

The THEO Group



Soul Integration Certification

Soul Integration™

Soul Integration™ Certification Playbook

Table of Contents

- Section One: Soul Integration™3**
 - Journey of the Soul4
 - THEO Soul Integration Discussion5
 - Commitment to Self.....9
 - Intention and Self Discovery10
- Section Two: Orphan Rescue Introduction14**
 - Orphan Rescue eBook.....15
 - Orphan Rescue Map with Numbers and Descriptions.....39
- Section Three: Orphan Rescue Personal Experience Notes40**
 - Orphan Rescue Personal Notes.....41
- Section Four: Facilitator Perspective of Orphan Rescue52**
 - Orphan Rescue eBook Facilitator Perspective.....53
- Section Five: THEO Definitions66**
 - THEO Glossary67
- Section Six: Contracts69**
 - Soul Integration Certification Contract70
 - Soul Integration Certification Contract Addendum76
- Section Seven: Resources80**
 - Orphan Rescue 10 Step Quick Guide.....81
 - Orphan Rescue Map82
 - Psychological Resources83
 - Sample Intake Form.....84



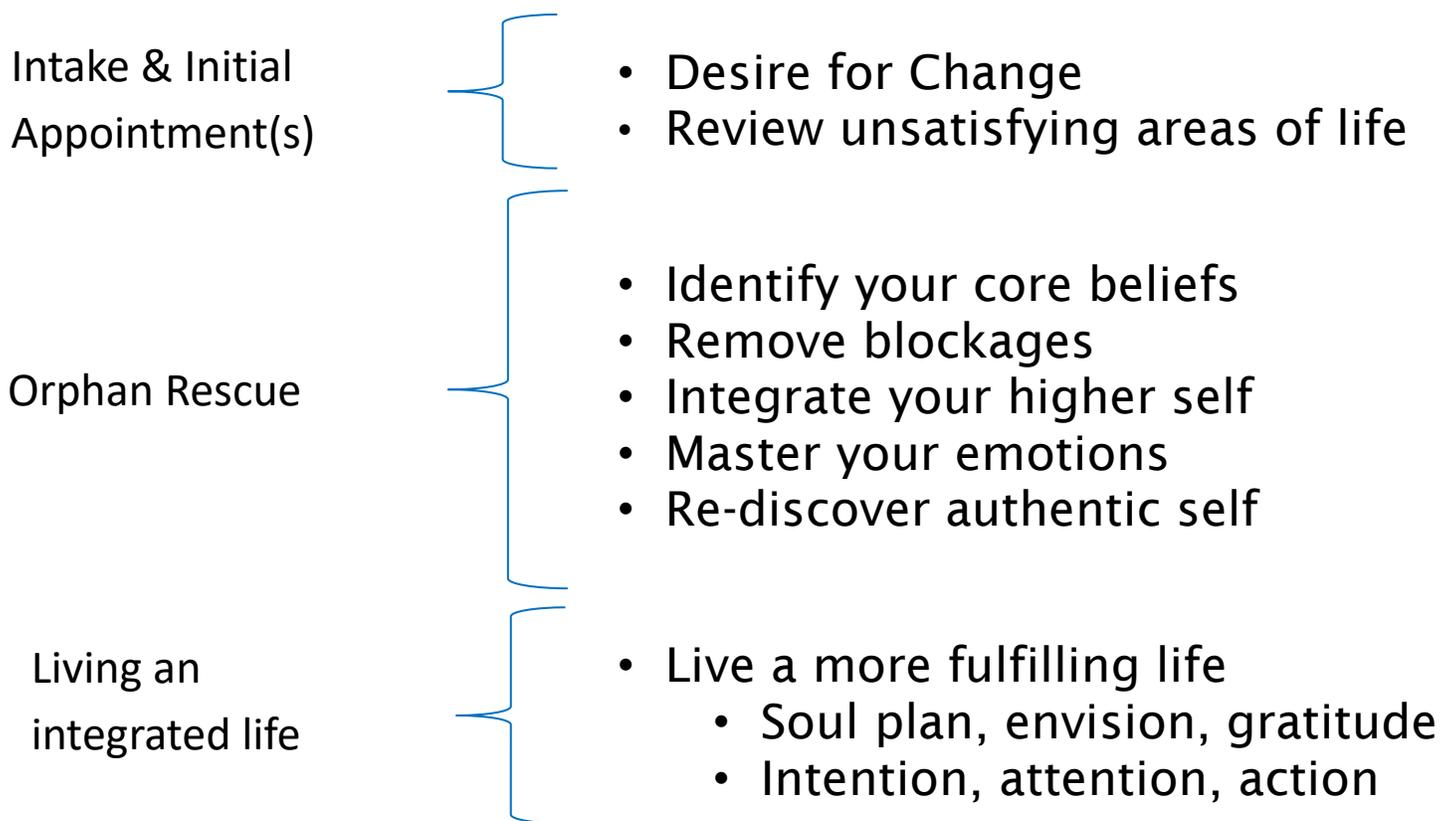
SOUL
INTEGRATION™
CERTIFICATION



SECTION ONE:

- Journey of the Soul
- THEO Soul Integration Discussion
- Commitment to Self
- Intention and Self Discovery

Journey of the Soul: How to Live a Soul-Centered Life



THEO discusses their Soul Integration™ process introduced in 1974

We asked THEO to share their insights:

“It is a process of understanding the fragmented aspects of the soul that influence the emotional patterning in one’s life experience and the response to situations and circumstances coming from that fragmentation. So, the integrative process is an understanding of core issues that have created the separation out of necessity of survival. When one is aware one can parent and bring home the little orphan that has been abandoned in that circumstance, as the adult-self took over for the survival aspect of its experience. So, when one is aware of certain circumstances and situations in which a separation (an orphan / fragmented aspect) has occurred, that has ingrained a certain response in life from the emotional body, the situation can be changed in that moment to love, self-love and acceptance.”

Speak more to self-love and acceptance:

“When one becomes aware of the age in which a part of the soul has been set aside, the growth of that aspect was stunted that created a continual response out of fear and sadness and grief at times, of non-acceptance and non-love. So, when there is this recognition the whole self, the adult self can parent and love this little orphan and bring it home, not separating it any longer. And not only understanding it intellectually, with that revelation, there is an emotional response and compassion that occurs. In that revelation, there is a recognition of why one has responded in life on the

emotional level as they have. This homecoming allows one that consciousness. So, there is this experience of change of belief and reaction.”

How does this affect the manifestation process?

“It allows the being to be open and receptive to all the abundance that they seek, because there is an open-hearted receptivity. No longer a belief of not being good enough, but one is accepting, available, appreciating all that is and can receive with love.”

Some people are having a difficult time connecting with these fragmented aspects of self, can you please speak to that?

“It is because they’re too intellectual about it. It is in that moment of reaction that one can contact and say, ‘Who is reacting at this time?’ And not negating when something comes forth by saying that can’t be it, or it must be something different. Go with the flow of it and if there is not a flow, ask again, ‘Who is so uncomfortable inside?’ You will be aware. There may be a small voice that says, ‘It is I.’ It may be a feeling, pay attention to what you’re feeling and sensing. If you’re a visionary you may see this being, if you are not, you are a sensory preceptor and you will feel it being present. Each of you will receive in different ways, do not discount it when it comes forth. And parent this little orphan, let it know that you’re there for it, that you love it, and you will communicate. What does it have to say to you? It may come at a time unexpectedly, for your intellect will not be so critical or so in charge - intelligence wants to keep control of you.”

The Ego?

“Yes. So, it is to be in that soft place of the heart to allow for it to be, not the mind or the intellect. Easier said than done. We can give you many words, but it is in the experience that it unfolds. You may continue to ask and ask and it seems as if the answer is not there and all of the sudden spontaneously there it is. Trust the process.”

How would you differentiate this process from the shadow work or the inner child work that people speak about today?

“We have often said it is much like the inner child work of the psychological model that is present, but it is expanded into the multidimensionality of the soul. For the soul carries with it a blueprint of what it wishes to learn, for the learning is emotions. And when one recognizes whom it is and the circumstance that revelation of what we speak, there is that moment of, ah now I know why I react the way I do. And there may be a process of grief that allows for tears to come and the expression to be completed. Allow for that to be as well.”

Discuss the soul retrieval process in shamanic traditions and the soul integration process.

“Very similar because all humans come from shamanic backgrounds for there is that aspect of selves that can address the multidimensionality of that experience, if allowed. And that is a blessing.”

So, when we meet our orphans, what now? Tell us about the parenting process.

“You speak to the orphan letting it know you love it and you will continue communication for there will always be contact once you are conscious of it. It doesn’t go away, it comes into you more. Your responses will change. Let it know it is not alone and you’re doing it together. You will find a calmness that permeates your body at those moments as if you were exhaling.”

Tell us more about the benefits of Soul Integration.

“Greater peace within. The happiness many seek is truly a peace in the heart and comfortableness of being in your skin and in your life. Your response to situations, circumstances and challenges will have changed. You will not feel victimized but know you have the ability to transmute all energies. With this integration, there is that self-love that permeates the atmosphere in your life that draws unto you that manifestational flow of ease. There is a relinquishment of time and space and a knowingness on the inner that all is well, no matter what is on the outer. They are only opportunities of growth and that would be felt. How you respond to those opportunities will be with peace and not angst. You feel empowered.”

Is this a process unique to the human experience?

“The emotional learning, yes. It is, for the learning on the earthly plane and human experience is emotion. When one comes into emotional mastery, they recognize the master that they are.”

COMMITMENT TO SELF

Congratulations – you have placed your foot on the path toward Soul Integration. We look forward to having you participate. We invite you to make this commitment to self to have the best experience possible.



We encourage you to **put yourself first** and really soak it all in during this experience. We've found those who do, experience the most significant integration - peace, abundance, and enlightenment.

I Commit To Myself To:

Respect myself and own my power, speak from my heart and stand in my authenticity;

Not sacrifice my own needs to make other people happy, or do for them what they can and should do for themselves;

Practice daily meditation;

Engage in Quality Self Care:

get ample sleep,

focus on good nutrition and hydration,

exercise regularly,

follow any established medical practices,

schedule medical appointments, energy balancing, massage, therapeutic appointments, etc... as needed;

Set aside time for myself to process the information (gleaned in class, practice facilitation, meditation, interactions with classmates and others);

Practice the three-day rule to allow myself space to grow – give myself time to feel emotions that may arise and to reflect before I react;

Journal (emotions, feelings, inspiration, facilitations, ah ha's) as inspired.

