. Groin — in the crease between the torso and leg 18. Mid thigh 19. Above knee 20. Below knee 21. Centre of ankle — front/ back 22. Above ankle bone — inside/ outside 23. Below ankle bone — inside/ outside 24. Foot — top/ bottom 25. Outside of knee 26. Outside of hip joint

Note: The order in which you do the Spins Points is unimportant.

Re-activating Axiatonal Body Meridians

Axiatonal Body Meridian 1:

Refer to: Figure 13 below.

Visualize Axiatonal energy flowing from your Fire Fingers as you trace this meridian. Take a deep breath as you trace this meridian from the Soul Star, down the middle of the body. Exhale and continue tracing down to the Earth Star, and back to the top.

Repeat this 3 times.

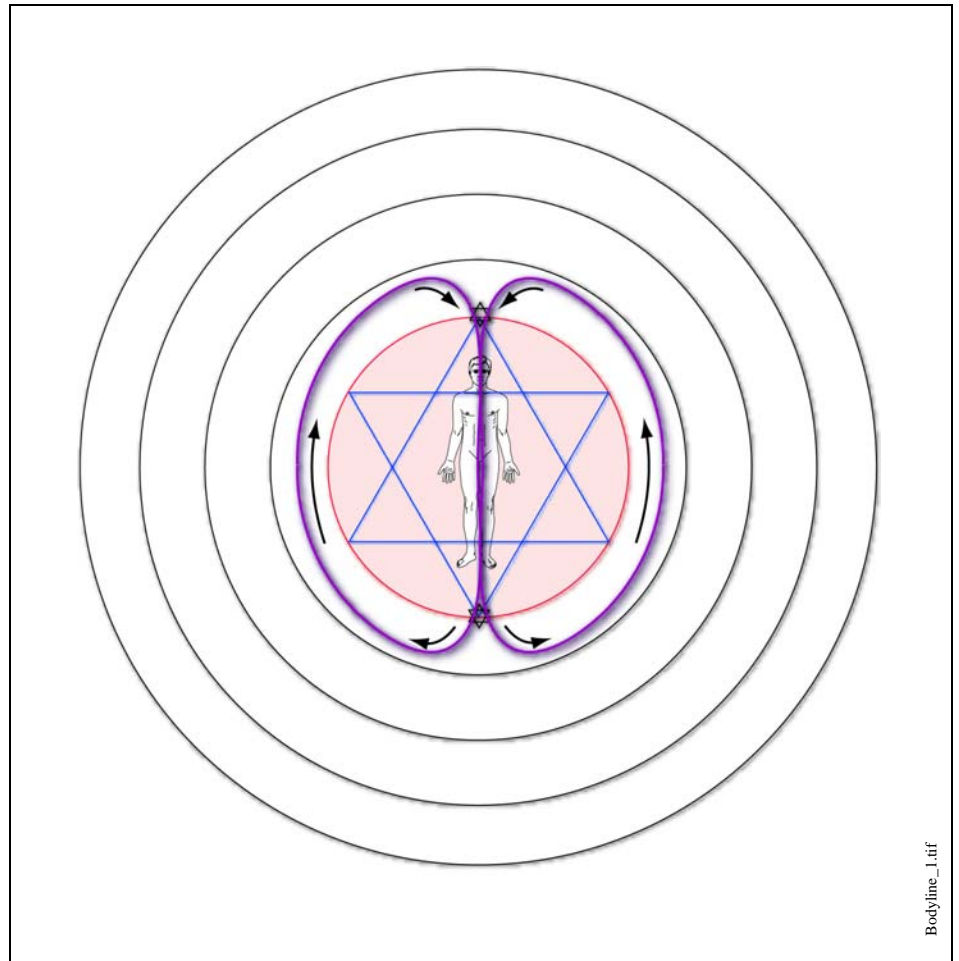


Figure-13: Axiatonal Body Meridian 1.

Axiatonal Body Meridian 2:

Refer to: Figure 14 below.

Visualize Axiatonal energy flowing from your Fire Finger as you trace this meridian. Take a deep breath as you trace this meridian from the middle of your shoulders, down the chest, down the legs. Exhale and continue tracing down to the Earth Star and back to your shoulders.

Repeat this 3 times.

