

The book cover features a central illustration of a person with long, dark hair, seen from the back, in a dynamic, almost dancing pose. The background is a vibrant, fiery orange and red, with a large, glowing flame-like shape behind the person. A dark bird is silhouetted in flight in the upper left. The entire scene is framed by a thin white border.

RECLAIMING PERSONAL POWER

AN INTRODUCTION TO

Spirit release work

SUZANNE BIDDISCOMBE M.A.

Reclaiming Personal Power: An Introduction to Spirit Release Work

Reclaiming Personal Power: An Introduction to Spirit Release Work

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It is with great respect and admiration that I dedicate this publication to my clients who have courageously and tirelessly worked to free themselves from interfering spirits and dark obsessing entities. For the spirits and dark obsessing entities that came forward so they could be freed, I thank you.

Suzanne Biddiscombe
July 2020

What follows is an introduction to an under-acknowledged area known broadly as ‘spirit release’ work. It is for therapists, hypnotherapists and energy psychology practitioners who embrace a mind-body perspective, and who understand or are open to the possibility that their clients’ struggles, beliefs and aspirations can be understood by accessing their inner world or subconscious.

What follows is a practical, effective approach that I have developed over the past five years through research and experiment. I combine the ancient practice known as ‘soul retrieval’ with the illuminating research findings and principles found in the ‘new science’ or quantum physics model. Understanding how to therapeutically apply some of the principles that have been established in quantum physics allows for solutions because its main tenet is that people are not ‘fixed’ constructs impervious to change. Techniques in the mind-body field demonstrate that change is both possible and achievable, and have proven effective in helping our clients to heal long-standing patterns so that they can re-engage their aspirations, while forming more meaningful relationships with others.

I would like to thank those of my clients who have given permission for me to share their session transcripts verbatim with you. Please note that in all cases I have changed client names (*) in these extracts in order to preserve privacy and anonymity.

Suzanne Biddiscombe
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READING LIST

So, what's my story?

I have an undergraduate and graduate degree in Psychology.

Following my graduate studies in 1988, I chose to work in the field of addiction. I worked in a number of public and private agencies in New York for over nine years. My first position was as a Program Psychologist for a small community based organization in Canarsie, Brooklyn. It was an alternative high school for adolescents considered at high risk for substance abuse with histories of truancy and suspensions. After three years there I applied for the Family Therapist position at Daytop Village, a residential drug treatment facility.

The height of the AIDS Crisis

Just for a little context, it was 1991 and the height of the AIDS crisis among IV drug users. The majority of IV drug users in early recovery within Daytop and other programs were not only dealing with early recovery but also had to contend with their HIV positive diagnosis, which was often full blown AIDS. There were very few effective medical treatments for residents and few resources for therapists in terms of intervention strategies to work with that type of trauma. I quickly noticed that my new colleagues were overwhelmed. The caretaker burnout rate for those who worked in the addiction field during the AIDS crisis was through the roof. I was fresh, enthusiastic and young. My supervisor assigned me almost immediately to run the HIV support group for adults. Since I had been hired to work with the younger residents and their families on an entirely different unit, I was confused. I had absolutely no relevant skill set and no intervention strategies to offer what could best be described as grieving, traumatized people who believed they had been given a death sentence. The group met in a darkened room, with the exception of two small dimly lit lamps. I felt like I had stepped into a cocoon of sorts. The fear, shame and helplessness was embedded in their faces so I understood why the lights were low. Most of us can relate to contending with situations in life where we have wanted to retreat into ourselves privately. In a therapeutic community like Daytop, residents were forced to 'confront' their feelings. Residents were encouraged to confront other residents if they were not transparent and honest regarding how they felt. The main thrust of the program was a belief that being transparent about how one was feeling and expressing those feelings was essential to maintaining sobriety. I viewed the dim lit room as a reprieve of sorts from such confrontation. After all, at that time, an AIDS diagnosis was something no staff member and no other resident could possibly understand. Many of them were processing their own grief. The prior facilitator was relieved to hand the group over to me, admitting it was overwhelming. I did not have the heart to tell him I was overwhelmed too. I just knew the group could not continue to operate in this manner.

Fortunately I was rescued- so to speak - because Daytop decided to teach a solution based therapy approach to help parents work more effectively with their children in early recovery. Many of the principles I learned worked seamlessly in both the HIV support group and with my individual caseload. In short order the lights came on in the HIV support group as the members moved from despair and the 'awfulness' of their diagnosis to being more present. Each person in the group began thinking differently about their circumstances. Solution based therapy, self-empowerment, and change work appealed to my personality. The strategy of having someone think greater than their current circumstances seemed to not only propel members of the group to think more positively, they acted more positively and encouraged one another.

Unfortunately, the family training program was not budgeted beyond the first year, so other therapists were not exposed to it. I was disappointed because it seemed to me that they were abandoning something that actually empowered addicts in early recovery, be they adults or adolescents. The fact then- as now- is that the recidivism rate among addicts in early recovery was high. Seeing first hand how solution based techniques worked I sought other like-minded professionals, which led me from one social service agency to another.

I came to believe through listening to and observing my clients that the basis of their addictive behaviors was hidden from them; that they were unaware consciously why they used drugs and/or alcohol. What was clear to me is that they were self- medicating their anxiety, depression, anger, guilt, and a host of resentments. A colleague of mine who had opened a private practice shared his success working with addicts in early recovery using hypnosis so I decided to train in that modality. At the time he told me about hypnosis, I had been working in the pharmaceutical industry for a couple of years. Prior to that I had marketed a health product for five years and a medical device for three years. You could say I was taking a very long break from the field of addiction and the mental health sector in general which, based upon my experience, was not effective. Hypnotherapy reignited my passion and I decided to open my own private practice in Boca Raton, Florida around 2009. Over the years I have added on a number of Energy Psychology (EP) modalities, such as Emotional Freedom Techniques (EFT) and Matrix Reimprinting. It was hypnotherapy, specifically Past Life Therapy (PLT), that led me into the field of Spirit Release work. What I have observed and learned doing this type of work, for five years, has forever changed my view of people and the world.

Ancient wisdom

Indigenous tribes and ancient cultures understood that if a member of their community was to operate freely from their own personal power or volition then their traumas- which often led them to isolate and feel separate- needed first to be addressed and healed. This wisdom the Ancients embraced is what the research in favor of the quantum or 'new science' model is now demonstrating; that an interconnectedness exists between all people and all things. Ancient cultures, particularly tribal communities, had helpers-

medicine men and women, sometimes referred to as shamans- that sought to heal members who became disconnected or out of balance so they could reconnect back to themselves and to the collective body of the tribe. The highest principle of this ancient way recognizes and embraces connectedness. Members- when healthy and in balance- acted from integrity which extended to harmonious relationships with other members of the tribe; this being the basis of their spiritual roots.

Client trauma

Many of us have worked with clients who suffer traumas - sometimes a series of small ones; sometimes large ones. Our clients can become withdrawn, numb, frozen, and even dissociated. They can become cut off from connection, not just to themselves and their aspirations, but interpersonally as well. The experience of dissociation is often expressed through symptoms of depression and anxiety. I liken it to living in a state of low-level despair or helplessness.

I have discovered over the past five years, following 17 years of public and private practice in mental health, that traumatic events can create susceptibility to what has been referred to as spirit attachment, spirit interference or spirit possession. These words are often used interchangeably in the historical and emerging literature. While the basis of this terminology originated in the ancient past, it has been researched and observed by traditionally trained western psychologists and psychiatrists for many years.

Our clients are our teachers

I do not consider myself the definitive voice in Spirit Release work. I am not an expert. There is, however, a whole body of work on the subject with thousands of case studies in the area that I believe requires some acknowledgment. I view myself more as a synthesizer of information in the area of Spirit Release. I have read and researched many of the modern pioneers in this work, both in the United States and abroad. For the more modern pioneers, work in this area seems to go back 60 years, most notably based upon the work of the late psychiatrist, Dr. Carl Wickland. There are of course writers and researchers who have influenced me more than others. I have found myself in strong agreement with many of the principles shared on the subject, but diverge on others based upon experiences with my clients. This has led me to develop some of my own intervention strategies. Clearly there is always more to learn. My clients have been my greatest teachers. Many have allowed me to record their sessions. They have patiently accepted my errors in perception, allowed me numerous 're-dos' and have worked courageously and tirelessly to free themselves from some very oppressive symptoms. The whole phenomenon of spirit interference (also referred to as possession or entity attachment) needs to be discussed more openly and information synthesized in a manner

that helps traditional and non-traditional therapists alike to become more attuned to the symptoms of spirit interference in their clients. It is important to make sense of what is going on with our clients, which can at times appear to be multiple voices and personalities in our sessions with them.

Ways in

When I do a Spirit Release session sometimes it is as simple as having the clients look inside themselves while in hypnosis and describe what they see. Sometimes my clients tell me that they see other people inside of them when they are in a highly relaxed state and their conscious mind is on a little vacation. This is certainly not true for all of my clients; people process their inner worlds in various ways. This is why a number of intervention strategies are used in spirit release work.

My main point is that how a person processes their inner world determines which intervention strategy I choose. Sometimes I ask questions as they focus internally using their five senses- noticing what they see, hear, feel, smell or sense - in order to determine if spirit interference is occurring, which entails either a mild, moderate or severe hijacking of their consciousness. Spirit interference is at times the root cause of their physical and emotional symptoms.

Below is an example of a spirit release session that highlights a moderate hijacking of consciousness.

Excerpt: Janine*

During the spirit release session with my client- Janine*, aged 52- an earthbound spirit, named Jack was discovered incorporated.