Name: _____ **Date:** _____

Signature: _____

SOUL
INTEGRATION™
CERTIFICATION

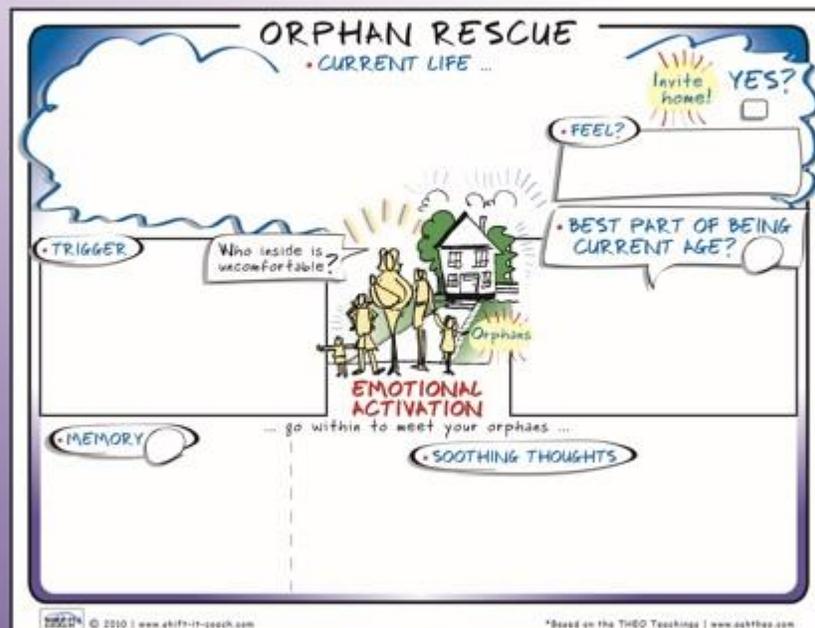
Tab 2

**ORPHAN RESCUE
INTRODUCTION
SECTION TWO:**

- Orphan Rescue eBook
- Orphan Rescue Map with numbers & descriptions

SOUL INTEGRATION SERIES

Orphan Rescue Map & Instructions



SHIFT-IT Coach, Inc.
www.shift-it-coach.com



The THEO Group
www.asktheo.com

Therapeutic Disclaimer: This Orphan Rescue eBook is a collaboration between The THEO Group, Inc. and SHIFT-IT Coach, Inc. This visual tool is designed to assist creative and resourceful people in their self-development pursuits. It does not provide, advocate, or substitute, in any way, medical or mental health advice. Its use is solely at the discretion of the user.

Powerful, practical, and life-enhancing teachings from the extraordinary source that has touched countless lives: the consortium of archangels collectively known as THEO.

THRIVE – A Soul Integration™ Experience with THEO:

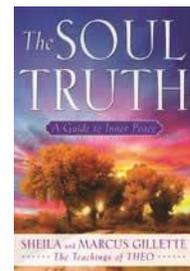
This booklet began as part of a leading-edge 7-week webinar series co-hosted by The THEO Group and SHIFT-IT Coach, Inc called “Thrive in the Time of Awakening”. It’s now grown into the 12-week mentoring program called “THRIVE – A Soul Integration™ Experience with THEO.” Below is THEO’s message to the people who are attracted to this program ...

It is a time of coming into the wholeness of one’s self. It is time of awareness of one’s totality, the holiness, the divinity that you are. And as you address this soul integrational process, the enlightenment of self will bring peace and joy. God’s love onto you.

A Note About Soul Integration™:

Soul integration™ is a simple, multidimensional process that requires you to quiet the mind, center the self, and to listen, watch and feel as your soul communicates. This Orphan Rescue Booklet fits within the larger **Soul Integration Process®** that THEO has been teaching since the early 1970s and shares, via their books **The 5th Dimension** and **The Soul Truth**.

As THEO teaches, the years leading up to 2012 may represent the most profound shift in consciousness and spiritual awakening ever before experienced on our planet. THEO uses The Soul Truth to respond to hundreds of important questions affecting all areas of our lives at this unusual time. Introducing humanity to an accelerated path of spiritual development by utilizing the **Soul Integration Process**.



For more in-depth information on **The Soul Integration Process®**, including its application to Relationships, Children & Parenting, Spirituality, Angels & Spirit Guides, Multidimensional Experiences, Manifestation, Health and Healing, Death & Dying, Afterlife and Reincarnation ... please see **The Soul Truth: A Guide to Inner Peace** or **The Soul Integration Certification program**.

Purpose of Orphan Rescue Map:

- **To Use When You Are Overly Emotionally Activated By Something That Happens;**

- **To Identify Which 'Orphan' (Younger Part Of Self) Is Involved;**

- **To Soothe And Self-Parent This Younger Version Of You**

- **To Integrate This Orphan Into Your Adult Life With Proper Supervision And Support**

- **To Provide Relief And Tone Down Or Eliminate Activation In Future (i.e. Practice Soul Integration).**

Overview of Exercise:

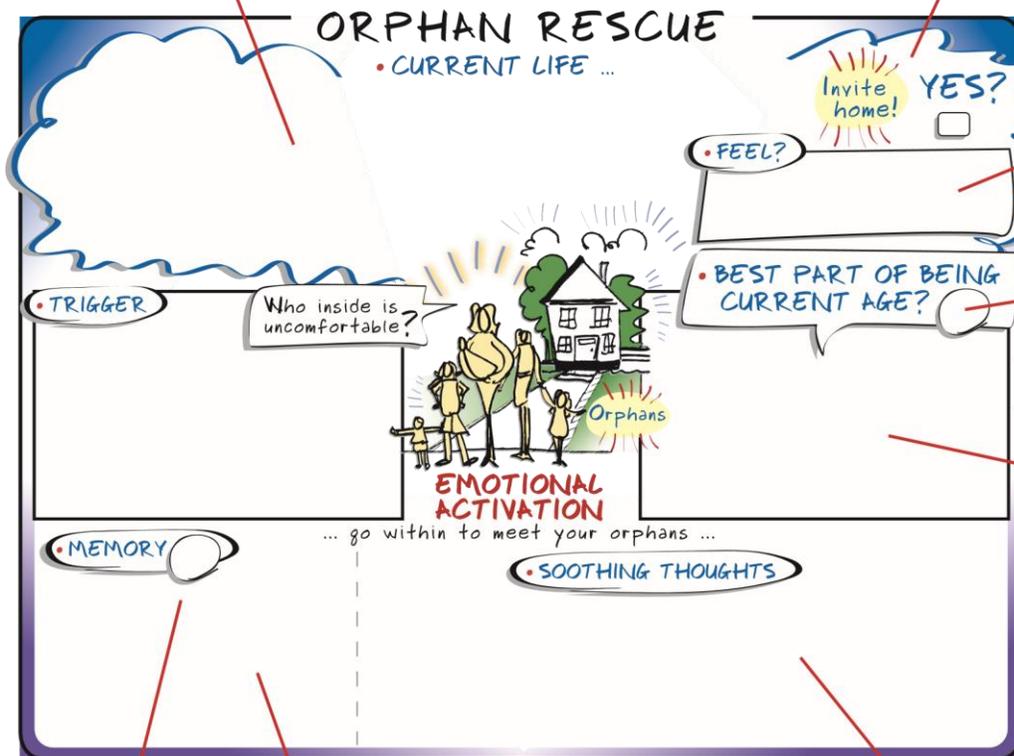
The Orphan Rescue exercise (part of Soul Integration) is used when you notice yourself becoming 'overly activated' about something in your life, which is a sign that something beyond just your current situation is afoot. This something usually has to do with an earlier episode, incident or situation in your life (or in a past life). Usually something of a negative or upsetting dynamic (or trauma) that has a similar feel to what has just happened in your life.

This map (and its accompanying directions) assist you to identify this earlier dynamic in your life and to integrate (therefore providing relief and de-activation). The earlier dynamic is usually connected to a memory that a younger part of you holds. This younger part of you is called an "orphan". This younger part of you has inadvertently been abandoned (by you or others in your life) and needs to be rescued and loved --- so it is no longer activated by things that occur in your adult life. This activity is a powerful 'soul integration' exercise --- that enables you to reclaim your power and put your functional, adult self in charge of your life.

Current Life:
Describe your present life to your orphan.

Make invitation - do they accept?

Feel:
How do you feel after doing this process?



Insert your age.

Current Age:
Describe best part of being current age.

Insert age of orphan.

Memory:
Describe scene that your orphan inhabits.

Soothing Thoughts:
Self ?? and re-educating your orphan.

Before You Begin:

Create a quiet space for yourself where you aren't likely to be disturbed.

Set aside at least 30 minutes to complete.