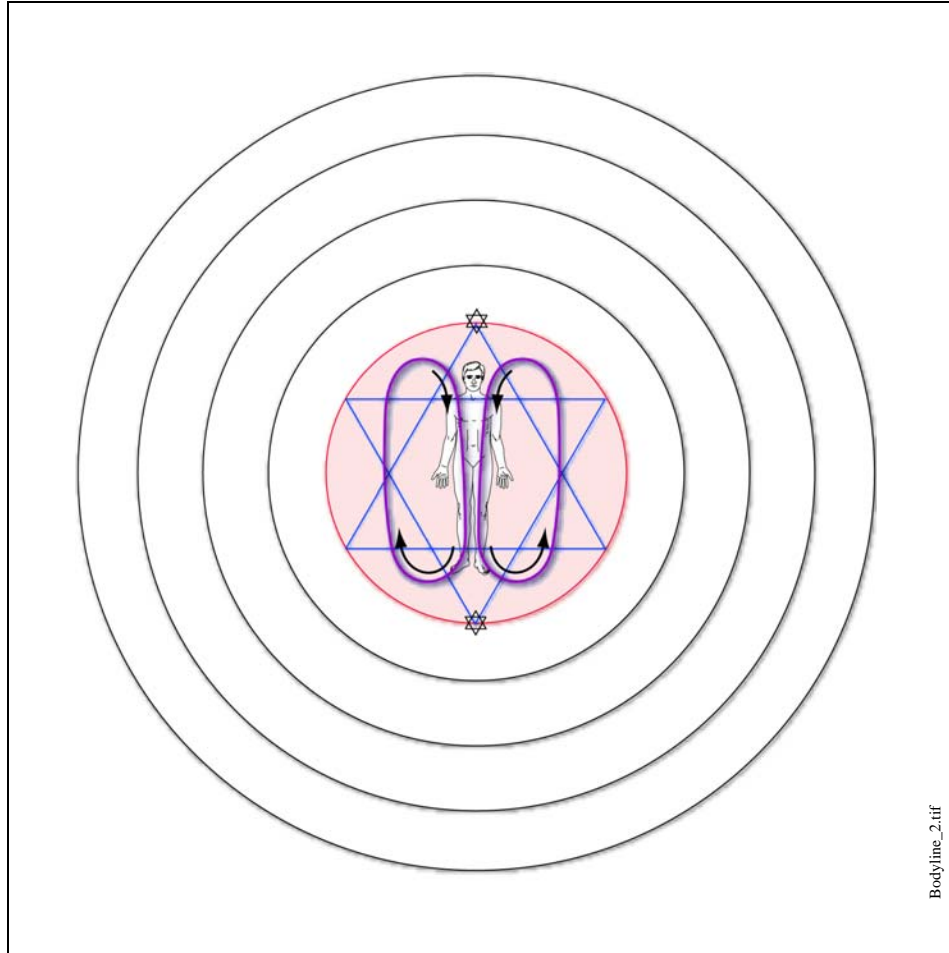


Figure-14: Axiatonal Body Meridian 2.

REMINDER!

Now re-activate the Spin Points (Figure 12) for a second time.

Axiatonal Body Meridian 3:

Refer to: Figure 15 below.

Visualize Axiatonal energy flowing from your Fire Fingers as you trace the meridian. Take a deep breath as you trace this meridian down from the Soul Star to the crown, down the sides of the head and neck, along the shoulders, down the arms to the fingertips and up the inside of the arms to the armpits. Exhale and continue tracing along the outside of your body, out through the Earth Star, and back to the top.

Repeat this 3 times.

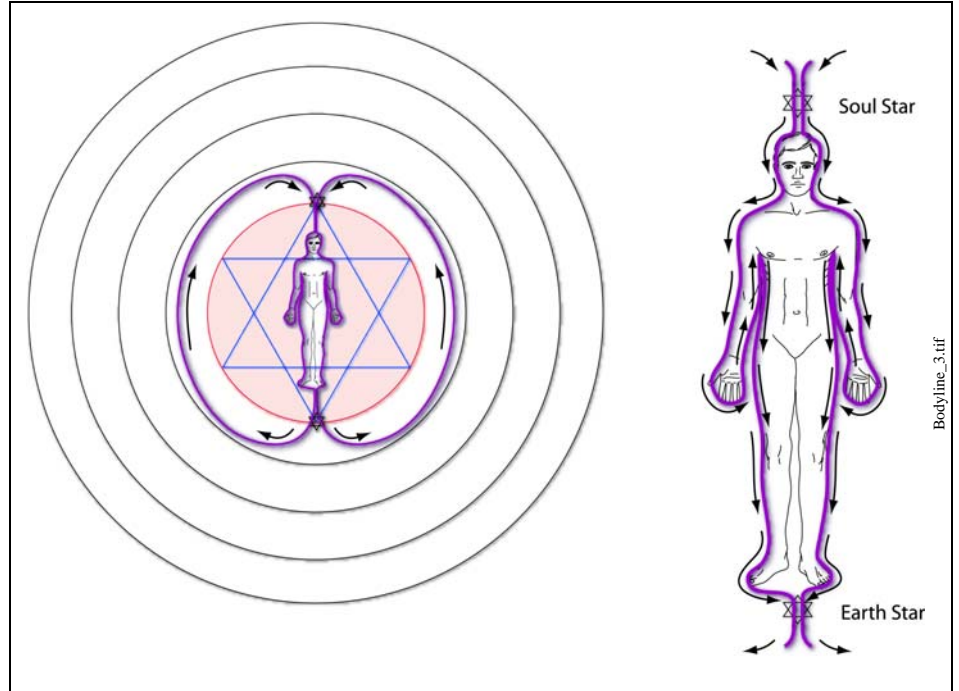


Figure-15: Axiatonal Body Meridian 3.

REMINDER!

Now re-activate the Spin Points (Figure 12) for a third time.

Re-activating DNA Strands:

Refer to: Figure 16 below.

Visualize Axiatonal energy flowing from your Fire Finger as you trace the figure-8s. Trace figure-8s starting at the Soul Star and moving downward passing through each energy centre – crown, third eye, throat, heart, solar-plexus, sacrum, base, and finally ending below the feet at the Earth Star. Reverse the pattern, tracing the figure-8s from the Earth Star up to the Soul Star.

Repeat this 3 times.

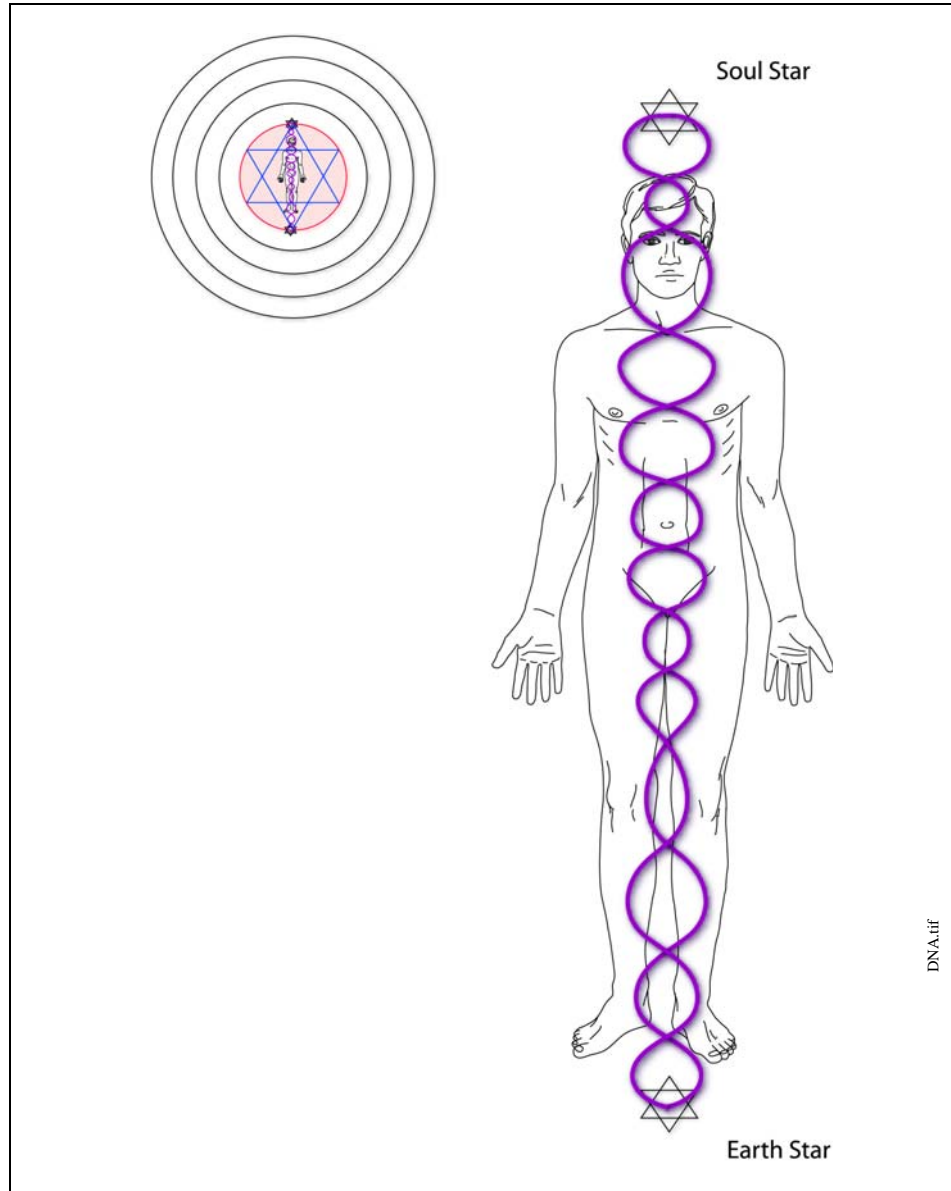


Figure-16: Re-activating DNA Strands.

REMINDER!
Now re-activate the Spin Points (Figure 12) for a fourth time.

Removing Patterns:

Refer to: Figure 17 below.

You may ask your Soul to assist with clearing out emotional and mental patterns/beliefs that no longer serve you. This is extremely effective!

