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Gifts for the Soul: A Guided Journey of Discovery, Transformation and Infinite Possibilities

By Dawn E. Clark
Houston: Aarron Publishing
Reviewed by Carroy U. Ferguson

Dawn E. Clark's *Gifts for the Soul* is an intriguing self-help book, full of promise and hope for a new way to engage in self-healing and what the author calls soul healing through *soul retrieval* work. According to the author, the ancient healing tradition of *soul retrieval* to heal *soul loss* has been documented by many cultural anthropologists. The tradition apparently has been traced to a belief in the ancient concept of *soul loss*, embraced by many civilizations and diverse cultures in North America, Australia, Asia, South America and the shaman tradition as far back as 10,000 years ago. Soul loss refers to the idea that when a person experiences a severe physical or emotional trauma, a piece of the person's soul splits off because it can no longer tolerate the reality of the event. With an ancient collateral premise that reincarnation is at least possible and that free will exists with each life, the perspective of this ancient healing tradition is that we are free to choose to actively heal or to continue to re-manifest core life issues which need to be healed. According to the author, then, core life issues are those issues which are constant themes in our lives—for example, the inability to stand up for one's self, the lack of courage and self-esteem to remove one's self from an abusive situation, the inability to trust others, a pattern of escaping through drug abuse or alcohol abuse, or a history of constant betrayal. In her book, therefore, Clark presented an engaging portrait of how she was introduced to what she calls the *Gifts*, which reportedly could empower people to heal their own core life issues and thus themselves.
Using the results of her clients' self-reports as case studies, personal accounts of events in her own life and therapy work with clients, and her inner experiences as a therapist with clairvoyant and intuitive abilities, Clark presented what she believed to be an intuitively-guided narrative book about what happened with various clients who were introduced to and used the Gifts to engage in soul retrieval and self-healing work. According to Clark, the Gifts are a series of dynamic, channeled images, which she received while in deep meditative states as she searched for a new and more effective way to heal, "a method that anyone could implement themselves to achieve total healing." Clark, therefore, described an extraordinary OBE (out-of-body experience) in detail and subsequent meditative experiences, noting that the soul template images to which she was introduced during these experiences and the energetic responses they reportedly elicit, flow from a soul encoding process which took place when the universe was forming. A template of four levels of "soul images" are thus presented in the book, along with a Master Image which reportedly contains a micro-system of components of the four levels and holds the power to activate and orchestrate the individual images of the original template.

Clark made some bold claims in her book in regard to the origin and the use of the various levels of soul images and the Master Image for soul retrieval and self-healing. According to Clark, three Level One Images can be used to clear a person's major energy centers, reconnect a person's body energetically, and enable a person to clear denial of the ability to fully access cellular and subconscious memories and information. These images reportedly unlock a person's ability to hear how to move forward with a sense of purpose and a desire to heal. Three Level Two Images reportedly can be used to provide the gift of soul recovery, acting "like a sieve moving through time" to retrieve lost soul parts from past, as well as present, lifetimes. However, to reintegrate the soul pieces, forgiveness is often required. Clark thus offered a seven-step forgiveness visualization exercise. In turn, four Level Three Images reportedly can be used to provide the gift of integration and greatly accelerate forgiveness, working subconsciously and at a cellular level to facilitate inter-dimensional connectedness, understanding, forgiveness, and release of blockages associated with energetic shutdown due to physical or emotional trauma. Two Level Four Images reportedly can be used to continue to elevate and stabilize a person's vibrational resonance, empowering a person with higher awareness and allowing a person to reach out and realize that s/he is a connected part of the Universe. A premise here is that the more elevated a person's vibrational frequency becomes, the less disease is sustainable in a person's body. The Master Image reportedly can be used to enable a person to achieve almost instantaneous reintegration of recovered soul pieces by raising the vibration of a person's disparate soul pieces, along with the person's own present vibration, to a new, higher frequency at which the person and his/her soul pieces can blend and become one. The Master Image also reportedly can be used to stabilize a person's energy field.

It is not my intent in this book review to challenge the validity or veracity of Clark's claims. Rather, I think it would be more constructive to suggest to potential readers to come to their own conclusions. That is, potential readers may want to experiment with the exercises and images in the book to test out for themselves the possibilities for self-
healing that are presented. Specific results in dealing with fears, phobias, limiting thoughts, addictions, and self-abuse were reported in the book for Clark's clients. The book is not a scientific treatise, nor is it intended to be. However, for those who are more scientifically oriented, the case studies are there in the book for reference and thus with permission of the author and the clients, can be researched. The template of soul images are also there in the book, along with exercise instructions, and so can be personally tested for presumed mind-body-soul healing results. In my various professional roles as a psychologist, professor, consultant, and author, I have a relatively open, curious, and inquisitive mind, but also one that questions and looks for ways to have things make sense for me. In this light, I did experiment, although not fully and completely, with the images to see what happened for me. While I currently cannot claim any noticeable and dramatic results, I can say that while briefly playing with the images I did experience some of the "energetic shifts and effects" that Clark described. For example, I had wonderfully insightful dreams and I did "feel" an energy shift surrounding my body and a temporary effect on my consciousness. Perhaps something was and is happening at a subconscious and cellular level. At the moment, however, I cannot honestly say what any of this means. Nevertheless, if the Gifts are able to evoke helpful, positive, and hopeful thoughts about engaging in a constructive self-healing process, then perhaps they and the book may serve the intended purpose. In this light, I would encourage people to get this book and to entertain the idea of the possibility of soul retrieval work for self-healing purposes. It is a fascinating idea!