Overview of Steps:

1. Notice Current Situation That Has Emotionally Activated You.

2. Define What The Best Thing(s) About Being Your Current Age Is.

3. Go Within And Ask 'Who Inside Is Uncomfortable?'

4. Identify The Age And Circumstances Of Your Orphan.

5. Freeze Frame The Scene And Nurture Your Orphan.

6. Ask What Else They Are Upset Or Confused About And Soothe.

7. Explain Current Life And Invite Orphan To Join.

8. Collapse Time And Bring Them Forward.

9. Set Appropriate Roles And Expectations.

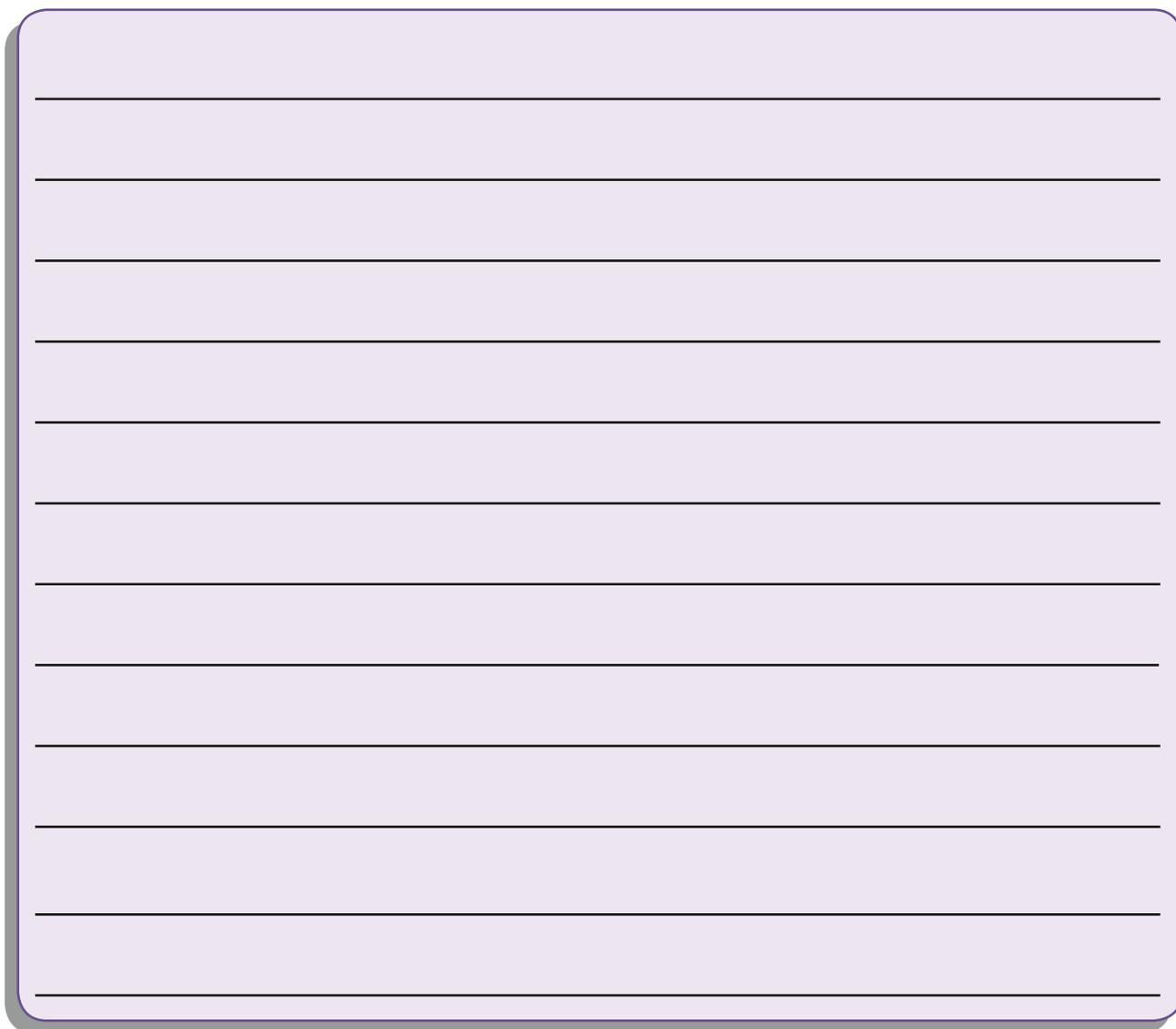
10. Check For Relief.

1. Current Situation That Has Emotionally Activated You

We do Soul Integration and Orphan Rescue work when we notice that something in our current life really bothers us --- i.e. when we are 'emotionally activated' by something, perhaps having a reaction that is above and beyond what would be natural or normal for the situation.

Pay attention to the things that spike you emotionally (in a negative way). Make a note of them and when you are able, sit down and complete an Orphan Rescue map to complete a piece of your Soul Integration work.

Notes: Current Situation That Was Emotionally Activated



A large, light purple rounded rectangular box with a thin dark border, containing 15 horizontal lines for writing notes.

2. Best Thing(s) About Being Your Current Age

Soul Integration and the Orphan Rescue process is about identifying and integrating a younger, upset part of yourself. In order to do that successfully, we must get you identified first with your present-day, adult self. To help evoke and anchor this energy, ask yourself this question and list your answers.

***** What is the best thing about being your current age? *****



Example:

Being able to do what I want.

My wisdom and experience.

Being the master of my own destiny.

Etc.

Chances are, the answers that you personally come up with, will in some way perfectly address and counter the energies of your orphan. So it's important to evoke your adult self before going in to encounter which particular orphan has been stirred up.

Notes: Best Thing(s) About Being My Current Age

3. Go Within And Ask 'Who Inside Is Uncomfortable?'

Take a few moments to center and calm yourself by taking a few deep breaths. Then, in your mind's eye, summon up the present situation that has emotionally activated. For example, perhaps you overly reacted to something you heard on television or uttered by a friend, colleague or family member. Or, you suffered an uncomfortable interaction of some sort. Or a rejection, judgment or some such thing. Bring the memory of this recent incident to your mind.

When you have the incident in your mind, notice your body reactions to this incident. Wherein your body did your reaction happen? In your chest? In your hands? In your stomach? In your shoulders or back? You will have had some sort of immediate or automatic somatic (body) reaction to the incident. Locate your own unique body interaction to the incident that recently happened to you.

When you have identified the region of your body that had the reaction ... focus your attention on it and ask ... "who inside is uncomfortable?"

Ask this question (you may need to ask it a few times) and wait for a response. Your response may come in the form of a visual flash, a feeling, or a sense. Usually it is connected to an earlier time in your life. Allow any information to come through and accept it (do not censor). Ask yourself 'how old am I?' 'what am I remembering?'. Some scene or memory from your past will reveal itself to you. Just relax and let it come out.

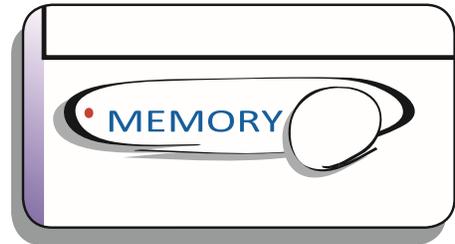


Notes: Describe Your Memory (lightly, try to not emotionally engage with it in a deep way, just take high-level, observation notes of what occurred).

A large, light purple rounded rectangular box with a thin dark border. It contains 20 horizontal lines for writing, spaced evenly from top to bottom. The box is intended for taking notes as described in the text above.

4. Identify The Age And Circumstances Of Your Orphan

When the memory starts to come into focus, write the specifics of it down. How old were you and what was happening to you at that time? This memory will have the same feel (frequency or vibration) as the current life situation that originally triggered you and brought you to your Soul Integration work. If the memory is particularly traumatic, be sure to keep yourself 'out of the memory' just looking at it and observing it from a safe, high distance. Record what happened and how the younger part of you was impacted. This is the orphan that this particular incident in your current life is connected to. There is unfinished work for you to attend to.



Note Regarding Multi-dimensional Experiences: occasionally you may ask these questions and encounter something that is not logically yourself but some other aspect of consciousness. You may encounter a group or collective memory (shared by many people), or a memory from a time far beyond your present lifetime (i.e., past life). Go with it (do not be afraid or concerned ... sometimes our consciousness works in mysterious ways). Just write down whatever story and explanation comes to mind. It is coming to you for a reason, so trust it and proceed according to the next instructions.

Notes: Any More Details That Come to You?

5. Freeze Frame The Scene And Nurture Your Orphan

Next, freeze-frame the scene that your orphan is in. Literally imagine all of the action being frozen and your orphan being left in the middle of it --- kind of blinking their eyes and wondering what happened to make everything around them freeze.

Next, allow your current, adult self to materialize in front of this orphan (like dematerialization in a Star Trek episode). Your orphan may find this a little unusual (as it's not every day that your scene freezes around you and your Future Self materializes in front of you!). Gently introduce yourself to your orphan and explain who you are and what you are doing there (i.e. "I am your Future Self ... I'm you at the age of ____, and I'm here to help you, you no longer have to suffer through this situation alone").

Proceed to nurturing your orphan. You have interrupted them in the middle of an unpleasant, perhaps even traumatic situation. Bring your adult consciousness to this situation, as you would to any little child (or adolescent or adult) in distress. Soothe them. Say comforting things that you know to be true from your adult perspective (to evoke your adult consciousness, go back to your answers about 'what is the best thing about being your current age'). Bring comfort to your little orphan by reassuring, soothing and explaining things to them (in age appropriate language and concepts). If you are a parent in your adult life, treat this orphan as you would one of your own precious little children when they were at the same age as your orphan is (or, think of children you know of the same age and act accordingly).



6. Ask What Else They Are Upset Or Confused About And Soothe

After the initial round of soothing, see how what you are saying is 'landing' with your orphan. Are they taking it in? Are they understanding what you are saying to them? Find out if there is anything else that they are concerned or confused about and explain that layer of things to them too.

Often these traumatic situations have several layers to them. For example, a child who is being yelled at by an upset adult, may not understand what the adult is saying or why they are saying it in the manner they are. They may be upset, scared or intimidated by the energy coming at them. They may incorrectly internalize messages and create a belief that they are 'bad' or 'not enough', or 'unlovable'. Or some other equally damaging message that the child internalizes and carries with them through their life (all the way into your adult life now!). Teach them the healthier way of looking at things. Just because someone is mad at them does not mean they are inherently bad or worthless. Let them know they are loved and you will not abandon them.

If you don't know what to say to your Orphan, think of what you would say to any child of their age caught in a similar situation. If you are a parent, what would you say to your own child? If you aren't a parent, think of your friend's or colleague's children or even children in general. Another tactic: bring in your Future Self or Higher Self to speak to your orphan. Also, seek the assistance of a qualified therapist or coach to help you 'rewire' and 're-program' the erroneous thinking (and feeling) that your orphan took on.

"When there is resistance to anything in one's life there is an aspect of the soul that is acting out. Take time and go within and ask, "who is reactionary?" ~THEO

Notes: Additional Soothing and Nurturing of Your Orphan

A large, light purple rounded rectangular box with a thin dark purple border. Inside the box, there are 18 horizontal black lines spaced evenly down the page, providing a space for handwritten notes.

7. Explain Current Life And Invite Orphan To Join

When you have soothed your orphan and some level of relief has been reached, it is now time to extend an invitation to your orphan to come and join you in your present time. They have unknowingly been living in their negative alternative reality for perhaps many, many years (like the movie Groundhog day, where the same day plays out over and over – but in this instance, unlike the movie, there is no improvement or positive progression). Explain to your orphan that it is not necessary for them to spend another minute in discomfort. That they can release any loyalties or concerns they may have for the people in their memory scene (all of these people have already moved on in time and they are not responsible for them). Now it is time for your orphan to do the same. To join you in your present-day life and to live as they were not able to live before.

Say to your orphan “would you like to come and live with me?” and “you don’t need to stay here anymore, you can come and live with me”. Explain what your adult life is like (where you live, what your home is like, what you do, who is around you). Wait for an answer. Most orphans will jump at the chance to leave the scene they have been playing out over and over in order to come and join you in a new life. If you encounter any resistance, ask what they are concerned about and find a genuine way to soothe whatever concerns or hesitations exist.



Notes: Explain Current Life to Orphan and Extend Invitation

8. Collapse Time And Bring Them Forward

When your Orphan has given their permission to join you --- take them by the hand (or in the case of a very young child, pick them up and embrace them) and bring them forward in time. Be sure to 'collapse time' behind you. Feel the old scenario collapsing in on itself, never to be resurrected again. The only way to go is forward --- forward into the time and place of your own adult reality.

Bring yourself back to your present reality. Open your eyes (if you have had them closed). And sense your Orphan. They are there with you now. You will sense them somewhere around you (perhaps to your left, to your right, right in front of you, or within you). Welcome your Orphan to their new home and surroundings. Point things out to them. This is their new home. You may feel their excitement and curiosity within you. Allow them to check things out!

Notes: Welcome Orphan and Introduce to Surroundings

9. Set Appropriate Roles And Expectations

When your Orphan has had an opportunity to quickly take in your surroundings, spend a moment defining your roles. You, as the adult, are now responsible for this younger you. It is now your responsibility to parent her or him (in the case of a young child) or mentor her or him (in the case of older children and young adults). Make a pledge or promise to them to be the parent and/or mentor that they never had. The parenting that they received in the past was most likely lacking. Now you have the opportunity to be the kind of parent or mentor that they truly need. You can right the wrongs of the past and enable this Orphan to finally fully flourish --- most likely using gifts, talents and abilities that were hampered. Now you want to fully welcome them to be their full selves (as their natural energies and talents can often hugely benefit your present life).

If you are dealing with a younger Orphan, it is important to explain to them that you are the adult and they are the child ---- and it is not their responsibility to get involved in the adult issues of your life ... that is your territory and responsibility, not theirs. Their role is to be a kid and enjoy life! You will take care of the adult responsibilities like your career or business, earning and managing money, interacting with other adults, any adult problems that come up, etc. This is very important, as sometimes our Orphans have been running the show! Its important to have them be in their appropriate spaces in your life and you the adult to be in the leadership role in your own life! Your Orphan can often help you by providing creativity, enthusiasm, talents and gifts --- but ultimately it is your responsibility to look after them ... not them look after you!

Take a moment to set boundaries and appropriate rules with your orphan. Explain what their role is and what your role is. Make it very clear what you expect them to do and what you will take care of.

“Trust the Soul Integration process
... it does work, embrace it.” ~THEO

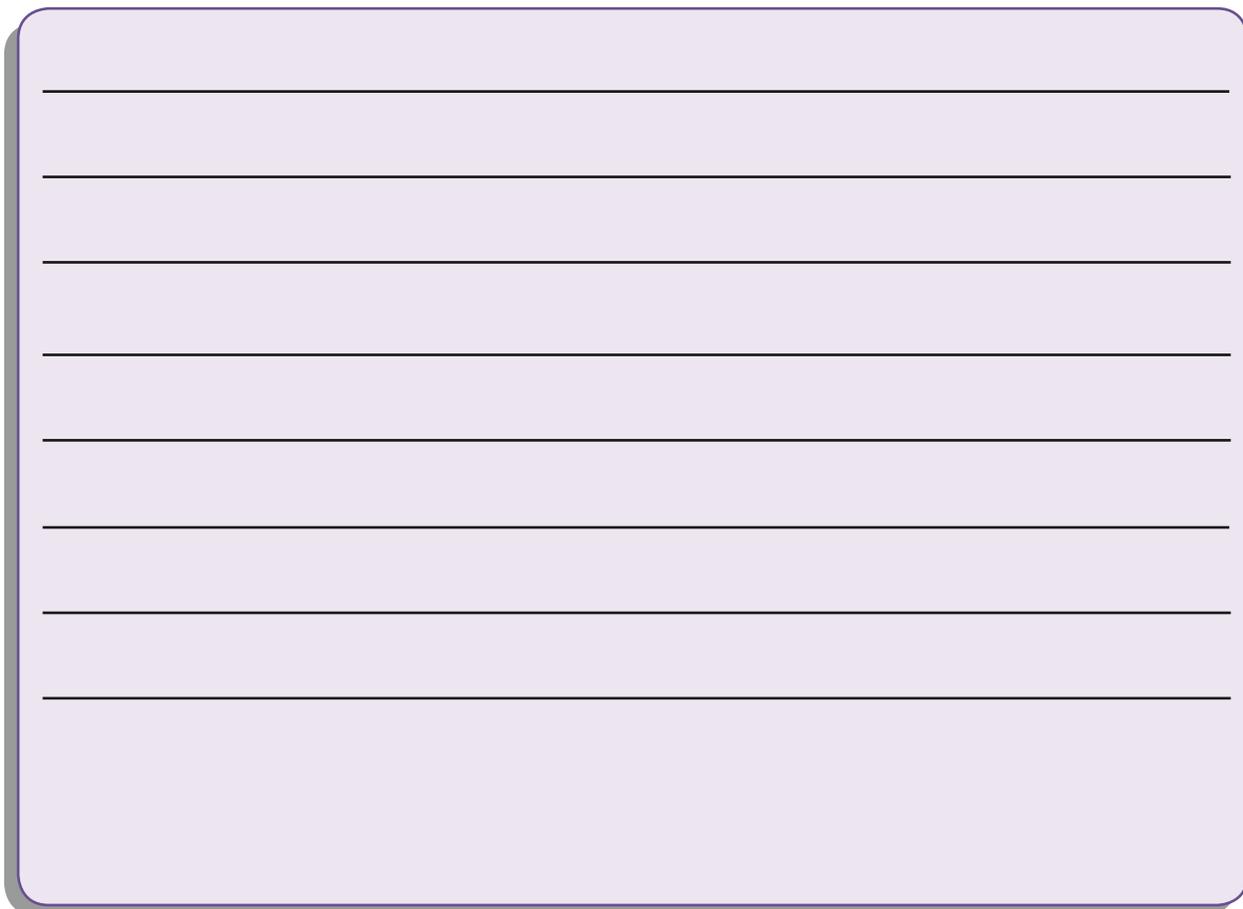
Notes: Set Clear Ground Rules and Expectations

A large, light purple rounded rectangular box with a thin dark purple border. Inside the box, there are 18 horizontal black lines spaced evenly down the page, providing a template for handwritten notes.

10. Check For Relief And How You Now Feel About Original Incident

After your orphan has been introduced to your surroundings, let them run away to safely explore their new world. When they are out of ear and sight range, take a moment to consider your Soul Integration™ and Orphan Rescue Experience. How do you feel? What did you learn? How do you now feel about the triggering experience that started the rescue of this particular orphan?

Notes: Debrief of Orphan Rescue Experience



A large, light purple rounded rectangular box with a thin dark border and a subtle drop shadow. It contains ten horizontal lines for writing notes, spaced evenly down the page.

POST ORPHAN-RESCUE SUGGESTIONS:

Be Gentle with Yourself:

After completing Orphan Rescue work ... be gentle with yourself. Take some quiet time to reflect on your experience and allow your internal shifts to settle in. Perhaps by being out in nature or taking a bath or shower. Water is a great way to mark the passage of deep emotional work.

There is nothing further you need 'to do'. The process for this particular aspect has taken place --- trust yourself and your process. Soul Integration™ is often not an intellectual or logical process. It is often more emotional and feeling oriented ... so know there is no expectation to 'have to make sense of it all'. Just allow whatever happened for you to be perfect.

Revisitation of This Particular Orphan:

Chances are, given the work you have just done, that you will not be revisited by this particular Orphan again with the same intensity as before. If you do feel agitation again, just gently touch in with this Orphan to see what has triggered them. You may need to do another round of soothing, reassurance or education. Or, perhaps they have stepped out of the boundaries you set with them. If so, gently remind them that you are in charge of that area of life now and softly reorient them to the role they are now playing.

Soul Integration is an Ongoing Process:

Soul Integration work is an ongoing process! Whenever you find yourself emotionally activated it is your sign that an Orphan is somehow connected. This Soul Integration and Orphan Rescue Booklet can be used again and again to work with the different Orphans you encounter in all aspects of your life. Use it as a helpful companion to continue the process of identifying and integrating the fragmented parts of yourself ... enjoy your journey to wholeness!

See challenges as an opportunity of growth rather than
feeling victimized-- the energy will shift and change.

~THEO

CO-PRODUCED BY:

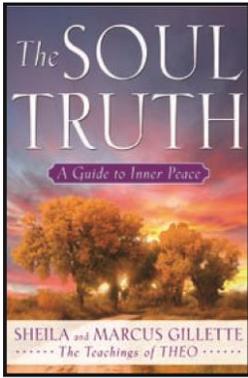
About Sheila and Marcus Gillette and THEO:

In 1969, Sheila Gillette nearly died following a pulmonary embolism suffered during the birth of her third child. Following her improbable recovery, Sheila began experiencing various types of psychic phenomenon leading her to become the direct voice channel for twelve archangels known collectively as THEO. Sheila's psychic abilities have been verified by para-psychological researchers, physicists and other scientists across the country, as well as by the hundreds of thousands of people that have sought THEO's insight.



Notably, this includes Esther Hicks, for whom Sheila and THEO were the catalyst for her to begin channeling ABRAHAM. As Esther has described in her best-selling books, events and films, THEO predicted that she would channel her own group of higher teachers and instructed her on how to begin the spiritual process of becoming receptive to their energies. Within a year of Esther's experience with THEO, she began channeling ABRAHAM.

While comprised of twelve angelic beings, THEO speaks through Sheila in a single voice. THEO has never been embodied, but rather speaks to us from higher dimensions. Paramount to THEO's teachings is soul integration, which is an authentic path to wholeness, or what many conceive of as enlightenment. The individual and collective challenges people face, as well as the dreams and ambitions they aspire to, can be met through learning how to become fully soul integrated. In this way, the Law of Attraction takes on new meaning as desired vision becomes less cerebral and more fully integrated in mind, body and spirit.



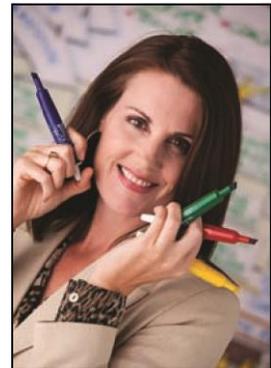
Sheila has been astonishing radio, television and live audiences with THEO's teachings for several decades and has authored two books; the first published by Simon & Schuster titled, **The 5th Dimension: Channels to A New Reality**. Her second book, **The Soul Truth: A Guide to Inner Peace**, was co-authored with her husband Marcus, and was released in December 2008.

In 1997, Sheila and Marcus created The THEO Group, an organization dedicated to sharing the wisdom of the angelic hierarchy to assist humanity as it shifts into a higher state of consciousness. Sheila and Marcus are acclaimed keynote speakers and conduct seminars, workshops and other events worldwide. Listen in on their "Ask THEO Live" radio show --- #1 downloaded radio show on the 7th Wave network in 2010 with more than 1,000,000 downloads! For more information, see their multimedia website, www.asktheo.com

About Christina Merkley, The SHIFT-IT Coach:

As a pioneering '**graphic coach**', Christina Merkley facilitates powerful awakening in individuals, partners and conscious businesses and is an internationally recognized coach of coaches.

Known for her innovative visual methods and progressive mindset, Christina's work juxtaposes her childhood love of doodling and drawing with a fascinating background in organizational and personal growth.



With a Masters Degree in Organizational Development & Transformation (ODT), Christina began her career in the San Francisco Bay area as a Graphic Recorder with The Grove Consultants International traveling extensively throughout North America and Europe.

In 2001 she launched her independent graphic facilitation practice - Make Your Mark, LLC where she honed her skills in strategic planning and visioning working for such notable clients as Hewlett-Packard, eBay, Stanford University, The Institute for the Future and The Gordon and Betty Moore Foundation.

Increasing disillusioned with corporate consulting and experiencing a quickening of her spiritual path ... Christina left her U.S. corporate career to pursue her dream of integrating the visual methodology with coaching and spirituality – returning to her lovely hometown of Victoria, British Columbia, Canada.



Inspirationally received, her SHIFT-IT System® (comprised of 17 visual coaching tools) helps you discover and align with what you really want in work and life. Through her popular Certified Graphic Coach® and Interactive-Graphics programs she mentors facilitators, coaches, therapists and consultants from around the world on how to use visual thinking methods with their own clients.



A proponent of Law of Attraction principles, Christina's soul purpose is to assist the shift in consciousness that is occurring on our planet by helping conscious and creative oriented people and companies develop and successfully get their gifts out into the world.

Having been through the process of forging an alternative and prosperous path, Christina compassionately champions you in making your own action-based SHIFT to a soul-aligned life.

Training and Certification Opportunities:

The use of the materials and procedures in this e-book is restricted to your own private use. All rights reserved. If you are a coach, therapist or other helping professional, you may not use this material with your own clientele.

The THEO Group, Inc. has the THEO mentorship program, Soul Integration™ Certification, that empowers certified helping professionals to use the Soul Integration Process® and Orphan Rescue material in their own private practices. For more information, see www.asktheo.com

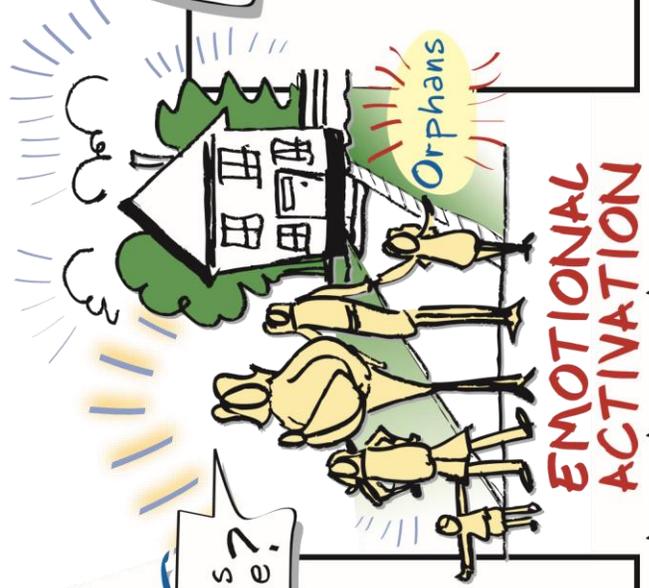
Christina Merkley trains helping professionals from around the globe in her pioneering Graphic Coaching methods via her popular **Fundamentals of Interactive-Graphics** and **Graphic Coach Certification** programs. For more information, see www.shift-it-coach.com

ORPHAN RESCUE

- CURRENT LIFE ...

• TRIGGER

Who inside is uncomfortable?



EMOTIONAL ACTIVATION

... go within to meet your orphans ...

• MEMORY

• SOOTHING THOUGHTS

• FEEL?

• BEST PART OF BEING CURRENT AGE?

Invite home!

YES?

ORPHAN RESCUE

• CURRENT LIFE ...

Step 7 Describe present life to your orphan and invite home

Step 8 Collapse Time and bring them forward

Step 9 Roles and expectations

Invite home!

YES?

• FEEL?

Step 10
Relief?

• BEST PART OF BEING
CURRENT AGE?

Step 2
Current Age

• TRIGGER

Step 1
Trigger?

Who inside is
uncomfortable?

Step 3
Who's uncomfortable?



EMOTIONAL
ACTIVATION

• MEMORY

Age?

Step 4
Memory

... go within to meet your orphans ...

• SOOTHING THOUGHTS

Step 5
Freeze frame and nurture orphan

Step 6
Ask what they are confused about and soothe

SOUL
INTEGRATION™
CERTIFICATION

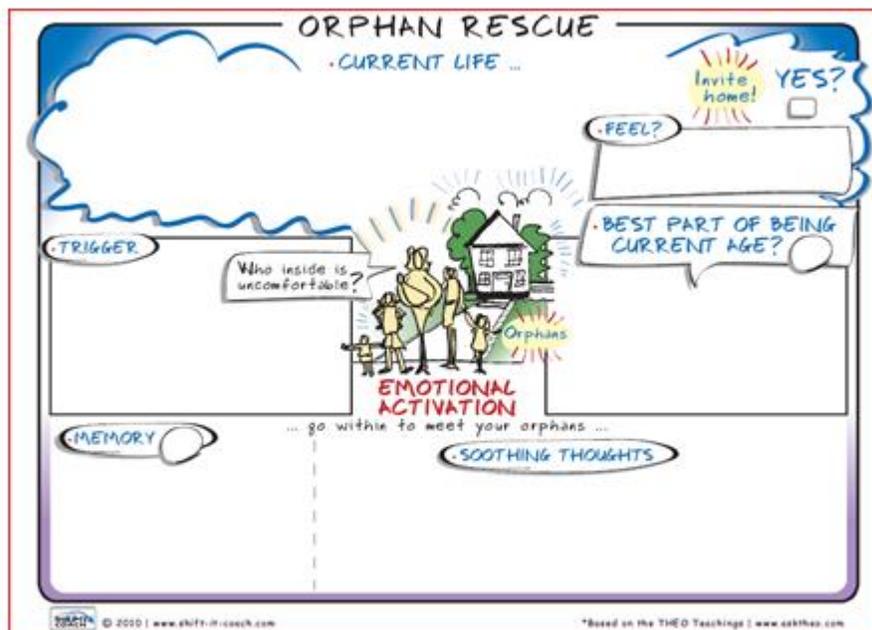
**ORPHAN RESCUE
PERSONAL EXPERIENCE
SECTION THREE:**

Orphan Rescue Personal
Experience Notes

Tab 3

Orphan Rescue eBook Overview Notes

Personal Perspective



ORPHAN RESCUE
CURRENT LIFE ...

Step 8 Collapse Time and bring them forward

TRIGGER

Who inside is uncomfortable?

MEMORY

... go within to meet your orphans ...

FEEL?

Invite home! YES?

BEST PART OF BEING CURRENT AGE?

EMOTIONAL ACTIVATION

SOOTHING THOUGHTS

© 2013 The THEO Group, Inc.
www.asktheo.com

Step 8 Collapse time and bring them forward

© 2022 The THEO Group, Inc. | All rights reserved | Unauthorized duplication is prohibited by law.

49

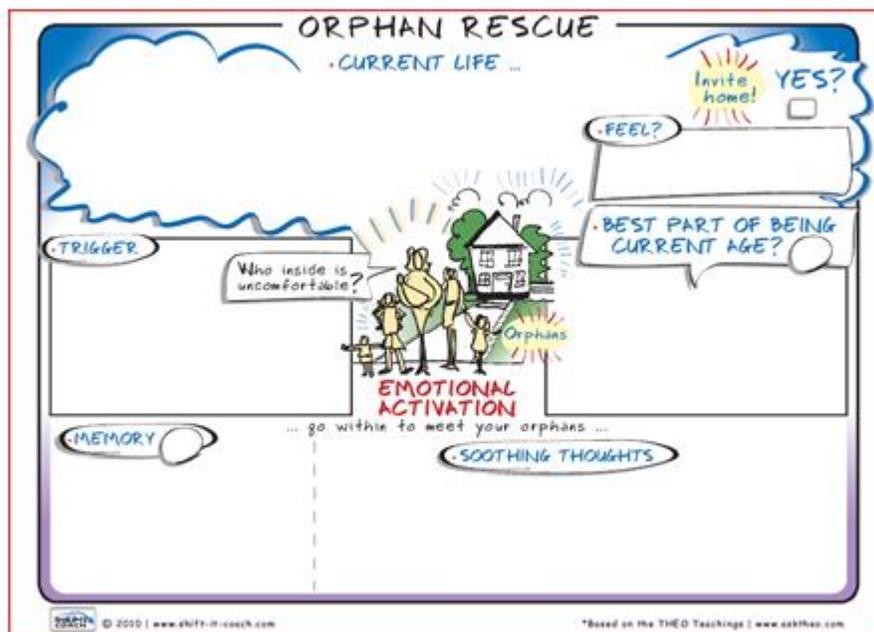
SOUL
INTEGRATION™
CERTIFICATION

**FACILITATOR
PERSPECTIVE
SECTION FOUR:**

Facilitator Perspective of the
Orphan Rescue Process

Tab 4

Orphan Rescue eBook Facilitator Perspective



© 2013 The THEO Group, Inc.
www.theo.com

SOUL
INTEGRATION™
CERTIFICATION

**THEO DEFINITIONS
SECTION FIVE:**

THEO Defines words and
phrases they commonly use

Tab 5

THEO Glossary **Ask THEO** TM

adult self	The empowered and intellectual self. The adult, the mature being, through life experiences.
archetypes / personality	Personality also can be a part of the ego. There are archetypal expressions throughout life. In this personality is how the personality sees (themselves) ... Who are you from your life experiences and the expressions shown to the world. It is how you and others see you.
archetypes / soul	The energy or vibration of the soul in its fuller expression inhabited in a human existence that's expressed in a life most often. Such as the artisan, sage, scholar, warrior, priest, healer. Those are the types and they express in different ways.
being neutral	Unreactive. Non-attachment to outcome, nonjudgment.
collapsing time	Energetic thing that can be done when one recognizes they're the creator. A multidimensional experience. Intend to have time working in your favor. With intention, you intend to be at a certain place at a certain time, then with intention it becomes so as you're moving within your masterhood and paying attention. Many have had the experience of collapsing time. For example having a small amount of time to get to a place and end up there early. Being on the causal side of time.
connecting with an orphan	Identifying, recognizing, being aware of the orphan. Not unconscious to it, knowing it exists.
core belief (limiting)	A core belief is what starts a repetitive pattern that is limiting. Core belief is a belief about self that has been adopted or has been created that limits oneself from being all they can be. Main two categories of core beliefs: Fear and Abandonment. There are many sub-topics under fear and abandonment: lack of love, unworthy, and more. Not to be too cerebral, rather allow one to experience it.
disassociation	Repetitive pattern or situation where fear arises and fragmentation happens then a disassociation from the event occurs and one fragments not to feel the pain or emotional pain, whatever it may be.
disentanglement	Energetic release. Energies that have been taken from another and given to another. It goes two ways. It is a relationship energy. Disentanglement is to not be connected to a pattern, to a person, to an event.
ego	Ego is necessary for life. That which is the shield to the world. It can set boundaries and barriers between one and another. It is a part of the personality. It is where one can discover how they have set themselves in the world, for the world to see them in a certain way. Ego can be orphan driven. In both the 'see me' or 'don't look at me' experience. The ego you need, that is what you work with in the world. It is a blessed part of you, and it has been much maligned. (Master teachers have ego, too. It aligns with their soul.)
emotional body	The emotions. It has to do with the nervous system, it is an energy field. That's where the emotions reside, very much attached to the nervous system and sensory perception. When you're emotional, you're feeling and all the senses are alerted. If someone is fearful the intuitive energy is very acute, their listening (is acute), their eyesight at times becomes more clear, hearing is acute - the feeling in the body of how to respond.
fight, flight or freeze	That is a feeling in the body. It is what occurs in the body as well. It has been the default mechanism for all human beings, all animals, when they feel they're in danger. For humans that can be emotional as well as physical.
first responder to life	The first responder is an orphan to the stimulus in the outer world, or to upset or fear. When one becomes fearful or triggered, activated, the first responder is the emotional body or an orphan. In a threat in some form it is the response of survival and triggered by fear.
fragmented aspect of the soul	Aspects of the soul that were disassociated, or set aside, so the higher self could take over in the incident it was having, for survival sake. (THEO also uses fragmented aspect and orphan interchangeably.)
full Soul Integration™	Coming into the wholeness of the being, the master that you are and the recognition of that.
future self	The higher self, that which you can see into the future of who you wish to be, who you can be, the possibility of that master.
higher self	The oversoul, the higher self, the sum total of all the multidimensional aspects of self. When one lives in that higher self one most often becomes fully integrated. It is not a perfect science, there are always situations, circumstances and conditions that occur in life. You become better at living the life when integrated. And then having the ability to draw unto the self that which one desires, and being a conscious creator.
hold the energy	Keeping in high thought of the highest vibration of an event or a person being all they can be.

Ask THEO™

home coming	Home coming in the context of an orphan, inviting the fragmentation or orphan to come home, to be a part of you, no longer abandoned or set aside.
hold the space	Same as holding the energy. An energetic holding.
inner journey	The inner process of self realization or integration. It is the process of it, isn't it? It is experiential.
integrate	To become whole. Taking all aspects into the wholeness of being.
necessary losses	There are necessary losses throughout life whether it is a person, job, friend, home, money - whatever one feels a loss of. There are necessary losses to move forward. Leaving things behind that no longer serve.
neural pathways	The brain functionality where responders lie and how you react to life's situations and circumstances. It is the default fright or flight (fear) for human experience in the brain since humans began on the earth.
new neural pathways	New neural pathways can be laid by the way one thinks. If one is charged, moves into the default fear or fright old paradigm, think of what is positive and good. Feeling an experience of positivity can begin to shift that pathway that has been the default into a new pathway. It is how you think. Feelings are the first responder to any condition, so when you're aware of the feeling you can adapt how you think or feel about it.
orphan	Terminology we've given the fragmentation. The part that was disassociated, that was set aside, stunted in its growth in that moment. frozen in an event.
oversoul	The higher self.
pain body	That is where you feel pain, in the nervous system. It can be real or imagined. Such as, if one had a limb cut off there can still be pain felt. It is an energy field. <i>THEO, when we feel that pain how can we relieve it?</i> Address it, for whenever there is pain there is an emotional pain as well, a holding on. To release it, address it.
paradigm	Belief. It is a belief that is held so tightly that it infiltrates all life.
present moment awareness	Being present. Being aware in the present. Notice what are you doing, tasting, speaking, and hearing In that very moment.
sacred separation	Acknowledging the God in each one, the sacredness of each soul. The separation is honoring the love of the soul and not bringing into it the history or the dynamics, but remembering to honor and love the soul in its pure state. Events, situations and circumstances are only opportunities of growth. Recognizing the gifts of that and taking responsibility for one's own emotional maturity.
sacred space	To honor the God within. Sacred space in the context of that is honoring your own boundaries, that you are a sacred being, a divine being.
self actualization	Actualizing is action. To act upon. You're actively aware of yourself.
self realization	Soul Integration. Soul awareness. Connectedness. Awareness. To realize, to be aware.
soul	The energy, divine essence you are, the creative force that is eternal.
soul-centered	To be in the wholeness, the integrated being, aware of all that you are and the acceptance of that. The ultimate self-worth. Loving the self.
trigger	It is what one is feeling, it is an energy brought on by a situation and circumstance, an event.
tsunami analogy	A cataclysmic event or crisis. We spoke of it as an example of a response to a life circumstance. A tsunami you have no control over. It is a natural and very dangerous event on the Earth. When one is in a situation or circumstance that one has no control over such as earthquake or tsunami, it is different to how they view and react to the circumstance. In a tsunami one would react with fear and the action would be survival. It is a difference in realization. We invite you to question, 'Is this a cataclysmic event or one I can control with my actions?' It was an example to give clarity. We were speaking of a crisis in another's life doesn't constitute one in your own. (Not) taking on others emotions and acting them out for them.
wholeness	Wholeness we speak of in the context of the divine that you are, divinity.

SOUL
INTEGRATION™
CERTIFICATION

**CONTRACTS
IN THIS SECTION:**

- Soul Integration Certification Contract
- Soul Integration Certification Addendum

Tab 6

Soul Integration™ Certification

The THEO Group, Inc.

July 13 – Dec 14, 2022

CONTRACT

Congratulations – you have been accepted into The Soul Integration™ Certification Program!



We look forward to having you participate as an active and vital member of our program. Please review, sign this agreement and return a signed copy, with all pages included, to The THEO Group, Inc.

Dates and Logistics:

Launch: July 13, 2022

THEO Online Live Video Mastermind Sessions:

12 pm pacific (1 mountain, 2 central, 3 eastern) For other zones please see www.timeconverter.com.

Mastermind Sessions:

July 13, 20 & 27, Aug 10, 17 & 24, Sept 7, 14, & 21, Oct 19 & 26, Nov 2, 9, 16 & 30, Dec 7 & 14, 2022. The THEO Group, Inc. reserves the right to reschedule sessions between July 13, 2022 and Dec. 14, 2022 if they deem necessary.

Three, Mandatory Virtual Training Retreats:

July 30, 2022, September 17, 2022, December 3, 2022
All three dates are from 9 am – 4 pm pacific time.

Private Phone Session with Sheila:

Included are two 1-hour private sessions with Sheila and THEO. Please book and utilize these sessions during the program July 13 – Dec. 14, 2022.

As a participant in this Program, in order to create an atmosphere of collegiality, respect and safety, it is understood that:

- Attendance at retreats is mandatory;
- Completion of 9 practice facilitation sessions is mandatory;
- Live participation in the online portion of the Program is self-determined. While it is not mandatory live attendance is preferable, and will assist you in receiving approved certification. Barring any technical difficulties all sessions are recorded;

- At times, participants may post materials of a proprietary nature, it is understood that all members will ethically respect intellectual property laws;
- The THEO Group, Inc. retains all rights to title and structure, sales format and copy, content, processes, terminology, materials and artifacts given in this Program. Structure and materials created for The THEO Soul Integration™ Certification are for your individual use. Upon successful completion of the Soul Integration™ Certification Program, and written approval of The THEO Group, Inc., you will be approved to utilize the Soul Integration™ process in your work with individuals. **Please note this certification does not authorize you to train or certify other people in the Soul Integration™ process. Teaching the Soul Integration™ process will remain the sole right of The THEO Group, Inc.;**
- All concepts, teaching and guidance given by THEO are proprietary information and the intellectual property of The THEO Group, Inc.;
- Upon successful admission, your remaining payment plan begins immediately and then any remaining payments process every 30 days from the last payment until completion. Your plan is a legal contract. Should you desire to pay your plan remainder earlier, contact certification@asktheo.com for assistance;
- The Soul Integration™ Certification resources page and AskTHEO Ning site will be available to participants through Dec 31, 2021;
- Individuals should consult a qualified health care provider for medical advice and answers to personal and client health questions.