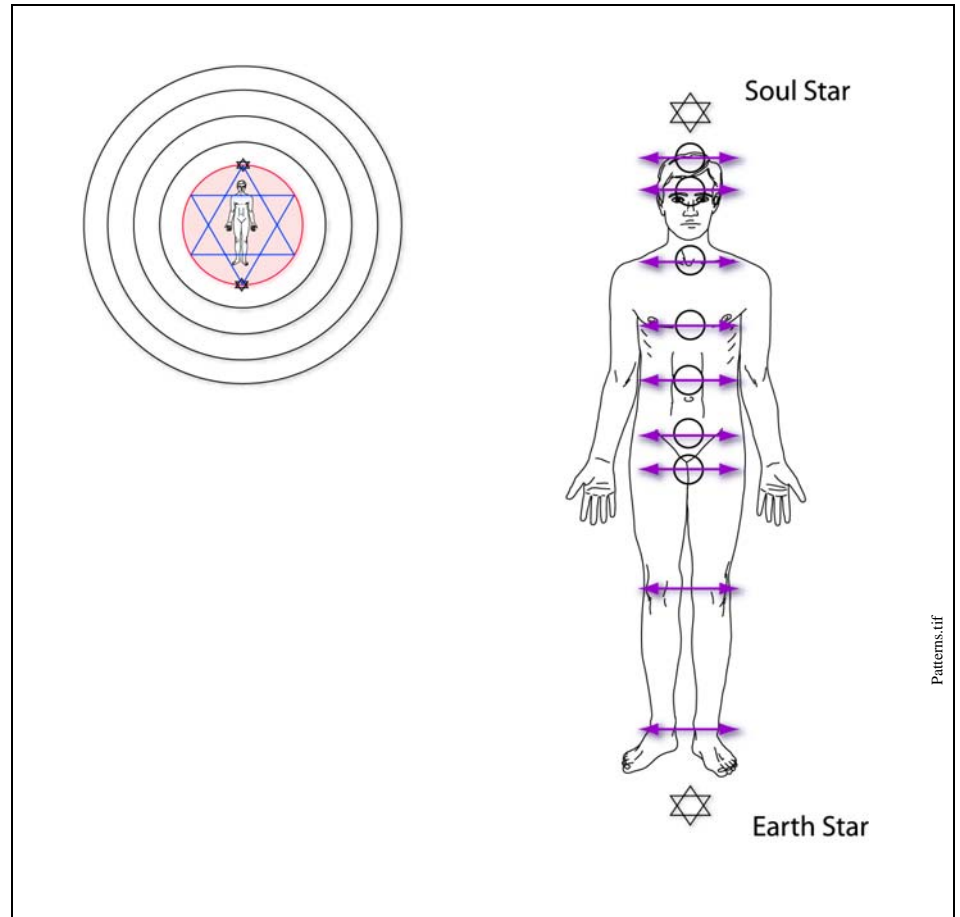


Figure-17: Removing Patterns.

Take a deep breath as you use a scraping action at your crown centre to scrape away emotional and mental patterns/beliefs that no longer serve you. Exhale as you flush away the patterns to your Soul. Then inhale and bring down fully transmuted energies back to the energy centre.

Similarly, repeat this at each of your remaining energy centres – third eye, throat, heart, solar-plexus, sacrum, and base; as well as your knees and ankles.

REMINDER!

Now re-activate the Spin Points (Figure 12) for a fifth (and final) time.

Hook-Up to the Soul

Refer to: Figure 18 below.

IMPORTANT!

Remember that the Soul Star and Earth Star are two main gateways through which the Axiatonal Meridians connect to the Axiatonal Grid. You are quite literally plugging yourself into the Axiatonal Grid, having first re-activated the Axiatonal Meridians. It is crucial that you set your intention that this connection is made PERFECTLY to your Soul.

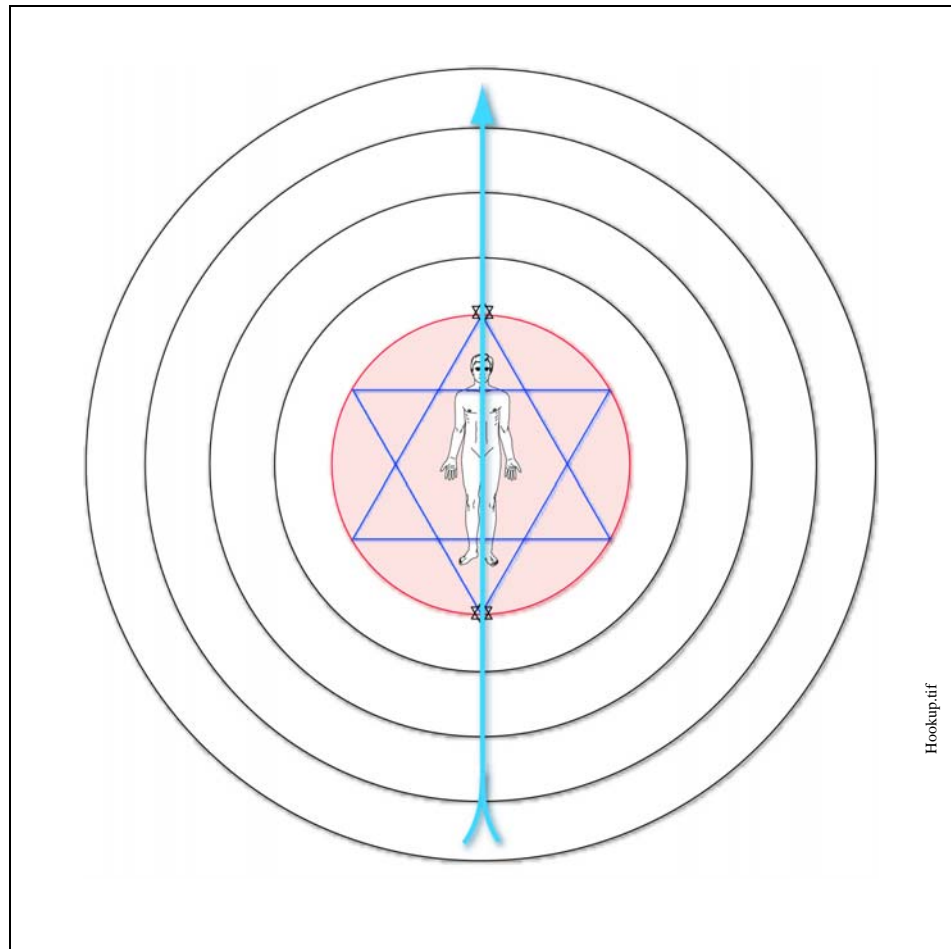


Figure-18: Hook-Up to Soul.

Take a deep breath and draw in Axiatonal energy from the bottom part of the hologram, up through the Earth Star, and up the middle of the body to the top of your head. Then exhale in one forceful breath through the Soul Star to the top part of the hologram.

Repeat this 3 times.

Sealing the Connection

Refer to: Figure 19 below.

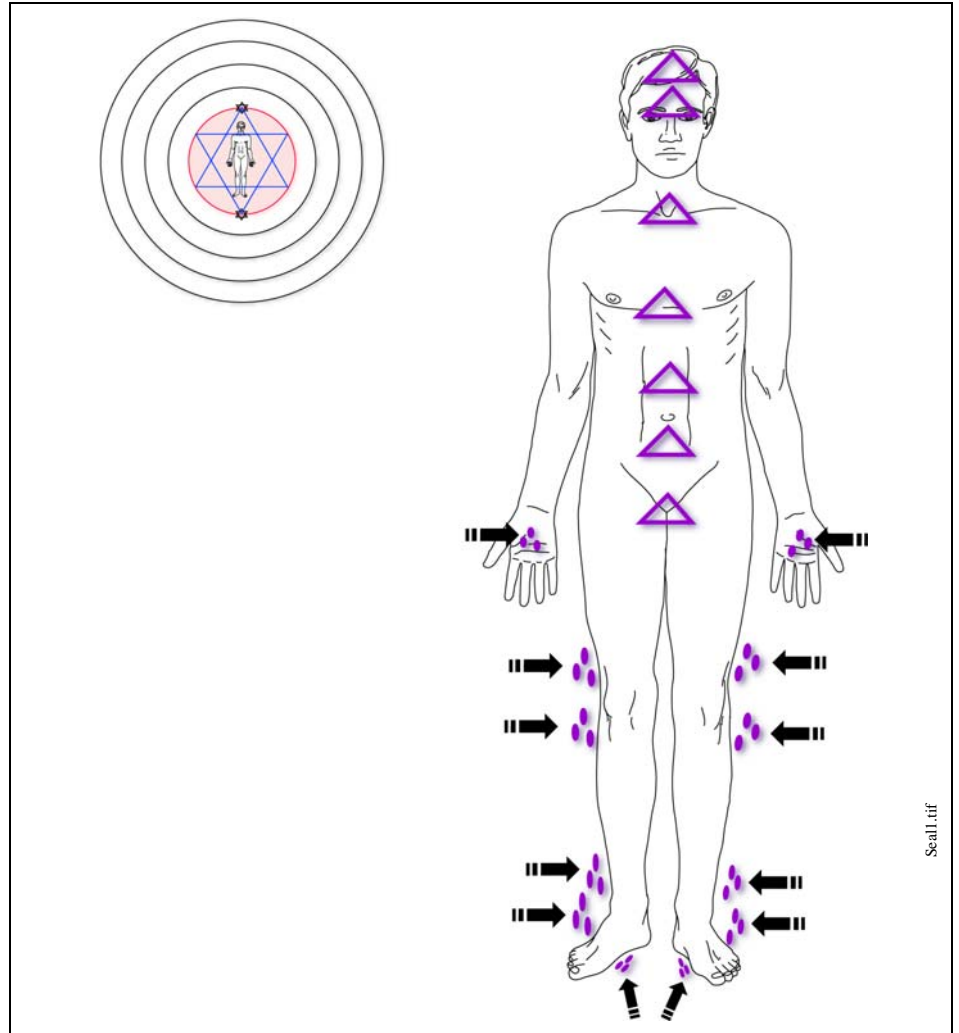


Figure-19: Sealing the Connection.

Make a small triangle with the thumb and Fire Finger of one hand and the thumb and Fire Finger of the other hand. Place the triangle in the area over each of the energy centres – crown, third eye, throat, heart, solar-plexus, sacrum, and base.

Then put your Fire Finger and thumb together and place the index finger above it to form a small triangle. Press the triangles into the sides of the knees – above and below the knees. Similarly press the triangles into the sides of your ankles – above and below the ankles.

Place the small triangles on the soles of your feet and your palms.

Re-harmonizing All Meridians

Refer to: Figure 20 below.

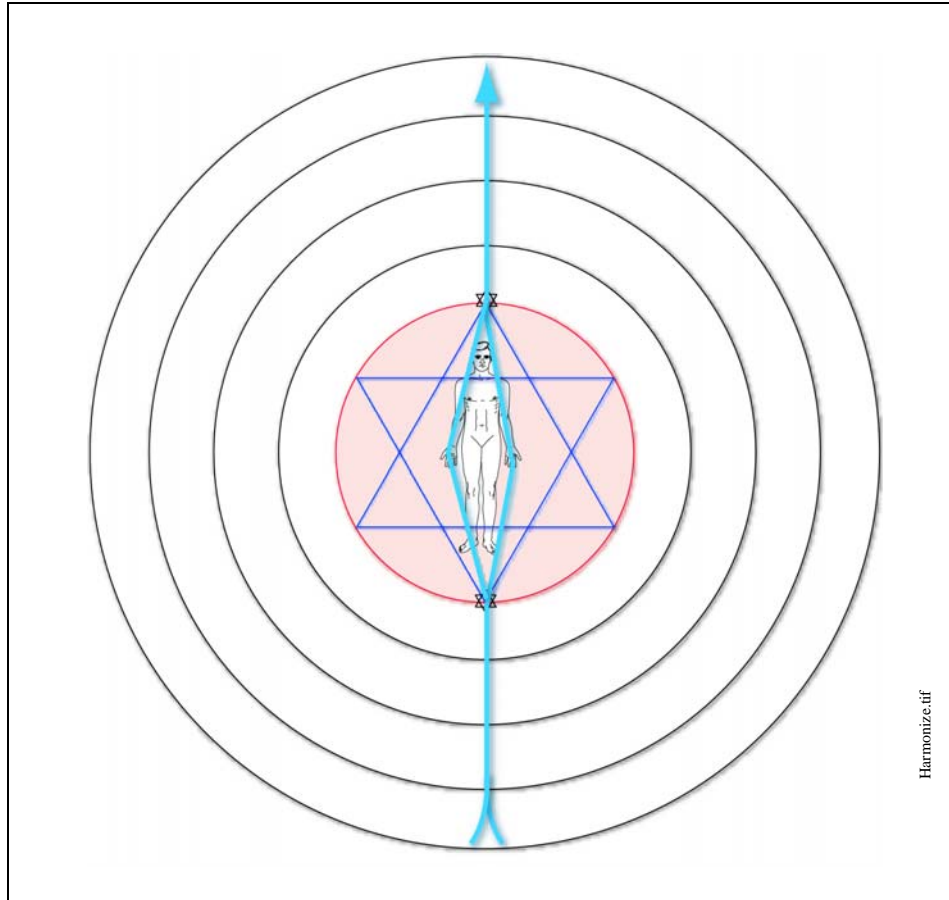


Figure-20: Re-harmonizing All Meridians.

Important! The Soul Star and Earth Star act as gateways not only for the Axiatonal Meridians but also the Acupuncture Meridians. Set your intention to fully harmonize all meridians.

Take a deep breath and draw in Axiatonal energy from the bottom part of the hologram, up through the Earth Star, and up through the palms to the top of your head. Then exhale in one forceful breath through the Soul Star to the top part of the hologram.

Repeat this 3 times.

Sealing the Connection Again

Refer to: Figure 21 below.

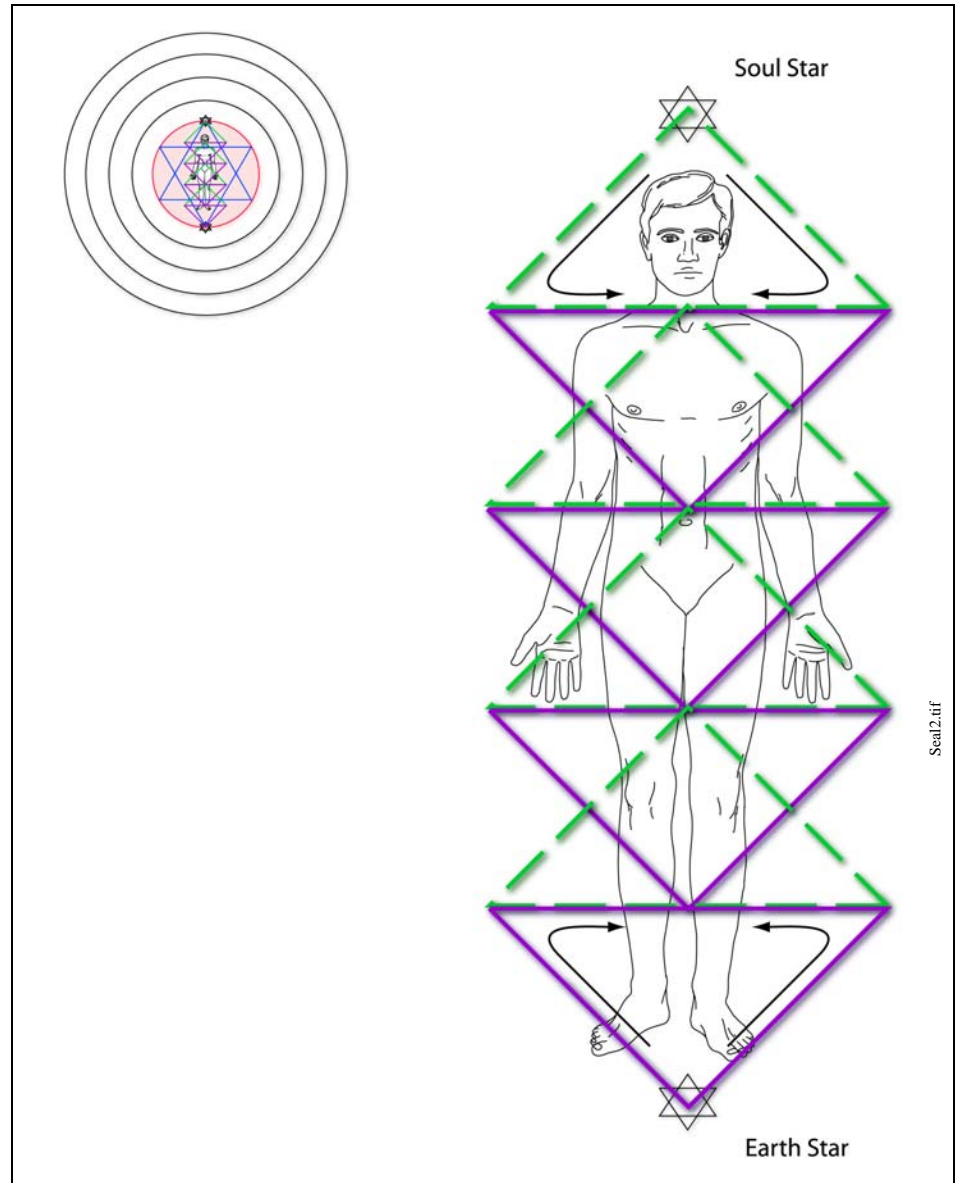


Figure-21: Sealing the Connection Again.

Trace triangles beginning at the Soul Star. Continue tracing them down the body stopping at mid-calf. Then starting at the Earth Star trace triangles back up the body. Stop at the shoulders.

Note: The (upright) triangles from the Soul Star are shown in broken green lines, and the (inverted) triangles from the Earth Star are shown in solid purple lines in the illustration above.

Checking Energies

Place the palms on both sides of the head and feel for any unbalanced energies. Hold the palms there, and simply allow the energies to come into balance. When the energies are balanced, the energies in both hands will also be even.

Repeat the same at the feet until the energies are balanced at the feet.

Blessings from the Soul

Refer to: Figure 22 below.

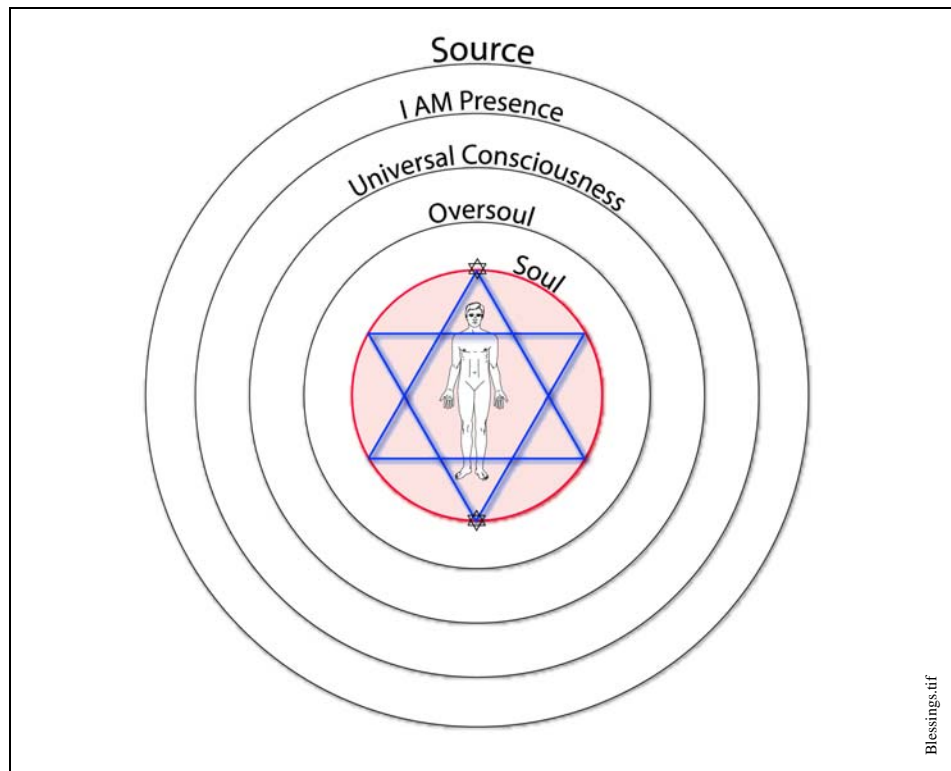


Figure-22: Blessings from the Soul.

Ask your Soul to shower you with Blessings. Visualize this as a shower of trillions of Golden-White filaments of Light spiralling into the pyramids of Light.

When this step feels complete, move to the next step.

Closing the Session

You have now finished the Whole-Self attunement. Express thanks to all aspects of your Self and your Guides for their assistance.

You should feel naturally refreshed and fully grounded. Remember to drink lots of water and have a detox bath (1 cup of epsom salt in a warm bath) before you go to bed.

Remember also that as the day wears on you may feel fatigued. This is quite normal. Avoid all activity that requires you to be alert, and rest as needed.

What's Next

Be aware of the Whole-Self hologram around you, and maintain awareness of who you really are. Learn to accept who you really are, including all your Fragments as they reveal themselves to you. Remember that you cannot put yourself into auto-pilot mode and carry on as before. From here on it is all about expressing the totality of who you truly are.

Don't let anyone convince you that once you are reconnected there is nothing left to do. This is where the real work of re-integration begins. Continue to do the Whole-Self Attunement daily if you can for a period of time to reinforce the connection with your Soul. At the very least, we would suggest that you meditate daily with the whole of your Self. If you would like a guided meditation to assist you with this, refer to www.whole-self.net/resources.html. Daily meditation with the whole of your Self will help you to maintain the awareness and connection in every waking moment.

As you set your intention to reclaim all the lost Fragments of your Self, your Soul will begin to orchestrate the necessary life experiences you need to re-experience and re-integrate them. All aspects of your life that are no longer compatible with the new higher awareness of your Self will come up as "issues" for re-balancing. These issues stem from out-of-balance emotions and mental beliefs/attitudes, which will play out in all your relationships with yourself and others including your own health, career, wealth, sexuality, personal power, spirituality, your mates, family, friends, co-workers, community, etc.,. Remember, the issues that break to the surface are the ones you need to deal with now. You cannot really bypass them — they will keep reappearing in one form or another until you deal with them. Remember also that diseases in the physical body are manifestations of out-of-balance emotions and mental beliefs/attitudes. When you begin to deal with your issues you will discover that Fragments of your Self are hidden behind these issues. Remember to embrace these Fragments of your Self.

Learn to look at all of this as a process in your own Self-Mastery. Remember there is no "right" or "wrong" perspective to anything in life — there is only balance. If you find yourself stuck on any issue ask yourself — does my external reality match the internal reality I desire? Remember then, it is your resistance to finding that balance that keeps you stuck.

Your Soul and the rest of your Self are always there to guide you, and are very loving and accepting of who you are. They are always willing to help, but you need to actually engage with your issues.

You cannot really move on to the next level until you resolve the issues surfacing at this level. A part of you may be tempted to rush through to other levels of your Self, but you need to move one step at-a-time. You will be guided when it is time to move to the next level.

Please refer to the [Frequently Asked Questions \(FAQ\)](http://www.whole-self.net/faqs.html) link on the website (www.whole-self.net/faqs.html) for additional information. If you have any questions feel free to e-mail us at contact@whole-self.net.

Blessings to you on the sacred journey of rediscovery of your Self.

Glossary of Terms

Acupuncture Meridian	An energy channel that feeds Life-Force energy to the physical body and organs.
Axiatonal Grid	A network of higher order energy lines that connects ALL THAT IS.
Axiatonal Meridian	A higher order energy channel that feeds Life-Force energy to the physical body and organs through the Spin Points into the Axial Circulatory system and the Acupuncture Meridians.
Fragment	An aspect of your Self, a consciousness, that separated from the rest of you and exists on its own.
Hologram	A miniature representation of ALL THAT IS.
I AM Presence	The I AM Presence is the part of you that first emerged from Source as the Self, and represents your highest vibrational level as seen from outside of Source. Your I AM Presence also represents not only the highest potential that you can be, but also the fully actualized parts of you.
Oversoul	The aspect of your Self that oversees your Soul, Personality and Fragments.
Personality	An aspect of your Self, a consciousness, usually emotional/mental in nature expressed through the etheric/physical form.
Self (upper case)	The consciousness in you that exists as the I AM Presence, Universal Consciousness, Oversoul, Soul, Personality and Fragments – all of which make up the whole of your Self.

self (lower case)	The aspect of your Self that expresses as a Personality without much conscious awareness of the rest of your Self.
Soul	The aspect of your Self that orchestrates life experiences for you at the Personality level.
Source	Also known as God/Goddess – The ALL THAT IS.
Universal Consciousness	The aspect of your Self that oversees your Oversoul. It embodies unity or oneness with all of existence.
Whole-Self	Represents a way to look at your Self as part of a large Whole, which is in turn part of an even larger Whole – Source.
Wholeness	The state of oneness with all aspects of your Self and ALL THAT IS.

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