Suzanne: What is your name? You can put the thought of your name in Janine's* mind and she will speak it for you.

Janine*: Jack.

Suzanne: Thank you for letting us know you are here, Jack. How old are you?

Jack (through Janine*): 14.

Suzanne: Do you remember how you died?

Jack (through Janine*): Yes. I was fixing a wheel on our cart but it got away from me and landed on me. I couldn't breathe. It was so heavy. My mother was kneeling over me crying. She was so upset. I kept telling her I am right here. I am right here...[sighs deeply].

Suzanne: What do you remember next?

Jack (through Janine*): I see myself moving away.

Suzanne: Moving away from your body?

Jack (through Janine*): Yes. I see myself looking back at my body. I see my mother. My brothers. I am angry. It was such a dumb mistake.

William James, Dr William Baldwin and Dr. Shakuntala Modi

William James (1842-1910) the widely-acknowledged and well-respected 'Father of American Psychology' was perhaps the first to raise serious concerns regarding 'possession' and spirit attachment in general within academia back in 1894. Author Eugene Taylor in his book, *William James on Exceptional Mental States: The Lowell Lectures* (1983) brought to light James' views on demonic possession and other subjects such as hysteria, witchcraft, multiple personality, and hypnotism. James had this to say about demonic possession:

“The refusal of modern enlightenment to treat ‘possession’ as hypotheses to be spoken of as even possible, in spite of the massive human tradition based on concrete in its favor, has always seemed to me a curious example of the power of fashion in all things scientific. That the demon-theory will have its innings again is to my mind absolutely certain. One has to be ‘scientific’ indeed to be blind and ignorant enough to suspect no such possibility.”

Dr. William Baldwin (1939-2004) is considered one of the more modern proponents of Spirit Release work. He has deeply influenced my work. He earned a doctorate in Psychology in 1988 with a dissertation entitled *Diagnosis and Treatment of the Spirit Possession Syndrome*. Baldwin conducted over seven thousand Spirit Release sessions during his time in practice.

Baldwin's work on Spirit Release included meticulous documentation. His conclusion that millions upon millions of deceased human beings attach themselves to the physical bodies of living people on earth is shared by Dr. Shakuntala Modi, author of *Remarkable Healings*, (1997). Modi is a psychiatrist currently working in the field of Spirit Release. For over thirty years she has worked in private practice in the U.S. in Wheeling, West Virginia. She validates many of Baldwin's findings regarding the prevalence of earthbound spirits. Modi, in her book, *Remarkable Healings*, and Dr. Edith Fiore, author of *The Unquiet Dead*, (1987) both refer to the Japanese exorcist cult Mahikari as an example; affirming that more than 80% of all human illnesses- both physical and emotional- are believed to be due to the influence of possessing spirits.

Is this for real?

Naturally, most people will wonder how this could be possible. The majority of us have been taught through some traditional religion or some form of spiritual indoctrination that when a human being dies, their spirit or soul moves to a higher dimension; a form, perhaps, of graduation. Other traditions teach that Heaven is for those who follow the rules and Hell is for those who don't follow prescribed rules of conduct. The main point being that many traditions teach that the spirit or soul does not remain earthbound, indicating that it goes somewhere, but does not remain on Earth. Regardless of where one's belief system lies, even if you are agnostic or an atheist, it is unfathomable for most to consider that a bodiless human spirit could remain on Earth, let alone gain access and influence over the body and consciousness of a living human being. Yet a review of the literature reveals a quite extensive body of work in support of this suggestion.

My essential introductory reading list for those wishing to explore this research in greater depth is included at the end of this volume.

Healing through integration; a shamanic perspective

According to Sandra Ingerman, author of *Shamanic Journeying, A Beginners Guide* (2008), Shamanism is considered by many historians to be the oldest spiritual and healing profession, dating all the way to 15,000 BC in Europe. The word 'shaman' was first used by the Tungus tribe in Siberia, and means "one who is excited, moved or raised." The Vedic word "sham" means to "heat oneself to practice austerities." According to Ingerman, Shamans were and are an integral part of any tribal group and their main function is to help members remain balanced physically, mentally, emotionally and spiritually.

'Possession' expressed in Shamanism

Shamanic possession per se is not actual possession at all but the intentional embodiment by the shaman themselves to gain spirit help. In all cases the spirit is actually one that the shaman has developed a working relationship with. When the word 'possession' is applied to a tribal member, however, it is referring to the unintentional intrusion of some type of foreign spirit into their energy body. This is considered an energetic illness or an unhealthy, imbalanced state that must be rectified, according to Ingerman. Shamanism as a practice can be applied to provide both physical and spiritual healing for a 'possessed' member. Ancient tribes throughout the world acknowledged and understood that when spiritual disconnection occurs within a member of their tribe it could be a form of spirit interference leading to actual 'possession' by either a discarnate spirit - a non-living

human being who is in spirit form- or that their consciousness could be interfered with by a demon or negative spirit.

The ‘flight of the soul’

To bring healing to the afflicted person, the shaman takes what is referred to as the ‘flight of the soul’; leaving their physical body, moving into spirit form, and traveling anywhere in Creation that is deemed necessary to restore wholeness to the afflicted person. They do this in a trance state created by, for example, a drumming ritual, or through reciting prayers or by chanting.

During the flight of the soul journey they may obtain knowledge from a wise ancestor or healing qualities from a plant, or an animal, a lake, or a tree, etc. Sometimes they may have to interact with a disembodied spirit, or in the extreme, deal with a demonic entity. In the case of intrusion by a demonic entity the shaman seeks to recover the lost soul parts of the person. This is referred to as “soul retrieval.” Before the lost soul parts can be incorporated back into the person they must be cleared and cleansed of the possessing demonic entity through a depossession ritual. The demonic entity is then returned to their appropriate place in creation. When the lost or stolen soul parts are integrated back into the person their personal power is restored.

Case Study, Hope*

A modern example of ancient concept of ‘soul retrieval’

A 40 year old client Hope* experienced three life threatening traumas before the age of seven. During one of these traumatic experiences a part of her “split off”. We tracked this “part” literally through an opening in her energy field - her solar plexus. Hiding in a closet in the room next door was her traumatized little girl – aged six. Using an energy psychology technique called Matrix Reimprinting (a very effective integration tool) Hope was able to work with her six-year-old little girl, release her from her frozen state of immobilization, and provide reassurance, comfort and safety. This was necessary for Hope* to feel more whole. You could say she retrieved her own lost soul parts and in the process began to restore her own personal power. Since that session, which was over nine months ago, she reports feeling “much more safe and present” in her body.

The Discarnate

Sometimes during the flight of the soul, the shaman may also interact with a human being that is no longer in physical form that may be interfering with the wellbeing of a tribe member. Indigenous cultures teach that all human beings survive the death of the physical body, and that when the physical body is shed during biological death some human beings, for any number of reasons, get ‘stuck’ on the Earthplane. They are

referred to as discarnate. The discarnate is said to have a consciousness – a personality, just not in physical form. It has been acknowledged since ancient times that they have the capacity to attach or incorporate within a living human being, foisting their likes and dislikes, emotional and behavioral tendencies, even their physical problems onto them.

Widespread historical understanding

This idea, along with the actual phenomenon itself, is downright strange and unfathomable to someone raised in modern Western culture. I know it sure was for me. Yet the idea of spirit interference or the actual incorporation of another consciousness into a living human being, affecting their mind and body is not a phenomenon limited to a few indigenous tribes. Ancient cultures in India, China, Egypt, Africa, Polynesia, Greece and Rome recognized spirit involvement as a primary cause of illness, particularly certain nervous disorders.

The Human Energy Field: HearthMath Institute

When it comes to considering how a living human being's consciousness could possibly draw to itself the consciousness of another human being, just not in physical form, HeartMath Institute provides some compelling information regarding the human energy field that is worth considering. Particularly through the synthesis of the information and considering the possible implications.

HearthMath Institute has conducted research into the biomagnetic field of the human heart for over 27 years. Their research has proven that the heart is not just an organ that pumps blood through the body, but is essentially another brain. Using sound scientific methodology now available to us due to advancements in technological instrumentation, they have been able to not only measure this biomagnetic field that every human heart emits, but prove the following: there is a heart-brain interface and it is a two-way dialogue with each organ influencing the others function. HeartMath has proven that the heart communicates with the brain in four major ways: neurologically, biochemically, biophysically, and energetically.

The Institute has also discovered that when a person has more positive emotions they are not degraded or affected by the negative sources of energy coming from by other people. But this is only true when a person is able to maintain their state of coherence. HeartMath defines coherence as a state in which a person's heart, mind and feelings are energetically aligned and working cooperatively. A state of coherence is indicated by sustained positive emotional and mental stability. When a person is in this physiologically coherent state that person exhibits greater sensitivity to registering the electromagnetic signals and information encoded and radiated by the hearts of others. It is easy to believe that this data means we are more vulnerable to the negative incoherent patterns radiated by those

around us but the opposite is true. When people are able to sustain this physiological coherence mode of balance, they are more internally stable and less vulnerable to being negatively affected by the field emanating from others. Increased internal stability and coherence makes them stable against the influence of another person's negative emotions or states. For those that require strong scientific and empirical research to believe something, HeartMath Institute is certainly providing it.

If a person emits negative emotions through the electromagnetic field of their heart they are impacted by the negative emotions of others, creating an interface between them. As I mentioned in the previous section when considering discarnates, both indigenous tribes and ancient cultures believed that 'possession' could only occur when the person was unstable in some manner- physically, mentally, emotionally and/or spiritually- which opened them up to spirit attachment. It seems, if you consider the research from HeartMath, that we are only vulnerable to the impact of others when we are in a negative state and they are in a negative state. Meaning when we are in a state of incoherence, or lacking internal integrity within we are susceptible to others that are in an incoherent state.

The classical physics or Newtonian model says we live in a universe in which all objects move within a three-dimensional framework according to fixed laws of motion and gravity. That no interaction is possible between things (including between people) except through force. The emphasis of this model is on connection through effort or force. The natural conclusion being if you can't see it and you can't define it, well then it doesn't exist.

The quantum model says quite the opposite. It asserts that there is no separation between things or between mind and matter. They are not separate and distinct. In fact without the mind there is no matter because they are in fact one energy. So we draw things to us as complementary or resonant experiences. Heartmath demonstrates this scientifically in terms of how we constantly interface with the world and other people, and how we affect one another through the biomagnetic field of the heart, emitting our emotional state, or signature out into the world.

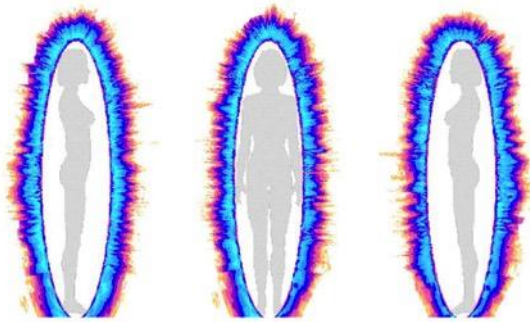
In the context of Spirit Release, I can provide a simple observable analysis based upon over one hundred spirit release sessions I have conducted. Whatever the primary negative emotion the client presents with be it anger, fear, sadness, or so on, the attached entity or spirit consciousness always matches this primary negative emotion.

Emerging technologies highlighting what indigenous tribes have known for centuries Besides HeartMath there are a number of other advanced technologies that demonstrate and capture how human beings both emit and exchange energy. How their emotional state determines the strength or weakness of their biofield. Russian scientist, Konstantin Korotkov (1952-present), a pioneer of electrographic photography, has conducted a number of experiments showing a projection of the life force and bio-energies from human beings using Gas Discharge Visualization (GDV). GDV is a form of electrographic photography that uses a real time capturing capacity.

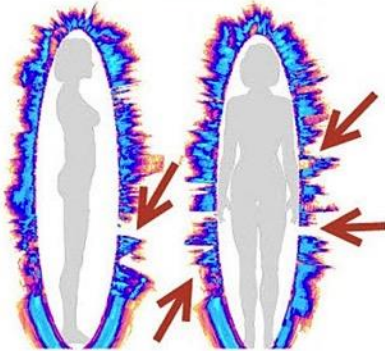
Korotkov and Kirlian Aura

Korotkov's photographs of people using GDV, detect what he refers to as the Kirlian Aura, an electro-photonic light that can be viewed around people. According to Korotkov these illuminations provide a comprehensive statement of a person's health both psychologically and physically. Openings or perforations in the energy field are evidenced when there are psychological or physical health issues. The images below reflect a patient with a normal energy field, one with health problems and one with psychological problems.

Healthy strong condition



Health Problems



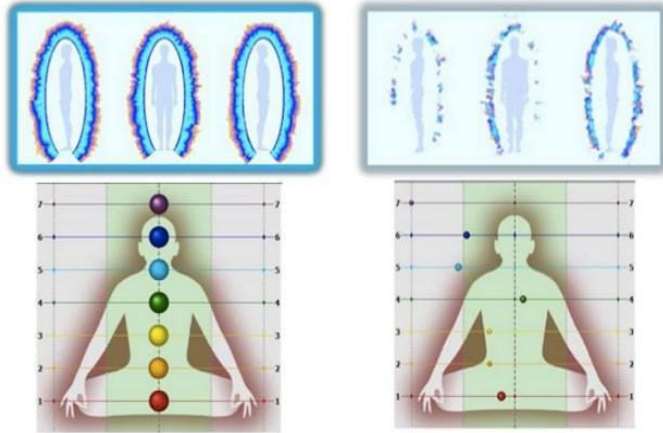


Figure 3. Energy Field and Chakras of a Healthy (left) and Unhealthy/Emotionally Unbalanced Individual (Right)

Health issues be they physical dis-ease or negative emotional states, create openings in the energy field that can be closed off using energy healing as illustrated below: a 62 year old man with diabetes before and after receiving energy healing.

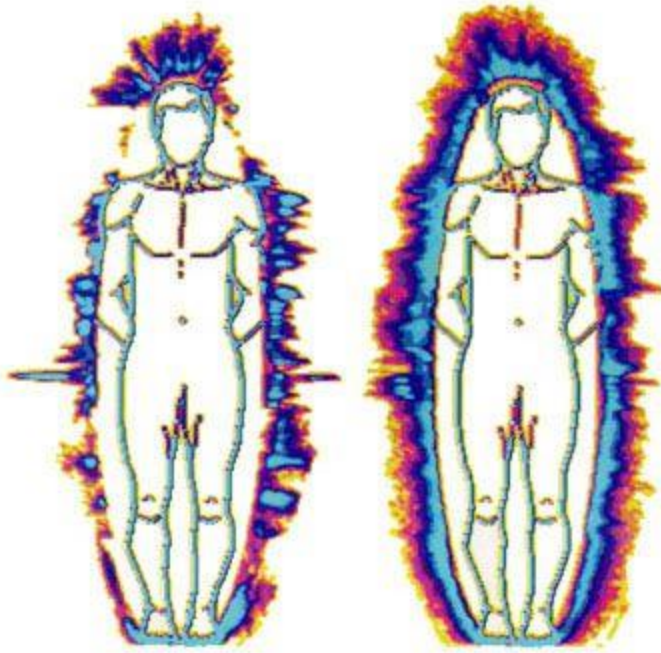
Korotkov's GDV technology has been tested in multiple peer-reviewed clinical trials. It is now used worldwide by physicians to monitor stress in patients as well as to track the progress of severely ill patients, including those with cancer. As of 2015, Korotkov had over 200 physicians worldwide using his GDV technology.

Remaining open to these types of emerging technologies that demonstrate what quantum science has discovered regarding human beings is important. Human beings appear to be energy conductors and energy receivers at the same time. What Kortokov's technology demonstrates is that when we are out of balance openings in our energy field occur. Yet, through simple energy practices such as Reconnective Healing, the pictures show an energy body moving back into balance, becoming solid.

Aura around the entire body

Before Healing

After Healing



The above images show the bioplasmic energy field around the whole body (computer generated image based on the results of Kirlian GDV images) of Mr. G.J.R., aged 62 years (patient having diabetes and neurological problems), before healing and after 10 sessions of healing.

*The Kirlian GDV images were taken by the All India Yoga Vidya Pranic Healing Foundation Trust.
Research by Ms. Rama Devi*

A quantum physics perspective

Lynne McTaggart- a quantum science researcher and science writer- notes in her book, *The Field: The Quest for the Secret Force of the Universe* (2008) how everything, us included, is bathed in this field of energy that is everywhere, is always present, having been in existence since the beginning of time. This energy is formed from and consists of living subatomic particles. These subatomic particles are pure energy and so, by extension, we are pure energy. As everything and everyone exists within this field of energy, everything is connected, which makes deep states of intuition between people possible. It is as though we operate like transmitters and receivers. A bit like a television set and a channel. If we are to believe the emerging research, we are constantly sending

information out as a transmitter and receiving information back as a transceiver. Our thoughts- both the conscious and subconscious ones- are the basis of our transmissions out into this field of energy that we are not separate from. What we receive back is resonant or matches our transmissions out. So it follows that our thoughts are understood not to be 'contained' privately in our head, but rather moving continually out of our head, while information comes back to us that is resonant with what we are sending out.

Dr Rupert Sheldrake's Morphic Resonance

Dr. Rupert Sheldrake refers to the magnetic or resonance capacity that exists between people and calls it Morphic Resonance, pointing out that our mental activity is not confined to inside our heads or craniums. That our thoughts are not private. He explains and proves that our thoughts extend beyond- sometimes very far beyond- our brains. The idea of morphic fields- when it comes to social groups connecting even though they are many miles apart- provides a theory which explains channels of communication through which organisms can stay in touch at a distance. It is a form of telepathy.

There is a great deal of evidence that proves that species of animals are telepathic. In fact, telepathy seems to be a normal means of animal communication, which Sheldrake demonstrates in his book, *Dogs That Know When Their Owners Are Coming Home; The Unexplained Powers of Animals* (2000). When it comes to people, a good example of human telepathy occurs in relation to phone calls. More than 80% of people claim they have thought of someone for no apparent reason, and then that person called them. Sometimes they know who it is before they even pick up the phone.

Lynne McTaggart, applying the principle of Morphic Resonance, added to its validity by providing further clinical proof of its existence. Her books, *The Intention Experiment; Use Your Thoughts to Change the World* (2008) and *The Power of Eight; Harnessing The Miraculous Energies Of A Small Group To Heal Others, Your Life And The World* (2017) prove that when human beings come together as a social group, small or large (sometimes gathering through the internet) they have the capacity- through focused attention with intention- to create effects in things and in other people:

- . changing the pH of water
- . making seeds grow faster
- . healing someone with PTSD
- . creating peace in war-torn areas.

Some of McTaggart's experiments also provide evidence that distance does not matter at all when people focus with collective intention on a target to bring about positive change. In the peace experiments for example most people gathered together on the internet to

send out their intentions to a specific geographical area with amazing results. Thus proving that the physical space between people does not prevent them from impacting a selected target, even if they are on another continent.

So what does this have to do with Earthbound Spirits or Dark Force Entities?

Everything.

If we are to believe the emerging science of humans as pure energy, composed of subatomic particles, acting as both transmitters and transceivers simultaneously, then we must consider that our subconscious mind contains information we are not consciously aware of and it is receiving feedback based upon what it is sending out, which is based upon what is contained or stored within it.

There is this subjective subconscious part to all of us which is the storehouse of our memories. Within it lies our love, peace and loyalty as well as our anger, hatred, envy and greed, to name but a few elements. That polarity of light and dark that Olga Hoyt talks about in her book, *Exorcism* (1978). Our limiting and self-sabotaging beliefs give rise to negative emotions due to any number of unprocessed life experiences. We certainly do not know everything that is stored within our subconscious or how it affects us, but Morphic Resonance offers information regarding what the effects can be. The quantum mechanism known as resonance draws similar things together.

What is an Earthbound Spirit?

What follows in this section will be some general information on earthbound spirits, how they impact living human beings and why, and what I have observed in my own clients.

An earthbound spirit (also known as a disembodied spirit entity or disincarnate spirit) is a human being who has shed their physical body but has not transitioned from the Earth plane. They remain stuck here on the Earth plane and tend to interfere with living human beings. In fact, they have the capacity to impose their mental and emotional characteristics, or 'consciousness' onto a living human being, affecting them physically, mentally and emotionally. By these means, an earthbound spirit can influence the behavior of our clients. A parent, a grandparent, a friend, or even a stranger who has remained earthbound can essentially disrupt the wellbeing and sense of 'wholeness' of a living human being.

What are the signs of Earthbound Spirit Interference?

According to the late psychologist Dr. Edith Fiore, author of *The Unquiet Dead* (1987) there are nine common symptoms of what she refers to as an indication of earthbound “possession”:

- . low energy level
- . character shifts or mood swings
- . inner voices speaking to the affected person
- . abuse of drugs, alcohol and food
- . impulsive behavior
- . memory problems
- . poor concentration
- . sudden onset of anxiety or depression
- . sudden onset of physical problems with no obvious cause.

And from my own work I would add the following symptoms:

- . procrastination
- . a tendency to isolate from others.

Why Does a Human Being Become Earthbound?

After reviewing the findings of other Spirit Release practitioners and from what I have come to learn through my own practice of Spirit Release, a number of reasons for spirits becoming earthbound appear to be prevalent.

- . Earthbound Spirit with an addiction to drugs, alcohol, food, pornography, etc. seeks to carry on their addiction via another addict/user
- . Earthbound Spirit attaches due to a prior relationship with the living being, some seemingly benevolent – i.e. a loving grandmother attaches to her living granddaughter to ‘protect’ her
- . Earthbound Spirit always has a similar shared negative emotion – i.e. an angry Earthbound Spirit attaches to an angry living human being. They are drawn together like

magnets because of the quality of the emotion or state of being, i.e., anger, sadness, grief, fear, depression, anxiety, loneliness, etc

. Earthbound Spirit attaches to a living person they have unfinished business with, such as a spouse or a business partner

. People become vulnerable to Earthbound Spirit attachment through surgery, blood transfusions, organ transplant, traumatic accidents, etc

. Earthbound Spirit attachment can occur when there is extreme trauma, with a special emphasis on sexual abuse, rape, incest and, ritual abuse

. Earthbound Spirits can attach during wakes or funerals and are occasionally welcomed by a grieving person

. Earthbound Spirits attach to empathic people in hospitals, and nursing homes as well Emergency Medical Service personnel or First Responders

Something really important to understand about Earthbound Spirits which Dr. William Baldwin writes about in his book *Spirit Releasement Therapy* (1995) is that the Earthbound Spirit can be described as an “indwell”, in a place where time does not really exist and does not really pass. “It is a freeze frame, stop-action position”, he writes. If a person dies in the heat of hatred, for instance, then that state of mind continues after death, essentially unrelieved, and acts like a ball-and-chain to keep the spirit earthbound.

What is the difference between Earthbound Spirit Attachment and Dissociative Identity Disorder ?

This question has arisen throughout the documentation of this phenomenon in both European and Western cultures. It is to be expected especially when phrases like ‘alter-personality’ or ‘multiplicity’ are often used when discussing Earthbound Spirit Attachment (ESA). Having been trained in traditional psychology at both the undergraduate and graduate levels, naturally I too wondered what I was observing. As I reviewed Dissociative Identity Disorder (DID), defined as a “disruption of identity characterized by two or more distinct personality states, and where “amnesia must be present” according to the American Psychiatric Association, I would say this level of disruption simply did not fit the majority of my clients. Certainly the work of board-certified psychologists and psychiatrists in the field of Spirit Release assisted me in my understanding because they were required to make such distinctions. Dr. Edith Fiore, for example, certainly demonstrates how people can confuse earthbound spirit interference with dissociative identity disorder in her book *The Unquiet Dead* (1987). When I read some of her case studies I initially thought, “this sure seems like dissociative identity disorder”. When I read the circumstances involved with the patients she treated, however,

it became clear that it really was ‘possession’ by an earthbound spirit; sometimes by multiple ones. Once they were ‘released’ using her own de possession process, there was an automatic cessation of troublesome behaviors and symptoms in her patients.

An important distinction that the mental health field and the American Psychiatric Association acknowledges is a large percentage (recent peer-reviewed studies vary from between 80% and 95%) of the people diagnosed with DID, experienced severe trauma as children, often sexual abuse, including but not limited to incest, ritual sexual abuse, or torture. Dr David Spiegel (Medical Director at Stanford Medical School) writes clearly on DID at www.psychiatry.org for those who would like to review the basics of this condition. I have found in my own practice that a person can experience severe trauma, child sexual abuse, including incest, and have ESA and not DID.

Shared symptoms of Possession and Dissociative Identity Disorder are as follows:

Anxiety; crying spells; numbness; choking sensations with difficulty breathing; lost time; amnesia; visual disturbances; headaches (not relieved by drugs); character shifts; mood swings; sleep disturbances; confusion; abuse of food, alcohol, and other stimulants; sexual compulsions; tendencies to procrastinate; fear of making mistakes; low self-esteem.

Distinguishing symptoms of Possession or Entity Attachment in Adults are as follows:

Sudden low energy levels; sudden character shifts and mood swings; sudden inner voice(s) speaking to them; sudden abuse of drugs or alcohol; sudden impulsive behavior; sudden memory problems or poor concentration; sudden onset of anxiety or depression; sudden onset of physical problems with no obvious cause – i.e. headaches, back pain, etc.

Suddenness is key

One of the distinctions I have noticed with my adult clients when it comes to possession or entity attachment is the sudden dissonant behaviors and sudden changes in emotion never experienced by themselves or observed by others close to them. Naturally when vast alterations in mood and behavior suddenly show up it can be quite disconcerting not only to the affected person but to those who know them well.

If you consider the list above on “why” earthbound spirit attachment occurs, with adults, unlike with children, there is often a definite, traceable Before-Spirit-Attachment Self followed by an event or experience that draws in the earthbound spirit which is often characterized by an evidenced shift in mood and behavior. Often before a Spirit Release session, while I am explaining the process, I hear comments from clients such as:

. “It is not like me to get so angry”

. “I can’t stop eating chocolate”

- . “I have never done this before”
- . “I just don’t want to go anywhere anymore”
- . “I feel so unmotivated and I was so active before”
- . “It was almost like it was someone else”
- . “I am smoking marijuana now and I never even liked it before”.

Case Study - Debbie*

An example of ‘suddenness’

Debbie* aged 36, had a challenging childhood. She had a mother who was diagnosed with a potentially life-threatening illness when she was a little girl, around eight years of age. Her mother was chronically ill, so much so that Debbie* lived a good part of her childhood believing that her mother was imminently about to die. She described her father as a “genius” and as someone she loved and admired but who was emotionally unavailable to her. As a teenager she described herself as making a series of “poor choices” that culminated in her being incarcerated at a young age for a number of years. While in prison she pursued her education and eventually furthered her education when she was released and came to own and operate a very successful business. She also has three children whom she adores.

Debbie* came to me because she had been experiencing severe anxiety over the past year, coupled with resentment and anger over a difficult romantic relationship. While she made significant progress working through a number of unprocessed life experiences, she also had periods, even while we worked together, where she described herself as “feeling out of control” and baffled by some of her emotions. We decided to do a spirit release session and just before the session began she remarked, “sometimes I lay on the floor bang my heels up and down and have a temper tantrum”. During the session it became clear that she had an ESA. Apparently shortly after she purchased her new home, which was a year and a half prior, an Earthbound Spirit had attached. What emerged during the session was a frightened, reluctant, angry little boy, who wanted his mother. Following the session, which was over a year ago, she has not engaged in that behavior.

Special consideration regarding children and Earthbound Spirit Attachment

In my experience, after having conducted well over one hundred Spirit Release sessions, when an earthbound spirit attaches to a child, before the age of 7, the attached spirit tends

to have a tremendous impact over the developing child's consciousness and therefore emotional development. ESAs can incorporate into children who become vulnerable due to either large traumas - i.e. sexual abuse, incest, physical abuse, growing up in a combat zone, not having enough food, or even a series of small traumas - i.e. a bullying sibling, being embarrassed in school by teachers, feeling ignored or overlooked by a parent.

I have found with some of my clients where sexual abuse is present multiple ESAs are typically present, as well as what are referred to as Dark Force Entities (DFEs) Three client's Hope*, Helene* and Keith* fall into this category. Each of them has experienced levels of emotional detachment and withdrawal in their adult life. In fact it was unresolved depression and anxiety with a desire to try hypnotherapy and energy psychology techniques that brought each of them to my office. Each one of them reported a tendency to "procrastinate" in their adult lives. Each of them has had multiple ESAs. Hope* was sexually molested by her 16 year old male cousin who groomed her between the ages of 3-6 with pornography and physical touching, which culminated in him raping her when she was 6 years old and he was 19. He also threatened her with physical harm on three separate occasions following the rape if she told. Her father was an alcoholic who could be loud and threatening when he was drunk. Hope has had numerous ESAs and DFEs and yet she is remarkably resilient. Part of the reason is because two of her three siblings were born with disabilities. As she said, "I always felt like I needed to protect them." To this day she has a strong bond with her family, particularly her siblings who are very supportive of her. She is in the health field and while she is adamant that she does not suffer from DID, she does recognize and acknowledges how deeply affected she has been by Earthbound Spirits.

Helene* was sexually molested by a male neighbor, aged 18 between the ages of 7-9. Her mother was an alcoholic who was never available emotionally and her father was absent and emotionally unavailable. She witnessed her mother unconscious, having attempted suicide on two occasions. All of this had a tremendous impact on her own development. We found a significant number of ESAs following a number of Spirit Release sessions. Helene too is remarkably resilient. Similar to Hope she felt she had to watch over her only sibling. She is a successful business owner, an alcoholic with many years in recovery, and is married with three healthy children.

Keith* came to me depressed and anxious. He also reported having explosive, angry outbursts at home. While it was clear that he loved his wife and child, he seemed anguished and baffled by his behavior. He agreed early on in our time together to a Spirit Release session, which led to many subsequent of these sessions. Numerous ESAs and DFEs were found. After the Earthbounds were released he remembered that he and his siblings were molested by their Nanny. Keith described his home life as loud and chaotic. His parents argued a lot and he experienced his mother as emotionally unavailable and at times verbally abusive and dismissive. He described feeling loved by his father, even "special" however he also acknowledged that his father contributed to the chaos and instability in his home life. Keith never felt encouraged by his father to follow his own dreams. In fact he was told he did not have to work and that he would be supported by the family business and inherit the family business after his father died. Following the spirit

release work, coupled with him exploring past life therapy and working through multiple childhood traumas, Keith has begun to take more initiative in leading his life in a direction and manner that accentuates his many talents.

Matching emotions

When I think about the number of ESA cases I have dealt with- while that number clearly pales in comparison to Modi's and Baldwin's, with their sessions being in the thousands- what I have found to be most prevalent is how the emotional state presented by my client, be it anger, anxiety, fear, shame, guilt, envy, matches the emotions presented by the ESA. I have also found that it tends to double or triple the problem emotion in my client. I say this because after the ESA is removed, the problematic emotion or state begins to greatly diminish depending upon the circumstances.

As therapists, hypnotherapists or energy psychology practitioners who use EFT and Matrix Reimprinting in their work, like myself, it is understood, if we are going to see positive changes in our clients lives we must address their childhood traumas. In my practice, and I am sure some of you can relate, I would often find myself visiting and revisiting some of the same childhood traumas with certain clients, over and over again, and they would still report feelings of anxiety, depression, anger, with a tendency to isolate. My discovery of the field of spirit release and the inclusion of spirit release techniques in my practice has minimized that problem while being transformational for many of my clients.

Janine* and Jack

Consider Janine* and the earthbound spirit attached named Jack that opened this volume. After further inquiry, it seemed clear that Jack lived his life very focused on his father's approval. He sought that approval, which you could say any 14- year old boy might do. Jack's belief that his father was disappointed in him resulted in anger and bitterness. Jack's anger acted as the "ball and chain" that Dr. Baldwin observed in his practice that keeps some human souls earthbound.

During my short dialogue with Jack he reminisced about the fun he had on the farm playing with his two younger brothers and his close relationship with his mother. Then he would shift back reliving his "dumb mistake" which led to his death, coupled with his father's disappointment, which caused strong feelings of anger, to then moving towards happier times.

In comparison to Jack, Janine* struggled throughout her childhood and into adulthood to gain the approval of her mother. The desire for approval and recognition carried over into adulthood, culminating in a number of career disappointments and broken love relationships. She never felt truly appreciated or valued in her jobs or in her love relationships. She never felt good enough. She often had contentious, loud, angry

arguments with her partners. This was followed by feelings of embarrassment and shame. She sought each man's attention and approval, even at times taking care of them financially. She felt she had to do something to earn their approval.

This was a very similar type of anger she felt towards her mother. Jack incorporated into Janine* when she was a teenager, participating in the play, Annie Get Your Gun. Immediately following the session Janine told me that the play, in part, drew Jack to her because of the bales of hay, and the western theme. She said "when you asked him what drew him to me the bale of hay popped into my mind." A couple of weeks following the session Janine remarked that she felt less angry, significantly more at peace and more in control of her emotions. She said "I just don't feel a need to push things so much" with her partner. This dissipation of anger is not only palpable to her but is also evident to me in terms of how she discusses her relationships months later.

Human beings, but not in physical form

I do not view my clients as victims of spirit attachment, possession or whatever phrase is used to describe such a phenomenon, although I acknowledge its parasitic nature and am compassionate to the difficulties spirit attachment or possession causes.

To restore wholeness- to return the client's own power to themselves- the Earthbound Spirit must be moved on. Yet, the Earthbound Spirit is also a human being, just not in physical form. They too require compassion, understanding, not condemnation.

At times I have found that the earthbound spirit requires an intervention because many are still in the throes of their own death trauma or have unresolved emotions based upon decisions they made while in physical form.

Many are deeply confused and do not understand that they are not in physical form any longer, let alone that they have incorporated or attached to a living human being. It is as though time- or the sense of continuity of time- ceased at the moment of their death and they are in suspended animation. When I question some of them it is as though they are awakened from this suspended animation and often begin to grasp the gravity of their situation.

Other earthbound spirits know they are intruding, and are quite apologetic when they recognize the damage they are causing. Some have been in multiple bodies over a long period of time. It is not unusual for me to hear statements like "I have been in several bodies."

There are also cases where a symbiotic relationship was formed between an Earthbound Spirit and a living human being, while the earthbound spirit was in human form.

I had a client named Myra*, for example, who came to me because she had a health scare, and her anxiety, which she claimed was already quite high, skyrocketed. She would wake up every morning choking with intense anxiety.

As we worked through a number of childhood issues, Myra brought up her grandmother, who happened to be a holocaust camp survivor. She described her grandmother as very anxious, but also kind and protective of her. Myra felt emotionally supported by her growing up. In sharp contrast she described her brother and mother as “bullies.” She also felt very “unsafe” around her father who, when she turned twelve, began making inappropriate sexual comments whenever they were alone together.

Her grandmother seemed to be her main support and nurturer. Myra described her grandmother’s anxiety symptoms as very similar to hers. Because her symptoms were not abating, after a number of sessions, I asked Myra if she would consider a spirit release session. She agreed. During the session we discovered her grandmother, who was very fearful of death and concerned about what would become of her. This type of Earthbound Spirit requires deep compassion and help on the part of the practitioner so they can move on peacefully. They require an intervention themselves. Since the spirit release session, which was over a year ago, Myra no longer wakes up in the morning choking and anxious.

Myra also told me following the session that she was not surprised that her grandmother was attached to her. She recalled an event she attended a few years earlier and something came up about the holocaust and she said “I reacted so angrily that one of my friends, said to me, ‘it is almost as though you were in a concentration camp yourself.’”

These scenarios, when they arise during a Spirit Release session require a very delicate process of disengagement.

Introducing the Dark Force Entities

“Pain can be terrible beyond any human description, but it is transient; Bliss is eternal. Evil is real, but only in its dimension that includes this world; the Glory shines forever here and everywhere in a way Evil cannot stain or defeat. Horror has its day, or year or decade, or century; the Sun of Love has never, and will never set. And whatever you have to go through to come to know this beyond any shadow of a doubt is worth it.”

Sun at Midnight: A Memoir of the Dark Night (2002), Andrew Harvey

Dark Force Entities (DFEs) can be defined as representing the dark side of the polarity of Light v. Dark evident on the planet. Since ancient times human beings have associated the concept of God with lightness and goodness and its polarity, the concept of Devil with darkness and evil.

Olga Hoyt in her book, *Exorcism* (1978) provides a wonderful historical journey and insights regarding demonic possession, citing its ancient origins all the way through the 20th Century. She highlights how the Devil or evil forces have attempted to control the consciousness of living human beings at every time in history and within every culture. She highlights the first indication as appearing on a clay tablet in an Assyrian text dated over 2,500 years ago.

Hoyt also notes that the first religion to depict the polarity of Light vs. Dark, was Zoroastrianism, founded in Iran in the 6th century. It held a dualistic view that the being of Light, Ahura-Mazda, the One of Light and Goodness, to be separate from the One of Darkness and Evil, Ahriman. The descriptions of the Devil and evil forces throughout human history, from its recorded beginnings, through the 18th century, describe hundreds of dark creatures: devils, demons, djinn, ghosts, vampires, and evil spirits. They have been given various other names and titles such as Lucifer - the angel cast down from heaven, to Satan and The Prince of Darkness.

Is it possible that these are manifestations of unacknowledged parts of our clients own selves? Aspects hidden from them, lying within their subconscious, thus living through them? Are they passed down morphogenetic fields? Negative and self-sabotaging habits of thought and thus being that require resolution?

Dr. William Baldwin in *Spiritual Releasement Therapy: A Technique Manual*. Second edition (1995) suggests that DFEs emerge from the most shadowy suppressed, denied parts of the human experience: anger, even rage, greed, envy, revenge seeking, pride, sloth, etc. You could say they are the antithesis of love. Their goal seems to be to destroy any form of love, especially self-love. They encourage and facilitate fear and self-doubt. Dr. Shakata Modi in *Remarkable Healings* (1997) believes they cause an array of physical illnesses, even cancer. She highlights numerous case studies in her book.

The DFEs I have experienced in my own practice tend to encourage addictions, exacerbate feelings of low self-worth, obsessions, fears and phobias, sexual problems, while promoting as much mental dis-ease as possible.

I want to emphasize again that DFEs are not human. Unlike ESAs, they were never human but rather are living forms of consciousness that are goal directed in a very specific way.

Research in quantum science demonstrates that our thoughts create the physical reality we find ourselves in. Our thoughts, combined with our emotions, are acts of creation. They create the quality of our lives and life circumstances. DFEs can best be understood as living forms of consciousness in the “field” or “matrix of energy” of the world we live in. Say, for example, you have a strong feeling of dislike or hatred towards someone because they stole money from you, or they had an affair with your spouse, or you felt wronged by them in some manner. Those strong feelings become alive in the field of energy that some refer to as the matrix of energy. That “dislike” or “hate” adds onto the

morphogenetic field of hate. It becomes a “habit”- a part of being a human being, a part of the human experience.

A DFE, and there are many types and varieties of them, seek to control and impose upon their human target. They impose their will over the consciousness of the human target in countless deleterious ways. The human target is a match, a resonant match to the imposition of the DFE, often representing some disowned part of themselves. Things our clients do not want to acknowledge about themselves.

Hope * had difficulty expressing the level of hatred she had towards her abuser. She felt her life, her dreams and aspirations had been stolen from her. Consequently she had numerous DFEs that exacerbated her tendency to isolate and silently seethe in bitterness. My experience shows me that what makes a person vulnerable to DFEs are unexpressed, repressed negative emotions towards self and others.

Dr Richard Gallagher

Dr. Richard Gallagher is a psychiatrist and professor at Columbia University who has worked for the past 25 years with a broad variety of Christian denominations, helping them discern between actual demonic possession and mental illness.

“For the past two-and-a-half decades and over several hundred consultations, I’ve helped clergy from multiple denominations and faiths to filter episodes of mental illness — which represent the overwhelming majority of cases — from, literally, the Devil’s work. It’s an unlikely role for an academic physician, but I don’t see these two aspects of my career in conflict. The same habits that shape what I do as a professor and psychiatrist — open-mindedness, respect for evidence and compassion for suffering people — led me to aid in the work of discerning attacks by what I believe are evil spirits and, just as critically, differentiating these extremely rare events from medical conditions.”

For years it seems Gallagher has been trying to ratify through consensus an official diagnosis of Demonic Possession, and have it recognized by the American Psychiatric Association. There are two documentaries- Return of the Exorcist (2016) and Deliver Us (2017)- that provide an analysis of the Catholic Church’s position, emphasizing what this organization observes to be an increase in recent demonic activity. The documentary Deliver Us is based upon the extraordinary number of exorcisms performed in Italy- over 500,000 per year, It seems to me that the Italian people highlighted and exorcised in this documentary were definitely oppressed by something.

Interestingly, I find Gallagher’s analysis regarding possession to be very similar to what William James wrote about and described regarding “demonic possession” in his Lowell papers in 1896. His work, as well as Gallagher’s and the other psychiatrists he has worked with, all evaluate the phenomenon of demonic possession and form identical

conclusions - that 10% of the presenting cases are “demonic possession” while the remainder of cases are based in some other condition.

Dark Force Entities and Emotion Matching

The phrase ‘Dark Force Entities’ does not in my opinion or experience identically correlate with ‘demonic possession’ as described by traditional branches of religion nor in the historical references provided by Hoyt in her book, *Exorcism* (1978). But similar to the documentaries I cited, DFEs are oppressive.

What I have noticed with my clients who have DFEs is a slow gnawing away at their self-respect and esteem and perhaps most significantly, how they seem to become robbed of their sovereignty and peace of mind. They seem to sit on the sidelines of life, never fully engaging their dreams or potential. At least three of my clients who had DFEs and suffered from suicidal ideations found these urges disappear immediately upon the release of the DFEs.

I am in strong agreement with Dr. William Baldwin that the clients who have DFEs have either formed a pact with the DFE in another lifetime, or they were cursed by someone, which the DFE viewed potentially as an “invitation” to attach to the cursed person. It is very clear to me from doing this work that DFEs have no concept of time so they have no concept of reincarnation. If they attach to a person in another lifetime, they return when the client is around 3 to 3.5 years of age in the subsequent lifetime, similar to what Dr. Baldwin and Dr. Modi discovered in their work. When I began to discover DFEs in clients, I found I was able, similar to Baldwin and Modi, to not just track their re-attachment at age three in the current life time, but also track the origin of the DFE - the lifetime and circumstances that led to DFE attachment in the first place...

I had one client Gwen* for example, who during a past life session discovered herself locked in a box in the 19th century. As she screamed out for help, she made it clear that she would “do anything” if she was released. It was never clear what Gwen* did in that lifetime that led to the circumstance of her being “locked in a box” in the first place but what she did know is that her pleas for help led to her release.

What we did learn by visiting that lifetime was that it was a DFE who released her. Unfortunately for Gwen*, each subsequent lifetime we visited following her release from the box was filled with anguish, regret, feelings of worthlessness and shame. In one lifetime she was a prostitute. In another lifetime she was a slave. In another lifetime she had an affair with a woman’s husband and the woman murdered her. Perhaps the impressions carried over into this lifetime, where she found herself severely bulimic for over 41 years until Spirit Release work.

Applying my knowledge of Dr. Baldwin’s work in particular, we were able to track what seemed to be the reincorporation of the DFE in this lifetime into Gwen at the age of three

and a half. In fact Gwen remembered the entry of the DFE quite vividly because it scared her deeply, as she felt something come into her, that she crawled out of her bed, and ran to her parents room seeking comfort and safety. Her mother simply sent her back to her bed, she recalled.

I don't mind sharing that my focus and perception of that event became very narrow. I myopically focused on her mother's rejection, which I tied to her bulimic behavior. Since I had spent almost seven years studying developmental theory in school it made sense; Gwen had a very complicated, combative relationship with her mother. Plus a number of my prior clients with eating disorders recovered by focusing on early childhood events that often featured their mothers most prominently. I had found that energy psychology techniques such as Emotional Freedom Techniques and Matrix Reimprinting were sufficient in helping them resolve traumatic events. In Gwen's case, no matter how many times we visited the event, she always felt extreme anxiety and a lack of safety in her body which led to relapsing behavior. It was very frustrating for both of us, to be honest. Only the identification and removal of the DFE through Spirit Release changed her perception of the event. In retrospect I have come to realize that when we have difficult cases then other approaches may be necessary. I bring this up because the only process that helped Gwen was Spirit Release work. Fortunately she was very dedicated to becoming free of her bulimic behavior and severe emotional mood swings. Her dedication to recovery has been realized because she has had no relapses since the tracking of the DFEs origin or entry point.

Remember Keith* from above? He recalled a lifetime in which he owned a mining company in a small town. He was unmarried and dependent upon the men in the town to keep his mining business thriving. He acknowledged that he neglected their safety because he did not have a family or a sense of closeness and connection with others in that lifetime. He acknowledged that he "cut corners" and that neglect led to a horrible accident where many miners in the town died. He remembered a trial and his face "burning with guilt" as the women of the deceased miners confronted him. One woman in particular expressed her hatred towards him. She cursed him. In this lifetime he remembered he was around three and a half years old when he and his siblings were molested by their nanny. As he recalled the experience he described a strong feeling of darkness inside. I asked him to look inside and locate the darkness inside of him and he said: "it's a devil's face extending from my throat all the way down covering my chest. It has red eyes."

It is helpful in doing this work, in my experience, to combine Past Life Therapy with Spirit Release work and Womb work - they work synergistically together - to identify negative patterns, to track their origins, and to ultimately resolve them. Identifying the negative patterns and tracking them leads to the origin points for Dark Force Entities and sometimes Earthbound Spirits entry into clients. This is very similar to Dr. Baldwin's and Dr. Modi's findings.

If I were to identify another function of a DFE I would say they seek to gain control in any way possible to thwart the growth and potential of their target. They seek to steal

their personal power. In my experience with my own clients, the DFEs always match the negative emotions they feel due to unresolved traumas. The DFE seems to feed itself, and thus maintain power over the client, through the client's own negative emotions. The subconscious mind of the client always reveals the source of these existing negative emotions- always due to unprocessed life experiences, including past lives- leading them to form beliefs about themselves and others that are limiting.

The following is an extract from a session with Hope* in which a DFE described for itself its own nature, purpose and attachment trends:

Suzanne: What can you do? Are there many of your type... out there?

DFE (through Hope*): There is more. But they all have different strengths. Some are not as strong as others. But we grow over time. We can grow in strength over time.

Suzanne: How do you grow over time?

DFE (through Hope*): We feed ourselves.

Suzanne: What do you like to feed yourselves?

DFE (through Hope*): Fear and control.

I include a more complete transcript of this session at the end of the book.

Indications that someone may have a Dark Force Entity

You may notice as a therapist or practitioner contradictory or dissonant behaviors with your clients and you may even point them out. Sometimes regardless of what you do, regardless of how skilful a practitioner or therapist you are, your client may simply not improve, often demonstrating the same symptoms they initially came to see you to resolve. Sometimes we write this off as 'secondary gain'.

The following are some symptoms that can indicate DFE Attachment:

- . Unexplained, uncontrollable bursts of anger and negative emotions
- . Inner voices making negative comments, sometimes suggesting negative actions
- . Anxiety, or panic attacks that won't go away regardless of the interventions tried
- . Depression or deep sadness that won't go away regardless of intervention
- . Disturbing nightmares or strange frightening faces showing up in your dreams

- . A lack of motivation
- . Disengagement or tendency to isolate from others
- . Problems with addictions of all kinds
- . Suicidal thoughts
- . Homicidal thoughts
- . Animals are suddenly afraid of you or wary of you
- . Feeling a lack of safety
- . Cold areas in your home or office, accompanied by a sense of an uncomfortable presence when nobody else is around

How to identify a Dark Force Entity

Some of my clients can 'see' DFEs internally inside their own body, or in the field around their body. DFEs can take various sizes and forms. They can be a particular color - typically red or black. Some of my clients 'feel' them as a painful sensation of some type - squeezing their head, applying a vice-like grip pressure to the back of their neck, pinching their stomach, or intestinal area, etc.

Examples of DFEs seen from practice include:

- . Black dot or blob
- . Tight red band wrapped around the head
- . Dark shadow over the heart, solar plexus, throat, etc
- . Amoeba-like figure in the throat
- . Feelings of deep fear, anxiety lodged somewhere in the body
- . Hag
- . Vulture
- . Witch

- . Pentagrams reversed and upright
- . Upside-down cross
- . Classic devil with red eyes
- . Blond haired Luciferian girl with red eyes

The parasitic nature of Dark Force Entities

Dr. William Baldwin noted in his book *Spirit Releasement Therapy; A Technical Manual* (1995) that DFEs are “arrogant, hostile and speak in defiance.” I have discovered that some DFEs are more intelligent than others quite frankly, and not always hostile per se, but more matter of fact about what they are doing. In all cases their stated purpose and goal seems to be to disempower their host. Most brag about their control:

- . “I control her/his mind”
- . “I make him yell”
- . “I make her doubt herself”
- . “I make her binge-purge/ drink / gamble”
- . “I cause his anxiety”
- . “I cause her stomach/head/back pain”

The negative emotional reactions generated within my clients have been referred to by the DFE through the client as their “energy” or the “food” necessary for their existence or continual attachment. Talk about resonance!

Highly Sensitive People

Anthropologists and psychologists who have studied possession in cultures all over the world where alterations in consciousness are not only observed but also accepted as common occurrences describe those who tend to become ‘possessed’ as ‘hyper sensitive’.

There is a category in mental health known as a Highly Sensitive Person (HSP). Although this is not an official diagnosis, some research has been conducted and those who are HSP appear to be experiencing an overall sensory processing sensitivity.

Without exception, I would categorize every client I have conducted a Spirit Release session with as HSP, where an Earthbound Spirit or a Dark Force Entity has been discovered. HSPs are simply more attuned to the subtleties of what is going on around them than the average person. They are emotionally fragile at times and significantly attuned to people and their overall environment.

Everything around them impacts Highly Sensitive People. Often intensely.

Lights, sounds, smells, people's moods can overwhelm HSPs as they pick up a significant amount of the sensory detail from their environment that other people miss. Their high level of attunement to the people around them and their moods often leads to overload. As clients, HSPs may share childhood memories of being often told they are "too sensitive", "a cry baby" or "a whiner" or "thin skinned". The truth is they are also very empathic; a beautiful quality.

If HSPs are raised in a chaotic, loud home environment, for example where their parents fight a great deal, or where they feel ignored, overlooked or dismissed rather than acknowledged, it can be quite damaging to them. This damage appears to slow or halt their emotional growth and development.

They tend to bring a great deal of unprocessed childhood wounding into adulthood. If a large trauma remains unprocessed it can be catastrophic to them. So can a series of small traumas, which may imprint the messaging that their needs do not matter.

If HSPs are not taught healthy, self-regulating activities such as meditation, quiet time, or spending time in Nature, they tend to engage with numbing agents such as drugs, alcohol, food, sex, or television.

It is my opinion that this oversensitivity causes their energy field to become wide open, leading to the susceptibility of either ESA and/or DFE attachments.

Dr. Konstatin Korotokov's photoelectric photography demonstrates the literal disintegration of the boundaries of a person's energy field; perhaps this field is an integral part of buffering to energy intrusion coming in from the outer environment.

Dr Korotokov has demonstrated through his work that our energy fields are open when a person:

- . suffers from a physical illness
- . is experiencing anxiety or depression

- . experiences extreme emotions, even bliss
- . is under the influence of psychedelics

How much more so must the energy field of a Highly Sensitive Person be open or permeable?

Is it just part of the Human Experience?

After working with a significant number of clients and other practitioners using Spirit Release I find that sometimes there is a tendency to dismiss what is uncovered because they have been conditioned more or less to not acknowledge parts of themselves that are not pleasing or acceptable. I know that is true for myself. But as a Spirit Release practitioner who openly embraces quantum principles and what has been discovered, my main goal is for my clients to grow into a deeper sense of self-knowledge and awareness. This involves shifting their focus to their inner world, where their subconscious can be accessed. Aspects of self that have been hidden from them. Quite often this leads to them meeting those unacknowledged, less pleasing “shadowy” parts of themselves. Fortunately, quantum science has proven that our psyches are not solid. As our clients acknowledge and rub up against painful truths about themselves, they tend to clear harmful or unhelpful patterns. The end result is more self-awareness and presence. Their emotions, attitudes and most importantly their beliefs about themselves and others change.

I imagine many of you, just like myself, simply want your clients to be more engaged and fulfilled in their lives. I have found over the years, especially doing Spirit Release work, that it is important to be a witness to our clients’ experiences. Whether it is a DFE or ESA, my main goal has been to move those clients who have been affected by them into more self-awareness. That it is okay to feel what they feel right now, and to be okay with it. Suppression seems to be a state that creates vulnerability to both ESA and DFE attachment. Encouraging my clients to express the darkest, most negative parts of themselves is actually a safeguard against them. I have noticed that when my clients acknowledge their negative emotions they eventually begin to witness them without becoming stuck in them. Sort of a ‘this too will pass’ mentality takes over.

Along with the **Lightness of Being** there is the **Darkness of Being**. For whatever reason, they are both a part of our evolutionary planetary journey- individually and collectively- at this time.

Invitation

I invite you to consider that ESAs and DFEs may inevitably arrive in your consulting room along with your living clients.

How will you best serve them?

Do you feel equipped to help your clients become free of interfering earthbound spirits or dark force entities so they can step into their full personal power?

Spirit Release is a process for which training and professional support is highly recommended. **I want to share everything I know with you.**

Working with ESAs and DFEs - frequently both together- involves an opening or sensitizing of our awareness as practitioners that includes not only observation but asking appropriate questions to determine if entity interference of any kind is present.

A range of reliable techniques is necessary to release interfering entities. These can be learned, practised and applied effectively.

Following the successful release of interfering entities it is necessary to help our clients resolve and heal the vulnerabilities and susceptibility that created the interference in the first place.

Please read this again because it's so important: *it is necessary to help our clients resolve and heal the vulnerabilities and susceptibility that created the interference in the first place.*

It took me quite a few years using non-traditional therapies, particularly hypnosis, to recognize the presence of an earthbound spirit in one of my clients. I then needed to focus on what created the susceptibility that created the interference in the first place.

I have both traditional and non-traditional training in the field of mental health and 17 years of experience. These diverse perspectives have all informed the Spirit Release techniques that I have borrowed, developed and incorporated into my practice.

I would like to share these Spirit Release techniques with you in order to help you with your clients.

I work with practitioners in three ways:

. **Consultant Practitioner-** I work with practitioners around the world who trust me to be able to provide Spirit Release sessions for their clients. This typically involves three sessions with me, provided on the understanding that practitioners will continue to work with their clients to identify and resolve the circumstances that led to their vulnerability to spirit attachment once it is identified.

. **Mentor** - I mentor practitioners individually so that they are able to incorporate Spirit Release techniques into their practice with confidence.

. **Teacher** - I teach biannual intensive training weekends online for the practitioners I am mentoring, expanding their knowledge base and skill set .

If you find yourself curious about how this could work for you and your clients, let's have a conversation.

Reach out to me here - **thesourceforchange@hotmail.com** - and I look forward to talking with you either on the phone or online.

I want to thank each of you that has come this far for taking time from your busy schedules to read this ebook.

I would like to leave you with a transcript of a Spirit Release session I conducted in which I converse with a DFE. Following this excerpt, I have also provided an essential introductory reading list for those who would like to begin to explore the existing literature in greater detail. *Continue reading to find these.*

Case study- Hope*

The following is an excerpt from a session I did with Hope, aged 40. I have a short pre-talk with the client followed by an excerpt from a spirit release session where a Dark Force Entity attachment was discovered:

Hope*: Something is there that has me in a grip. And pictures of my little girl are coming up.

Suzanne: So you think it is your little girl and maybe there is something for you to discover?

Hope*: No, I don't think it is my little girl. I don't even know what it is but it is an energy that I feel as a freeze energy.

Suzanne: Okay. How do you feel right now as you're sitting over there?

Hope*: Ummm I am tearing up a bit. Before coming here today I was late because I did not feel well in my stomach, but I knew I needed to come. I feel like I really want to fight something off of me. From inside of me. I keep thinking about what Abe* (Abe was an earthbound spirit released from the client in a prior session a week earlier), said and it seems the longer they stay out there the darker they become. Like they pick up stuff out there. So I wonder if I have an earthbound spirit with something dark. I just think of them I guess as coming into me and other living human beings to escape out there.

Suzanne: Are you saying like they have their own world or existence once they leave their bodies and become trapped here?

Hope: Yes. Like there is a hierarchy of darkness out there, but I also got that there was a hierarchy within me, where the stronger, the most dark were squeezing the others out.

We had a longer discussion regarding her perception. I will now go into the dialogue that revealed a 'type' of Dark Force Entity.

Hope*: I am just a little bit scared. It feels like it is going to be a scary one.

Suzanne: Do you want to wait and maybe do some relaxation if you think it will help?

Hope*: No. I need to do this.

I conducted a short relaxation process so the client could begin to focus inside.

Suzanne: What is it that you hear your mind saying to you?

Hope*: I won't let you in. I won't let you in.

Suzanne: (I assume the speaker now is not Hope*) Thank you for letting us know that you are here. How would you describe how you are affecting Hope emotionally? You can put the thoughts into her mind and she will speak them for you.

Very long pause with no answer.

Suzanne: Perhaps I can ask this differently and I thank you for your patience. How would you describe your nature? Or how would you describe what you do?

DFE (through Hope*): I control her.

Suzanne: How do you control her? Or how emotionally?

DFE (through Hope*): She.....I control her. And others.

Suzanne: How long have you controlled her and others?

DFE (through Hope*): A long, long time.

Suzanne: So what is your goal since you say you affect Hope and others? Since you mentioned control of her and others.

DFE (through Hope*): There is no goal. It is just what I do. It is what I do. It is what I am.

Suzanne: So.....Who created you?

DFE (through Hope*): long, long pause.....I created.....I am of.....I have always been this way....

Suzanne: How would you describe "this way?"

DFE (through Hope*): I don't have..... I don't look like her.

Suzanne: What do you look like?

DFE (through Hope*): I can move anywhere.

Suzanne: You can move anywhere?

DFE (through Hope*): Yes, I can move anywhere.

Suzanne: Is there something you could compare yourself to or describe yourself as so I might understand you better?

DFE (through Hope*): Like a mist, dark, green that can take a form.

Suzanne: You're a dark green mist that can take a form? A human form?

Pause

Suzanne: A human form? Is that part of it?

DFE (through Hope*): Maybe an outline, shape, but it won't be looking human. It is not just the form, it is what I can do.

Suzanne: What can you do? Are there many of your type, these dark, green, misty forms out there?

DFE (through Hope*): There is more. But they all have different strengths. Some are not as strong as others. But we grow over time. We can grow in strength over time.

Suzanne: How do you grow over time?

DFE (through Hope*): We feed ourselves.

Suzanne: What do you like to feed yourselves?

DFE (through Hope*): Fear and control.

Suzanne: So take Hope who continues to fail a test, over and over again, getting a 69 when she wants to get a higher score, how does that feed you? How does that make you stronger?

DFE (through Hope*): Ha...she, her it is her emotion when she can't do better.

Suzanne: What is that emotion?

DFE (through Hope*): Anger. Frustration. It feeds me.

Suzanne: So does her lack of expression and pushing down her frustration emotion give you more strength?

DFE (through Hope*): Yes push.... She pushes it down but it is still there so it is what is good for me. They don't always know what they are doing.

Suzanne: People? Hope?

DFE (through Hope*): Yes.

Suzanne: How do you affect someone like Hope mentally? What is your strength?

DFE (through Hope*): She is afraid. It is a part of her. She is getting braver but there is a part she can't push through because I won't let her.

Suzanne: Why do you allow yourself to come forward like this today to have this conversation?

DFE (through Hope*): Because she is fighting me.

Suzanne: She is fighting you? You have never been fought before?

DFE (through Hope*): Not by her. Not like this. They have all been under my control. The entity then references the multiple earthbound spirits that were attached to Hope, prior to their release.

Suzanne: So have you been running things in there?

DFE (through Hope*): Not running things in there (seemed annoyed). They didn't know I was there.

Suzanne: So what is your earliest memory of what you are?

DFE (through Hope*): I remember dark and pain.

Suzanne: When did you enter Hope? Or make your way into her?

DFE (through Hope*): She was small. Little girl small. It is so easy.

Suzanne: What is?

DFE (through Hope*): Young. It is so much easier when they are young then older. It is amazing. Totally oblivious to who I am.

Suzanne: In what way?

DFE (through Hope*): They still have that energy.

Suzanne: How would you describe that energy that you like in the younger ones?

DFE (through Hope*): She didn't know that her head was mine. I had her head. I had control.

Suzanne: She didn't know?

DFE (through Hope*): She was young..... (starts laughing) I was working through her. All through her and she didn't know (laughs again).....But their bodies can't take it.

Suzanne: Their bodies can't take it? The young ones?

DFE (through Hope*): It wears them out. I make them tired and I get stronger. It is just a matter of time before I get stronger and stronger and they get weaker and weaker.

Suzanne: But apparently you can't be feeling that strong since you are letting us know that you are here today.

DFE (through Hope*): She is fighting. There is less darkness then there used to be. Less heavy. It is time. I am not getting what I need from this one anymore.

Suzanne: So where would you go? Is there more than one of you?

DFE (through Hope*): Yes...But we are not the working-in-a-team type.

Suzanne: So what are you?

DFE (through Hope*): We are for ourselves

Suzanne: Who created you? Do you work on behalf of anyone?

DFE (through Hope*): We don't work for anyone but there is one who is bigger, stronger than us.

Suzanne: Who's that?

DFE (through Hope*): The Darkest of the Dark. The Dark one. I am pain. Heavy pain.

Suzanne: Do you work for the Darkest of the Dark?

DFE (through Hope*): NO! But we don't go against him.

Suzanne: And you are considered a Being of the Dark? And again I have no judgment about this nor am I trying to be rude. I am just trying to understand you.

DFE (through Hope*): Yes. But it is not like I work for him. But I follow by not going against him. And then I get to be.

Suzanne: And some refer to this one as Lucifer or Satan, or as a Demon. These words, do you have a name for him?

DFE (through Hope*): No.

Suzanne: Who does the Darkest of the Dark go after?

DFE (through Hope*): Dark ones.

Suzanne: Can you explain that to me a bit? I am just trying to understand.

DFE (through Hope*): It is a recruiting. He recruits them. Showing them what being on this side is. Showing them what they can have.

Suzanne: But how is it like that?

DFE (through Hope*): Ahhh but it is too late, don't you understand. By the time they figure it out they are his.

Suzanne: Okay. Thank you for sharing that. Let's focus on Hope. So you are saying that it is too light in there now? So why don't you leave since dark is what you seek? How do you stay there? Why not just leave?

DFE (through Hope*): (begins to laugh out loud and says) – Why should I leave?

Suzanne: Because you said she is fighting you. So I am wondering why you don't just leave?

DFE (through Hope*): Yes, but she is not the only one that is stubborn.

Suzanne: So you're stubborn?

DFE (through Hope*): I like to have a return on my investment.

Suzanne: You like to have a return on your investment? So how is that working out for you? And again I am just trying to understand.

DFE (through Hope*): (very angry voice) Hard work.

Suzanne: Hard work with no return on investment?

At this point the client experienced a lot of pain in her stomach and head. When I have a client who begins to experience physical pain when a DFE has been identified, the DFE must be moved on immediately.

Suzanne: So where are you with Hope? Where do you exert your influence?

DFE (through Hope*): Head. The whole head.

I used a Spirit Release technique to remove the DFE from Hope's head area. Hope choked and coughed throughout the process and then cried uncontrollably following the release. She explained to me that she cried because the DFE was squeezing her head very tightly and she was astounded at the level of hatred the DFE conveyed it had for her and others.

Reading List

Allison, Ralph, with Schwartz, Ted; *Minds In Many Pieces: Revealing the Spiritual Side of Multiple Personality Disorder* (Cie Publications, 2nd Edition, 1999)

Baldwin, William, and Fiore, Edith; *Spirit Releasement Therapy; A Technique Manual* (Headline Books, 1995)

Fiore, Edith; *The Unquiet Dead; A Psychologist Treats Spirit Possession* (Dolphin Books, 1987)

Gallagher, Richard; [Article] *As a psychiatrist, I diagnose mental illness. Also, I help spot demonic possession.* (The Washington Post, viewed March 2020)
<https://www.washingtonpost.com/posteverything/wp/2016/07/01/as-a-psychiatrist-i-diagnose-mental-illness-and-sometimes-demonic-possession/>

Ireland-Frey, Louise; *Freeing the Captives: The Emerging Therapy of Treating Spirit Attachment* (Hampton Roads Publishing, 1999)

Modi, Shakuntala; *Remarkable Healings; Psychiatrist Discovers Unsuspected Roots of Mental and Physical Illness* (Hampton Roads Publishing, 1997)

I also highly recommend further reading in connection with work of The HeartMath Institute. Much is to be found on the website: <https://www.heartmath.com/science/>

As the founder of The Source for Change, LLC, Suzanne Biddiscombe has focused on empowering people to become more aligned with their goals and dreams.

Suzanne has a master's degree in psychology with a focus on early child development. She is a certified master hypnotist and specializes in helping people break free from anxiety, depression and addictions.

In her private practice, Suzanne discovered that a number of her clients were suffering from a phenomenon known as earthbound spirit attachment and/or dark force entity attachment. Psychologists and psychiatrists in the 1980s, and one, as far back as the 1930s, were documenting and highlighting case studies of the same phenomenon with their own patients. While Suzanne found all of their intervention strategies interesting, some appealed her more than others. She incorporated those with more modern interventions and strategies, taken from an emerging field known as Energy Psychology (EP). Used in conjunction they are highly effective.

<https://thesourceforchange.com>