Emergency Contact:

Please provide contact information for your emergency contact below:

Name: _____ Relationship to You: _____

Phone Number: _____ Email: _____

General Terms. The General Terms and Conditions attached as Exhibit "A" to this Agreement are hereby incorporated into this Agreement and made a part hereof.

To indicate your agreement with the above terms please sign and date and return to The THEO Group, Inc.

Name: _____ Date: _____

Signature: _____

Welcome to The THEO Soul Integration™ Certification Program!!!

**EXHIBIT "A"
TO AGREEMENT
TERMS AND CONDITIONS**

1. **Relationship Between Terms and Agreement.** These Terms and Conditions (the "Terms") are hereby entered into in connection with and made a part of that certain Agreement to which these Terms are attached. In the event of any conflict between these Terms and the Agreement, these Terms shall govern.

2. **Recording and Photo Waiver:** The THEO Group, Inc. (the "Company") reserves the rights, permissions, and uses to all recordings associated with the Program (including audio, video and photography). The Company (and those acting with the Company's authority and permission) have the irrevocable and unrestricted rights to use, re-use, publish, and re-publish audio, video or photography of any event associated with the Program, in whole or in part without restriction which may include participant's name, likeness, voice, biographical details, testimonial, or photograph for marketing, advertising or any other purpose in any media or format, online and/or offline, now or hereafter without further notice or compensation to participant for the use of such use.

3. **Use.** Participant shall only use the Program and tools, processes, strategies, training, products, information and other materials associated therewith (the "Materials") for Participant's own personal use. Participant may inform others about the Program and Materials but Participant shall not directly or indirectly provide any instruction or training to others respecting the Program or Materials. Participant understands that the Program and Materials are confidential, copyrighted, proprietary to, and owned by, the Company. Participant shall not record, duplicate, distribute, teach or train from the Materials in any manner whatsoever.

4. **No Negative Statements or Actions.** Participant shall not at any time directly or indirectly take any action and/or make, publish, file or record any oral or written statements that would likely have a negative or injurious impact upon, or that is derogatory, defamatory, libelous or slanderous to, any of the Released Parties.

5. **Liability Waiver.** Participant shall be legally responsible for his or her own safety and behavior in connection with the Program. Participant hereby accepts all risks to Participant's health and of injury that may result from participating in the Program. Participant agrees that if Participant has any medical or psychological conditions that may hamper Participant from fully and healthfully participating in the Program, that Participant shall notify the Company in writing of those conditions and that the Company retains the right to ask that Participant not participate in portions, or the entirety, of the Program.

6. **No Professional Advice.** While the Company hopes and believes that the Program will benefit Participant, Participant understands that the Company and its owners, directors, officers, employees, agents, successors and assigns (the "Related Parties") do not offer any professional, personal, mental, psychological, medical, health, financial, accounting, investment, tax, legal or other professional advice and neither the Program or Materials should be deemed such advice. The Program and Materials do not replace or substitute for the services of trained professionals in any field, including, but not limited to, mental, psychological, medical, health, financial, accounting, investment, tax, legal or other professional fields. Participant acknowledges that if Participant is under the care of medical or other professionals that the Program and Materials are not intended to violate or otherwise conflict with the advice of such medical or other professionals and that Participant shall not use any Materials in any manner that conflicts with the advice of Participant's medical or other professionals.

7. **General Disclaimers.** While the Company hopes and believes that the Program and Materials will be beneficial to Participant, the Program and Materials are provided "as is" and the Company and its Related Parties (the "Released Parties") do not make any representations or warranties of any kind, either express or implied, including, but not limited

to, any implied warranties of merchantability or fitness for a particular purpose relative to the Program and associated Materials. Nothing associated with the Program or Materials shall constitute any kind of representation, warranty, promise or guaranty of specific health, personal relationships, financial or other results, profitability, earnings, investments, outcomes or successes. Participant's success in obtaining certain results may depend on a number of factors including market conditions and Participant's skill, knowledge, ability, dedication, business savvy and financial situation. Participant acknowledges that Participant is solely responsible for Participant's actions and results in life and business. Any forward-looking statements associated with the Program or Materials and/or the Released Parties are simply statements of possibilities, not representations, warranties, promises or guaranties.

8. **Limitations on Liability.** Participant hereby assumes liability for, releases, waives, defends and indemnifies the Released Parties from and against any and all liabilities, actions, claims and/or expenses, including attorneys' fees and costs, incurred at any time directly or indirectly, entirely or in part by Participant or its Related Parties in connection with the Program, the Materials, or the Released Parties (collectively, the "Released Matters"). The Released Parties shall not have any personal, recourse and/or deficiency liability in connection with the Released Matters. The Released Parties shall not have any liability for consequential, special, exemplary, punitive damages or other damages in addition to actual compensatory damages, as those actual compensatory damages may be further limited by contract or applicable law regardless of the form of action, whether in contract, warranty, tort (including negligence), strict liability, or otherwise. If the Released Parties are ever deemed liable for any actual compensatory or other damages, those damages shall be limited to the amount that the Company actually received from Participant for the Program.

9. **Miscellaneous.** Participant shall pay all amounts and perform all obligations due to the Company in connection with the Program. A Document may be modified only in a writing signed by the Parties thereto. The prevailing Party shall be entitled to be reimbursed by the non-prevailing Party for all costs, including collection, court and attorneys' fees and expenses, incurred by the prevailing Party in any action or defense involving the Documents. If any portion of the Documents is held to be unenforceable, any enforceable portion thereof and the remaining provisions shall continue in full force and effect. The interpretation and enforcement of the Documents shall be governed by Arizona law without giving effect to those principles of conflict of laws that might otherwise require the application of the laws of another jurisdiction. No rule of strict construction shall be applied against any Party. The Parties have read the Documents and have executed them voluntarily after having been apprised of all relevant information and risks and having had the opportunity to obtain legal counsel of their choice. In the event of any conflict between the terms of the Agreement and those of any document entered into or other communication prior to the Agreement, the Agreement shall govern. The Documents may be enforced by rights and remedies in law and in equity, including injunctive relief, and all of such rights and remedies shall be cumulative. In the event that any legal action is instituted in connection with the Documents, the same shall be brought and tried in the judicial jurisdiction where the Company's principal office is located. Participant represents and warrants that Participant is duly authorized to enter into the Documents and that the Documents constitute the legal, valid, binding, and enforceable obligations of Participant. The terms in this Section and all indemnifications, releases, representations, warranties, confidentiality covenants and limitations upon liability in the Documents, if any, shall survive the termination of the Documents for any reason. The Agreement, together with the documents referred to herein, set forth the only and entire agreement between the Parties respecting the subject matter set forth herein; and all prior agreements, whether oral or written, shall be deemed terminated and of no further force and effect.

The THEO Group, Inc.

UPON COMPLETION OF THE PROGRAM AND FINAL APPROVAL OF THEO AND THE THEO GROUP, INC. YOU WILL BE RESPONSIBLE FOR SINGING THIS AGREEMENT BEFORE YOU ARE FULLY CERTIFIED.

This Agreement shall serve as addendum #1 to the Soul Integration Certification Contract and is entered into between The THEO Group, Inc. (“Company”) and _____ (“You”). This Addendum is intended to provide certain details and restrictions about how You can utilize the Soul Integration™ Certification that you have earned from Company in the proper manner.

You and Company further agree as follows:

1. Conflicts Between Agreements. This Addendum is intended to supplement the terms of the Soul Integration Certification Contract. In the event that anything in this Addendum contradicts a term in the Soul Integration Certification Contract, the terms of this Addendum shall prevail. All other terms from the original Soul Integration Certification Contract that are not modified herein shall remain intact.

2. Certified Member Contact Information. Please provide your contact information as you want it included in the Certified Member Directory on Company’s web site:

- Name: _____
- Company Name: _____
- Address: _____
- Phone Number: _____
- Web Site: _____

3. Duty to Update Changes. You have a duty to keep all of the above contact information up to date with Company. Company shall not be responsible for any out-of-date information that has not been updated by you.

4. Marketing Materials Allowed. The marketing materials that you are authorized to use as a certified member to advertise Soul Integration™ services that you can provide to individuals are shown in **Exhibit A**. You are strictly prohibited from using any other marketing materials to advertise your certified services, and such unauthorized advertising can result in your immediate termination from the certification program as discussed in **Section 8**.

5. Certification Designation. Upon certification, you are authorized to say: “I am Soul Integration Certified by the THEO group, Inc. to use the Soul Integration™ process in my work with other individuals.” You are strictly prohibited from training or certifying other people in the Soul Integration™ process, which will remain the sole right of Company.

6. No Affiliation. You are not allowed to indicate, either orally or written, that you are a partner, employee, or otherwise affiliated with Company in any way not authorized under this Agreement and the original Soul Integration Certification Contract.

The THEO Group, Inc.

7. Monitor/Audit. Company reserves the right to monitor and/or audit your usage of any of Company’s marketing materials and content in connection with your certification.

8. Termination. Company reserves the right to terminate your usage or certification in the event you violate any of the terms of this Agreement or terms of the Soul Integration Certification Contract previously agreed to.

9. Jurisdiction. This Agreement shall be governed by the laws of Arizona.

General Terms. The Approved Marketing Materials attached as Exhibit “A” to this Agreement are hereby incorporated into this Agreement and made a part hereof.

To indicate your agreement with the above terms, please sign and date and scan/email to certification@asktheo.com

Name: _____ Date: _____

Signature: _____

The THEO Group, Inc.

EXHIBIT A Approved Marketing Materials

You can use some or all of the below pre-approved marketing materials to advertise your services in guiding other individuals through Company's Soul Integration™ process.

Welcome to Soul Integration – an Authentic Path to Enlightenment

Imagine a life full of love, non-judgement, compassion, joy, fulfilling relationships, abundance, empowerment, miracles, purpose, passion, freedom, vibrant health, optimism, awareness, and emotional mastery. What if there was a way to shift the limiting beliefs about yourself into empowered beliefs - enabling you to easily move through the fear and resistance that may have held you back from living the life of your dreams?

THEO's Soul Integration™ teachings can lead you to a way a life most people perceive as unattainable. These timeless spiritual principles given by our angelic mentors lead you to feeling super-comfortable in your own skin – as you integrate the more refined frequencies of your higher self into your physical experience. You will know why you think dis-empowering thoughts, and say and do dis-empowering things – leading to feelings of light-heartedness, clarity and an expanded state of spiritual consciousness.

Emotion Invoking Questions and Corresponding Benefit Statements

- Are there blocks that are keeping you from realizing your dreams?

Discover and re-pattern blocks that are keeping you from your dreams

- Do you feel you are living authentically and fulfilling your life's purpose?

Learn to live authentically and in alignment with your Soul's purpose

- Are you manifesting deeply fulfilling, spiritually-aligned relationships?

Manifest deeply fulfilling, spiritually aligned relationships

- Do you feel that you are the master of your emotions?

Learn to master your emotions

- Are you seeking a higher level of soul-based spiritual teachings and experiences?

The THEO Group, Inc.

Take your spiritual growth to the next level

- Is the Law of Attraction working optimally for you?

Learn how to allow the Law of Attraction to work optimally for you

Who is THEO?

“We are 12 archangelic beings – speaking in one voice – here to be mentors and teachers. We are guides into this new future, into this time of masterfulness, for all humanity is ready now to accept that within themselves. We are here to enlighten, to open beings to the possibilities and the miraculous.” – THEO – speaking through author and spiritual medium Sheila Gillette

What is Soul Integration?

“It is a process that leads to emotional mastery as you come into that full love of self in a soul-centered way. Then what occurs is that no matter what occurs in your life, there is a calm and peace within you and an understanding that this too will pass, for it is only an opportunity of growth that has presented itself. So, the entirety of belief of victimization then is released.” THEO

“There are moments that we call fragmentations, giving it some context of which you might think about. You know when something fragments – we use your language. That means that there had been a belief adopted about the self that one then limited the unique mastery or divinity. For example, a belief of not being enough – smart enough, loveable enough – then creates patterns to prove that right - relationships of unrequited love or abuse – yes? So, in those moments then one begins to believe that they are unlovable and unworthy.” THEO

“It is the re-patterning of limiting beliefs that seem repetitive - and they are and will remain so -until there is a recognition of what belief it is, a reframing, rewriting, changing of that belief and loving the self. As that occurs, the repetitive pattern no longer is necessary to understand what needs to be changed, for it will have changed.” THEO

“It is achieved by utilizing meditation, witnessing (watching) what you are doing, incorporating the desire to fully integrate the soul – the integration, the mastery that you are, the divinity that you are –engaging with that, and relinquishing the beliefs that limit.” THEO

What are the benefits of Soul Integration?

“Greater peace within. Happiness many seek is truly a peace in the heart and comfortableness of being in your skin and in your life. Your response to situations, circumstances and challenges will have changed. You will not feel victimized but know

The THEO Group, Inc.

you have the ability to transmute all energies. With this integration, there is that self-love that permeates the atmosphere in your life that draws unto you that manifestation flow of ease. There is a relinquishment of time and space and a knowingness on the inner that all is well. No matter what is on the outer. They are only opportunities of growth and that would be felt. How you respond to those opportunities will be with peace and not angst. You feel empowered. There is a relinquishment of time and space and a knowingness on the inner that all is well. When you love yourself enough, all things are possible and all things are in alignment with that love.” **THEO**

“As you become the master that you are, there is no discontent. There is only love. And it is not to say that you would not be challenged or have situations in your life experience. It is just that you are dealing with the situations from that centered in selfness, that loving of selfness, that soulfulness that is whole, and there is peace.” **THEO**

How does soul Integration expand our psychic abilities?

“When one comes into their full awareness of who they are, there is an awareness of all your intuitive gifts that blossom. When you recognize your divinity, your mastery, the limitless being that you are, you have the ability to be fully connected to the guidance that is ever-present about you.” **THEO**

How do the Soul Integration principles assist us in discovering and aligning with our soul’s purpose?

“When you are soul centered, then you allow for the greater creativity of your being to shine forth. The purpose is your incarnation, isn’t it? You have chosen to incarnate into a human existence for the learning therein. That is very purposeful. What you are speaking about is a passion, a way to express the energy of your mastery, and each and every one of you knows what that is, how you would wish to express it in a given time. There are some who express it through art: paintings, sculpting, writing, music, and there are others who express it through healing, others through ministry or teaching. So, each in their own way has a particular passion that gives life and energy to express it.” **THEO**

How does the Soul Integration process create better relationships in our lives?

“When you love yourself, you can love others. You have the concept of what love is. It is not just a projection of the beliefs about self. When there is soul-centeredness, there is the ability to love others in their way, their souls, unconditionally. And relationships are there to mirror unto you, each of you, those parts of self. So, if one can love another, one is only seeing his or herself in the other – are they not? – the same way with any feeling. It is only a projection. The gift of relationship is that learning.

“The new paradigm in relationships now is one of preference – desiring to be together but not needing to be together. The old paradigm was grown out of need – survival – that one will take care of another, but when one is soulfully integrated, there is no longer

The THEO Group, Inc.

the need for another to fill their heart or to fill their soul. They are full within that, and they wish to share it within a relationship.” THEO

How does the Soul Integrational process affect our physical bodies?

“When there is an integration that occurs and there is no longer a fragment, the energy in the body flows freely and there is no imbalance. So, if there is a lack of self-love, there can be a physical imbalance attached to it.”

“It is being out of balance on all things, isn’t it? When one does Soul Integration and comes into that soul centeredness, the energy is moving freely in the body as it is meant to be – one can be more aware of the physical body, paying attention to it for good maintenance, but there is not an emotional charge that is blocking the energy from moving.”

“One can manifest health by recognizing and balancing the physical body, giving the body what it needs: emotionally, physically, psychologically, and spiritually. So, you do the inner integrative process that allows one to have the energy flowing in its appropriate manner and paying attention to that, for there are times that the energetic field can be thrown off, but your body will speak to you what it needs for its balance, and then you attend to it.” THEO

What is the relationship between Soul Integration and creating more financial abundance?

“Self-worth – recognizing you are worthy of the money and an abundant life. There is a belief about money that creates the blockages between you and it. It can be a belief that people with money are not good and people without it are better. It could be the perception of not having enough: there is not enough money to have this or that. So, it is in recognizing where those beliefs have come from and rewriting them as well, recognizing that you are worthy of all that you seek: the abundant life, health, relationship, time, money, vocation, or passion.” THEO

SOUL INTEGRATION™ CERTIFICATION

RESOURCES IN THIS SECTION:

- [Sample Intake Form](#)
- [Orphan Rescue 10 step quick guide](#)
- [Orphan Rescue Map](#)
- [Psychological Resources](#)

Orphan Rescue – 10 Step Summary

- 1. Notice current situation that has emotionally activated you.**
- 2. Define the best thing(s) about being your current age.**
- 3. Go within and ask, ‘Who inside is uncomfortable?’**
- 4. Identify the age and circumstances of your orphan.**
- 5. Freeze frame the scene and nurture your orphan.**
- 6. Ask what else they are upset or confused about and soothe.**
- 7. Explain current life and invite orphan to join.**
- 8. Collapse time and bring them forward.**
- 9. Set appropriate roles and expectations.**
- 10. Check for relief.**

ORPHAN RESCUE

• CURRENT LIFE ...

Invite home!

YES?

• FEEL?

• BEST PART OF BEING CURRENT AGE?

• TRIGGER

Who inside is uncomfortable?



Orphans

**EMOTIONAL
ACTIVATION**

... go within to meet your orphans ...

• MEMORY

• SOOTHING THOUGHTS

Psychological Resources

THEO Recommends: Transpersonal Psychology

www.nami.org : National Alliance for the Mentally Ill

www.cooperriis.org: Therapeutic Living Community in Monterey, Massachusetts

www.gouldfarm.org: Therapeutic Living Community in Mill Spring, North Carolina

USA – July 16, 2022 FCC activated new 988 suicide hot line.



1-800-SUICIDE
1-800-784-2433
[National Hopeline Network](http://NationalHopelineNetwork.org)

1-800-273-TALK
1-800-273-8255
[National Suicide Prevention Lifeline](http://NationalSuicidePreventionLifeline.org)
•[LifeLine Chat](#)•



CrisisChat.org
Online Emotional Support
Hours Vary - Approx
12hrs daily / 7 days

IMALIVE
An Online Crisis Network
Suicide & Crisis Chat



SAMPLE Client Intake Form

Name:		Birthdate:	
Address:			
City:			
State:			
Zip:			
Country:			
Email:			
Phone:		Cell Phone:	
Emergency Contact Name:			
Emergency Contact Email:		Emergency Contact Phone:	

STATEMENT OF INTENT

All services delivered by YOUR COMPANY NAME (the “Services”) utilizing principles, methods, and tools from YOURNAME are meant to empower, uplift, and support you; however, those Services are not psychotherapy. We encourage you to seek help from a medical professional for any psychological or other medical assistance. Please read the following and sign below should you wish to proceed:

- I understand that the Services are not offered as a substitute for mental or other health care. I also understand that the staff members of YOUR COMPANY NAME are not acting as psychotherapists or medical practitioners and do not offer mental or other health care.
- I understand and agree that I am fully responsible for my wellbeing, including my choices and decisions, while receiving the Services, during my support calls and thereafter.
- I understand that all comments and ideas offered by YOUR COMPANY NAME are solely for the purpose of aiding me in achieving my defined goals. I have the ability to give my informed consent and hereby give such consent to YOUR COMPANY NAME to assist me in achieving such goals.

Client Signature

Date

