

## Resources

Through this training students will learn techniques for diagnosis, induction, hypnotic strategies for dealing with attachments, processes for protection and for releasing the entities into the Light. There will be lectures, demonstrations, case presentations and supervised partner practice.

## Learning Objectives

- To be able to recognize and identify the symptoms of a spirit attachment.
- To learn about and experience SRT as a client and hypnotherapist.
- To perform a variety of sessions in and outside of class to practice the technique with clients.
- To understand and work with the potential anomalous and unexpected responses clients may have when doing the work.
- To learn about and practice remote spirit releasement.

## Bibliography

*Spirit Releasement*, William Baldwin

*Remote Depossession*, