



Spirit Releasement Therapy Sessions

Therapist: Mark Beale, Spirit Releasement Therapist & Trainer, SRT

Timeframe; 3 weeks.
1 session a week for 3 weeks, with some flexibility.

Duration; 90 minute sessions via Zoom video-call.

Support, Included 4 audios of 11 to 20 minutes to support SRT sessions.
Video of your sessions is an option.

Requirements; 1) A good internet connection.
2) A laptop or device to run the video-call app Zoom.

3) Headphones, preferably with an attached mic, or a mic you can place nearer your mouth. In a hypnotic state, people tend to whisper, so it's much harder for the average mic on your device to fully pick up your voice.

4) Email this Intake Form before our Free Initial Consultation. You could do this verbally instead, as a 'Spiritual Mentoring' session.

5) A presenting issue that is appropriate for SRT, and a genuine interest and connection with the principles and modality of SRT itself.

Free Initial Call; We assess the appropriateness of SRT before you buying.

Price - 1 Session; Not recommended.

If a) you have extensive experience of having SRT, PLRT and HAR sessions, and b) you know the identity of entities and the cause of attachment, and c) do a very thorough Intake Form, it is possible to do SRT in one session.

A follow-up session is generally recommended, which can take the form of a 'Spiritual Mentoring' session.

Price - 3 Sessions; Recommended for a complete program to a) fully go the cause, b) fully fix it, c) ensure it is fixed and will not re-occur.

4 Sessions + If we have more sessions following on, they will tend to have different presenting issues and a different modality like HAR, PLR or LBL.

Video Calls; By Zoom, possibly Skype.

All calls can scheduled a minimum of 48 hours in advance. Coming late to an appointment risks having those minutes are missed.

SRT Sessions Trailer

This course spirit attachments, including;

- 1) Earthbound Spirits (EBs)
- 2) Dark Force Entities (DFEs)
- 3) Extraterrestrials (ETs)

and their releasement, which is aided by;

- 1) Spirit Guides,
- 2) Spirits of Light

You can come to understand what can be done, and therefore seek out a Spirit Releasement Therapist for assistance.

We identify the attached entity, and understand the cause of the attachment. We cover therapy to heal the attachment, and ongoing therapy to go to the cause, and prevent future attachment.

The course includes four part guided meditations to a) Contact Spirit Guides to check for and release any simple b) Earthbounds and c) DFEs, and apply d) Therapy After Releasement.

SRT Sessions Introduction

When people approach the the whole subject of Spirits, there tends not to a lot of middle ground. People have been 'initiated' with their own deep personal experiences or not. People believe in spirits, or disbelieve. People are attracted and fascinated by spirits, or are averse to spirits. For those that believe, there are many styles or approaches to spirits, and to releasement.

There are many cultures around the world that believe in spirits, and many people who believe spirits are interrupting their daily life. Dealing with these events can be a significant part of resolving their personal issues, and they will bring this to you as a *primary presenting issue*.

Spirits can apparently interrupt your therapy session spontaneously. This may not fit with the beliefs of the client or the therapist, at that moment, but it may emerge as being the *real issue*.

My style and the approach to SRT in this course, has an intention to find a middle way, to find a balance between a) being attracted to Spirits and running towards them, and b) being averse to Spirits and running away from them, or avoiding or discounting them.

We don't run towards Spirits, as therapists, because we may become like our clients that need SRT. A fascination with all things spiritual often involves a naive intention to *open the doors* to spirits too wide. SRT is focused on talking with spirits only to *close doors* to excessive communication.

You don't have to believe in Spirits, you just have to be open to work with whatever comes up.

Until then, we could even see SRT as an elaborate form of metaphor modelling, and simply be a chance to practice our therapeutic qualities of being non-judgemental, non-resistant and flexible.

SRT does not require a religious belief, yet can work with it. We can invoke the name of Jesus, Archangel Michael or any religious figure, or simple The Light.

In the end SRT is less about fighting evil spirits, and more about enlightening ignorant spirits. So we can be more at peace in the now.

SRT Program Overview

We go through a specific program including these steps, including regressions to causes and moments of attachment.

0) Preparation

Interview; Presenting issue. Present moment effects with a past cause.

Pre-talk; set expectations, intention & motivation. FAQs.

Initial therapy; NLP for interview, rapport and clear initial emotion.

1) Session One - Discover Attached Spirits

- 1) Discover attached spirits.
- 2) Connect with Spirit Guides.
- 3) Identify the types of attached spirits; EB's, DFE's and ET's.

2) Session Two - Earthbound Spirits EBs

- 4) Interview the EB to find out why it attached and what it wants.
- 5) Discussion with the EB to convince it to release from the client.
- 6) Release the attached EB, using the appropriate releasement process.

3) Session Two / Three - Dark Force Entities DFEs

- 7) Interview the DFE to find out why it attached and what it wants.
- 8) Discussion with the DFE to convince it to release from the client.
- 9) Release attached DFE, using the appropriate releasement process.

4) Session Three / Four - Ongoing Therapy

- 10) Guided imagery of light to heal the affects of the attachment.
- 11) Follow up session. Other attached spirits are discovered & released.
- 12) Ongoing therapy to heal the cause of the core issue, and any vulnerabilities that had created an opening for spirit attachment.

Indications and Issues for a SRT Session

Indications SRT may be needed can be issues in daily life including;

- 1) Excessive grief and difficulty letting go of a loved one that's passed away.
- 2) Experiments and difficulties with occult practices, from Wicca to astral travel.
- 3) Periods of intense spiritual practice or meditation.
- 4) Unusual usage or binging of food, drugs or alcohol.
- 5) Unusual energy drain, mood swings or depression in daily life.
- 6) Relationship problems, with themselves and others.
- 7) Feeling uneasy in their own skin, or uncomfortable with their own thoughts.
- 8) Hearing voices, or feeling doubt and unease with their inner voice.
- 9) Unusual dreams or nightmares, visited by spirits or entities.
- 10) Unusual behaviours including speech, food and drink, and sexual activity.
- 11) Booking sessions, then unusually repeatedly cancelling or no-showing.
- 12) Blockages or interruptions during sessions; vocal, physical or emotional.

These are simply indicators that SRT may be an issue. Next we drill down with follow up questions to gather more information before coming to a conclusion.

Contra-indications For SRT Sessions

During the client interview, you may discover it's not appropriate for your client to have SRT. Just as the client has the right to withdraw consent, you have a duty to not perform SRT in some circumstances.

1) People who have an aversion to the concept of spirits. People may see SRT as being contrary to their religious or spiritual views. This may be based on a misunderstanding of SRT, so you could clarify what it is, which may gain their consent. But if not, SRT isn't for everyone.

One thing to be aware of is people who are exceptionally 'resistant' to SRT may be so because of a spirit attachment trying to block the treatment.

2) People who want to use SRT to explore occult practices. SRT focuses on solving a problem and releasing unhelpful, inappropriate spirit attachments. Yet some people may come in with an intention to get more entangled with entities out of naivety or unskillfulness, that they think is a form of advanced spiritual knowledge and ability. SRT is not a way to explore Spirit alone, it only looks at Spirit to gain Releasement and get Therapy.

3) Clinically diagnosed or psychiatric issues. People with clinically diagnosed issues should only be treated by those qualified. The Intake Form asks for the medical history, current medications and details of past and current diagnosed issues. I may consult with the relevant mental health professional to discuss suitability for spiritual healing.

SRT is best used for purely spiritual issues, with clients who do not have other diagnosed conditions, and have not responded fully to other treatments.

FAQ's

1) Do I have to believe in spirits to do SRT? No.

This course simply presents a defined methodology to use in specific situations, to get a healing result. A large case history shows certain patterns of behavior can exist, and certain patterns of response can resolve them.

So it's less about your beliefs, and more about putting the SRT methodology into practice, when appropriate, and observing the results that you get.

2) Is SRT the same as exorcism? No. Exorcism implies confronting, fighting with and driving out an 'evil' spirit. SRT does not fight, it engages in dialogue or delivers a firm message. It presents a stronger frame of reality. It does not take a spirit as evil. It's not good vs evil, but knowledge vs ignorance, delivered with compassion. We come from a frame of greater reality of the ultimate rules universe, and give knowledge to spirits that are ignorant. They then become knowledgeable enough to make their own decision to leave.

3) What if I find aggressive scary spirits? Most spirits will listen and understand as we talk from our strong frame of ultimate reality and give them knowledge. Some will accept the knowledge quickly. Some will debate with us, then accept the knowledge. A small percentage may resist aggressively, and try to reply with scare tactics - it's up to you if you allow their actions to generate a reaction of fear within you.

We are the sovereign powerful lion, that has the right and the power to take back it's rightful home from a small bluffing dog.

4) Is SRT aligned to a religion or spiritual group? No. The concepts of spirits and attachments are shared by many cultures. If you have a religious faith, this may help your personal confidence during the process. The SRT texts tend to use Archangel Michael and the concept of angels. I have Buddhist and Hindu students who also feel comfortable using these names. If you have a strong faith and prefer to contact another deity that should also be fine.

Origination of SRT

History; Spirits and their releasement have been a universally described phenomena around the world for millennia. Most religions have mystic traditions that define in detail spiritual dimensions and beings. The Bible mentions Jesus healing by 'casting out unclean spirits'. Buddhism's *Tibetan Book Of The Dead* details specific beings encountered between death and rebirth. Hinduism's *Autobiography of a Yogi* gives specific stories of managing earthbound spirits. Spirits remain relevant for many cultures around the world today, in the beliefs and daily practices of billions.

Modern; Spirit releasement has developed into a modern form as a therapy over the last one hundred years, starting with books by the psychiatrist Dr. Carl Wickland, and later by the psychologist Dr. Edith Fiore. A core modern manual for SRT is Dr. William J. Baldwin's *Spirit Releasement Therapy - A Technical Manual*.

Secular and Religious; SRT can use secular or religious terminology. We are speaking on the clients *behalf*. If I am working with a secular person I will use terminology of invoking 'The Light' and the 'Warrior Angels' or 'The Healing Angels'. If I am working with a person of Christian faith, I will invoke the name of Jesus Christ, and 'Archangel Michael' (the warrior) or 'Archangel Raphael' (the healer.)

Science; Some people require some form of scientific validation before they can have faith in something. The nature of SRT, and the nature of science, means SRT is not, and may never be, scientifically verified - it's probably more important to acknowledge this than try to create a stretched 'verification'.

SRT is based on one hundred years of case studies. These are acknowledged as anecdotal, yet they show a remarkably common pattern of action, response and positive effect. SRT is a practical modality that does whatever works.

Spirits Requiring Releasement

1) Earthbound Spirits (EBs); are spiritual energies who *used* to have a physical body. They tend to not understand or accept that they have died a physical death, and did not move into the light. These can be;

a) Spirits Known To The Client; like friends or family that have passed on. These spirits are the most likely to have good intentions. Clients may consciously invite a spirit to attach, not realising the negative consequences, such as draining their own energy and preventing the spirit from moving on with their journey.

The releasement revolves around letting the client and the EBs know that their good intentions are misplaced, and it's time to let go and move on.

b) Spirits Unknown To The Client. These spirits can be opportunists that are looking to take advantage of a vulnerability. They can often seek out a particular quality of host, and attempt to manipulate our clients behaviour to suit the spirit, with little or no care for the consequences for our client. For example, they may drive our client to do behaviours the spirit would like to do if it had a body, like consume alcohol. They may not care about our client, or be actively unfriendly to our client. They may have DFEs 'nested' within them.

The releasement revolves around letting the EBs know that their bad intentions will never be satisfactorily fulfilled, and convincing them to let go and move on.

2) Dark Force Entities (DFE); are spiritual entities who have never had a physical body. They 'attach' to our client, with or without our consent.

The releasement revolves around informing the DFEs of the true situation, which is that just as they try to manipulate and use our client, they are actually being manipulated, used and lied to, so they are better to let go and move on. DFE is a naming convention, don't be concerned about their 'dark' or 'forceful' nature; we work with them with non-dual wisdom and compassion.

3) Extraterrestrials (ETs); are beings from other worlds or dimensions. They are typically monitoring the client for a research and data gathering project. The releasement revolves around informing the ETs of the compromised nature of the research, to convince the ET to release it's attachment to our client.

Some people or schools like QHHT can at times sense a helpful connection with ETs, therefore not want to do releasement, which is a personal choice.

SRT is for those that want releasement, with permission and advice from your Higher Self.

The Car Metaphor

A human is like a car occupied by our own spirit. The rule is one spirit and one driver to one car. Any spirit that attempts to move in to our car will eventually create significant problems for our client, and the direction and way they want to drive in life.

The Car: our physical body, of our client.

The Higher Self; our spirit, the one spirit that can rightfully drive the car.

Spirit Guides; the only welcome visitors, more like navigational system within the car, than a being that sits in the car. They are referred to only occasionally, take nothing but only give. They do not become 'attached'.

Spirit Attachments; Earthbound Spirits (EBs), Dark Force Entities (DFEs) or Extraterrestrials (ETs) attempt to break the rule of one spirit to one car by attaching to our client's car, and require releasement using SRT.

Attachment; Spirits Attachments break into a car, enter an unattended car, or overstay any misguided initial welcome. They make themselves at home, drain the resources of the car and impose their will on our client.

Releasement; means we explaining to Spirits Attachments they are now unwelcome guests, and use a number of techniques to have them leave.

Therapy; means we start the process of cleaning up any psychic damage done to the car. And we reinforce the house so Spirits can't come back. This can include metaphorically shutting the doors, installing locks, and giving a security guard protocol.

We also look at the causes that contributed to the spirit attachment in the first place. We go to any root causes and fix them, so the process that led to the spirit attachment is not repeated. We'll go into detail on this later.

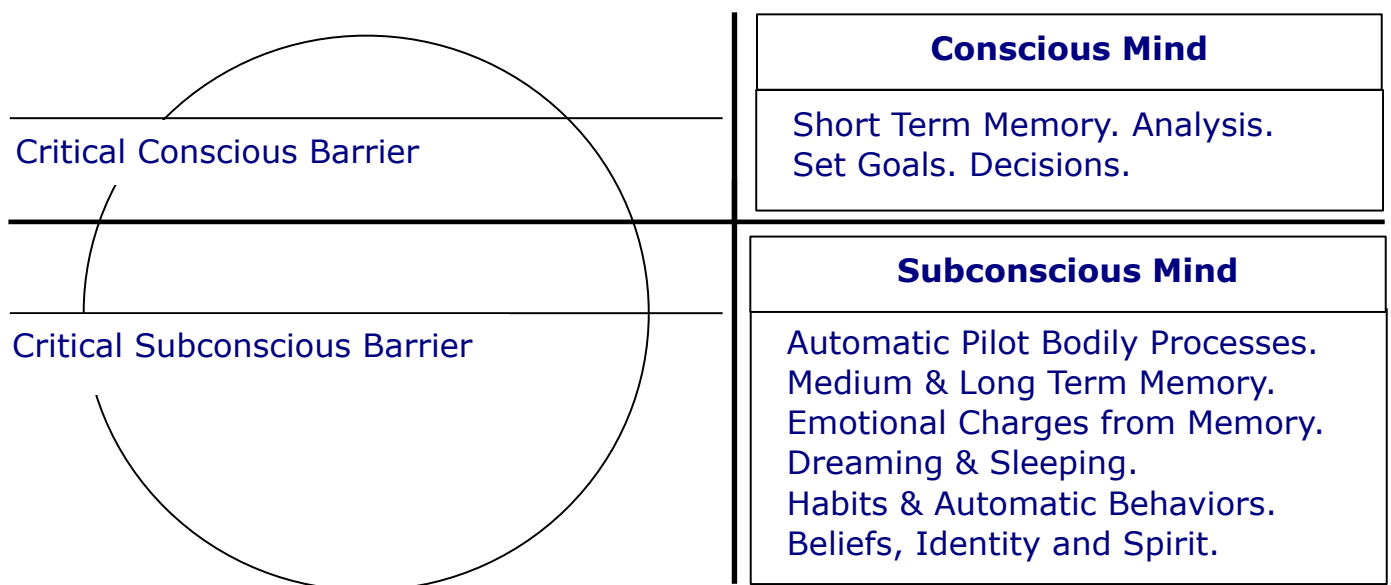
Part 2 - Hypnosis Preparation

Hypnosis Pre Talk - Scientific Visual Version

Hypnosis is based upon the observation that we have a conscious mind and a subconscious mind. Our conscious mind is our rational waking awareness. Our subconscious regulates functions of the body and stores longer term memories.

There is a barrier between the two. It would not be helpful to be aware of all our body is doing, and to be constantly recall our long term memory.

Hypnosis creates a pathway to the subconscious mind, past the critical barriers. Note, your subconscious mind also has a critical barrier, so even in a hypnotic state you won't accept suggestions that are not in tune with your decisions, and you can't be made to do things you don't really want to do.



The key for regression is that we are accessing long term memories, to find causative events, that leave mental and emotional residues, we can therefore use our inner wisdom to apply a therapeutic resolution.

When You Are In Hypnosis And When You Are Not In Hypnosis

This chart shows the distinctions between being awake, asleep and in hypnosis.

	Sleeping	Waking State	Hypnotic State
Subconscious Mind	Awake In Control	Awake	Awake In Control
Conscious Mind	Asleep	Awake In Control	Awake

Your subconscious mind is essentially always 'awake' and working for you.

In the 'Sleeping' column, your subconscious mind is awake and in control as you sleep. One key "Automatic Pilot Bodily Process" is breathing. You can breath consciously, deciding to breath using your conscious mind. And you can breath subconsciously. When you are sleeping your breathes for you and adjusts so that you have a clear breathing passage. Your subconscious mind can be thought of as your dreaming mind that can remain active in terms of thoughts, images and emotions.

In the 'Waking State' column, your conscious mind is awake and in control. Your subconscious is also awake and influential, though it's working beneath your normal conscious awareness.

In the 'Hypnotic State' column, notice your conscious mind remains awake. Hypnosis is not unconsciousness or sleep. In hypnosis you are actually more awake because you can access both aspects of your mind.

In hypnosis you are more In Control because you can choose to access your subconscious mind, without the barriers of being unconscious in sleep, or being too conscious in full wakefulness.

You are not in hypnosis when you are asleep, or fully awake. Hypnosis is more like the in-between state, between waking and sleeping.

Hypnosis Pre Talk - Dreams

Interactive Story; Do you remember your dreams?

When you are asleep, you are dreaming but don't know you are dreaming.
Your subconscious mind is at the forefront dreaming.
Your conscious mind is in the background.

When you are awake, it's harder to fully remember your dreams.
Your conscious mind is at the forefront.
Your subconscious mind is in the background.

If I asked you now (e.g. in the afternoon), what did you dream last night? It would be hard to remember now. But if I rang you just as you were waking up, it would be easier to remember. In the moments we wake up we might get fragments of a dream, but if we get up and wash our face and try to remember, they are gone. We move fully into our conscious mind state.

But if you wake up, but don't get up, you can just snooze. Maybe it's a weekend and our subconscious automatically wakes you up at 7am, but you use your conscious mind to tell yourself, don't wake up. You might start thinking about work, then think to yourself, don't think. Right?

Instead you focus on the weight of your body in the comfortable bed, that heavy sleepy feeling, and notice your breathing which is still slow and deep. You know that feeling?

By waking up and telling yourself not to wake up, and thinking to yourself don't think, you are giving yourself suggestions in stay in a state in-between waking and sleeping. You are in control of choosing to watch your subconscious.

It's in this state you have a chance to recall your dreams, even continue dreaming and go back into your dream.

Your conscious mind is aware, you could get up if you wanted.

And you can tune into your subconscious mind. You can watch your dreams if you want. Your conscious mind sits back and becomes a witness or observer to your subconscious, with it's language of symbols & images, colors & feelings.

You are not in hypnosis when you are asleep, or fully awake.

Hypnosis is more like the in-between state, between waking and sleeping.

So everyone experiences a hypnotic state at least twice a day, though it is spontaneous, short and not used. Today you will experience that same natural state, but we will create it intentionally, make it much longer and use it meaningfully.

Hypnosis Pre Talk - Driving

So you can experience hypnosis when you are deeply relaxed and still, almost asleep first thing in the morning or late at night. Yet you can also experience hypnosis in the middle of the day, when you are doing things, like driving a car.

Interactive Story; Do you drive often?

Autopilot; When we drive a car, we are often on autopilot. When we learned how to drive, we had to really concentrate to do a few things at once, with our feet and hands. Once we learn, we can drive automatically without thinking about it. We no longer have to use conscious mind effort - we programmed the behaviour into our subconscious mind.

The first time we drive a route, we have to concentrate, looking for the turnoffs and landmarks, and it seems to take a while. Once we learned the route, we can drive it automatically without thinking about it, and the time seems to go by quicker. We can call this Highway Hypnosis.

Have you ever drifted away while driving and missed your turnoff?

Maybe it's a Sunday and you were heading to a cafe, but you automatically took the road to work. You notice you had been remembering a stressful scene at work, and find yourself gripping the steering wheel tight.

In life, our automatic pilot can take us to places we are *used* to going to, instead of a new place we *want* to go to. We have thoughts, emotions and behaviours programmed into our subconscious mind. We decide we want to go somewhere unusual, like the cafe, but find we keep ending up at work. We decide we want to go to a new place of calm, clarity, confidence, but end up returning to stress, confusion, doubt. This automatic pilot is a function of the subconscious mind, so we have to deal with it at a subconscious level.

Do you ever drift away while driving and wonder how you got there?

Maybe you pull into a restaurant carpark, but don't recall much of the journey. You were imagining what you were going to eat, choosing between two dishes in your mind, imagining the taste so that you're almost salivating.

You drove the car and the route on autopilot. Your mind drifts off, despite the fact that driving in traffic is a compelling situation. Your attention was focused on recalling or imagining the Past at work, or the Future, what you will eat.

You were not unconscious, but your conscious mind drifted to the background and your subconscious mind took over, and looked after you, driving the car for you, and taking you into vivid imagination, so the thought of the food created a physiological reaction and was more vivid and real than the traffic.

We can be driving a car, in the middle of the day, moving our hands on the steering wheel, feeling bad imagining stress or good imagining food, and be in a hypnotic state. We lose track of time. We forget where we are, but we still function well. We can be in hypnosis, and not be relaxed or passive or feeling at peace, yet we are engaging the subconscious mind.

Going into a spontaneous trance state can be helpful to get us to where we are *used to going*. We are in hypnosis twice a day between waking and sleeping, and many times throughout the day during various activities when we tune out our surroundings and focus on an inner world.

Your inner subconscious, that is usually in the background, comes to the forefront and takes over. This inner world of imagination becomes more vivid and real than the outer world. So we have;

Subconscious Tendency: *The subconscious mind does not differentiate between something you vividly imagine and actually experience.*

When you visualise the food, your body reacts as if it is in front of you, triggering your appetite and salvation.

When you visualise past work stress, your body reacts as if it is happening now, triggering your heartbeat, breathing, tension in the hands, jaws and muscles.

We go into a 'dream' we know logically it's not happening now, but your body, which is run by the subconscious, acts as if it is happening now.

So now we can create the state in-between waking and sleeping. And we can create dream like experience that are real for the subconscious mind. So we can put in a new automatic pilot which can take you to your new destination without conscious effort.

Levels of Hypnosis & Regression

We've seen many ways to induce a hypnotic state, but they may be light or short lived. Humans experience hypnotic states naturally in daily life. A hypnotist takes that natural tendency and extends it, to a deepen, maintain and work with it for a long time, to regress to recall and relive memories.

We don't try to jump directly into the deep end, we walk into the pool of the mind through the light and medium.

1) Light hypnosis and regression; can occur during the initial interview and pre-talk. Our interactive pre-talk and skillful interview questions designed to engage the subconscious mind are a form of conversational hypnosis. They build rapport and focused concentration on their issues and outcomes.

2) Medium hypnosis and regression.

The conscious mind holds short term memory, and suppresses emotion. The subconscious mind stores long term memory, and emotional residues. Hypnosis is the conscious mind receding, and the subconscious advancing.

When a lost memory from years ago pops into your mind, and triggers an emotion that you can't suppress, you've had a medium hypnotic regression.

The memory can be like a photograph, a phrase or emotion. The symbolic meaning or insight it gives can be part of a wise teaching story.

3) Deep hypnosis can be called somnambulism. Deep regression is more like reliving a movie. Emotion can flow as a cathartic release. Like a movie, we can forget our current daily life, identify with the key character. The body may move and twitch, like our reaction if we see a character in a movie have a shock event. We may be moved, and cry for joy or sadness, just as in a movie.

Yet we retain enough awareness to be reminded of our adult reality, guided therapeutically, or to pause and return to our established 'safe place' or 'wise adult'. After the movie we can be grateful for all the action, drama and emotion, and appreciate the deeper thematic message.

4) Mythical regression, complete immersion, thinking it's reality and getting stuck in the hypnosis and regression. Deep level might *look* a bit like this, but it's not. Your clients can still vividly recall the event, and react 'as if' it is happening now, yet part of them retains dual awareness of present life reality.

Hypnosis is the conscious mind receding, and the subconscious advancing. The conscious mind recedes, but it never truly disappears. We retain a self-protecting moral critical barrier in subconscious to, as we will see.

Subconscious Mind Tendencies

Subconscious Tendency 1: *We Are Already Naturally Hypnotising Ourselves.*

Everyone experiences spontaneous hypnotic states every day; between waking and sleeping, while day dreaming and in moments of focused concentration or heightened emotion.

Hypnosis is a state of heightened suggestibility. Our own inner voice or external authority figures can bypass of the conscious critical factor, and establish selected thoughts at a subconscious level. They may not be 'acceptable' to us, yet we can be unmindful of the process.

Application: You may say "I can't relax. I have a bad memory. I am too in control to be hypnotised."

Response; You are hypnotising yourself right now with a suggestion creating a limiting belief. If you can convince yourself that you don't have a natural ability and others do, you are a powerful hypnotist! We can get your powerful ability to work for you instead of against you.

Clients may say they have no memory before age seven. During the regression you will check their age at each event. You will often break their record.

If you are not in control of releasing control, you are not in control. A lot of hypnosis is de-hypnotising of their existing unhelpful hypnosis.

Subconscious Tendency 2: *The Harder We Try, The More Difficult It Becomes*

We 'try hard' with our conscious mind. We do hypnosis to work function of the subconscious mind. Hypnosis is disengaging the conscious mind recede, and engaging the subconscious mind. The more we try, the more we engage our conscious mind, the opposite of what we want to do.

Sleep is a function of the subconscious mind. The harder you try to go to sleep, the more you stay awake. You go to sleep by stopping trying to go to go to sleep, and allowing sleep to come.

Application: Your client may say "I will try my hardest to go into hypnosis."

Response; You don't have to try, just relax, focus on my words and follow the instructions with an easy going positive attitude.

Subconscious Tendency 3: *The subconscious mind does not differentiate between something you vividly imagine and actually experience.*

Your conscious mind still knows the difference. Regressions recall, relive, replay and resolve the past in a way that is real and effective at a subconscious level.

Hypnosis Preparation

Create a hypnosis space; where you can peacefully recline at a 45 degree angle, ideally a sofa or chair. If you use a bed make sure you have a pile of pillows and take a position and angle different to when you sleep. If you tend to go to sleep or become too drowsy, use a more upright chair. Create the same hypnosis space each time, so you create an association with a hypnotic state. Timing; try an hour before bed, or within an hour of waking up.

Initial Communication; *"If something significant comes up, you can talk and let me know, even if I haven't asked you a question. You have an open invitation to speak."*

Ongoing Communication; *"You can talk with me. This won't disturb your state, it will help you go deeper. I will ask you questions and you will be able to reply."*

Experiencing A Past Life; The experience varies from person to person;

Seeing; scenes like a movie or photographs, though perhaps fuzzy or jumpy.

Hearing; voices, conversations and key phrases, perhaps with very little visuals.

Feeling; emotions, or getting a sense of knowing. There is also an emotional detachment that allows a calm review and understanding of events.

Most people have all three senses, though there is often a major sense.

"People often want it to be like a movie. It can be mainly visual, or more auditory. A key phrase can give the key message. It could give more of an emotion, and a sense of knowing. A movie without a strong feeling can end up being a bit 'so what?' Some people do get the visual movie, than realize if they had the choice, they'd get more out of an auditory or emotional experience."

How To Act In The Session; *"Don't edit or analyze. Give an unedited, unanalyzed stream of consciousness of what you actually experience, whatever that may be. Just tell me simply and clearly what comes up, and follow the spirit of the instructions and questions."*

Don't let their conscious mind try to take over and solve the issue. Their superconscious mind, or you as the therapist, should be driving the process.

"Allow whatever comes up room to be there without judgment. There is no silly, wrong, impossible or contradictory impressions. Just report things as they come to you, and we will accept them and explore them to see where they take us."

Intake Form & Zoom Booking

1) If you have not done so already;

a) complete the "Intake Form"

b) email it me at mark@pastlifeawakeninginstitute.com,

c) then schedule our Free Initial Call from my website front page.

Bookings require a minimum of 48 hours advance notice.

2) To prepare, you can;

a) download and test the video call app [Zoom](https://zoom.us/download); <https://zoom.us/download>

b) Zoom: Add as Contact via ID; mark@pastlifeawakeninginstitute.com

Thanks, I look forward to speaking with you face to face via video-call.

Part 3; Bonus SRT Sessions

These are optional extra audio sessions, to complement our interactive personal session.

If you have a strong sense that you really want to listen to it *before* our interactive personal session, you can.

Otherwise, I recommend listening to this *after* our personal session.

This is an optional bonus, so you *don't have* to listen to it at all. Our interactive personal session can be all you need.

The audio sessions explicitly cover;

- a) Contact Spirit Guides; to check for and learn about attachments.
- b) Earthbound Releasement; check for and initial simple releasement.
- c) DFE Releasement; check for and initial simple releasement.

d) Therapy After Releasement; If you listen to only one audio, make it this one, This can be used a few times a week for a few weeks after our personal SRT sessions have concluded.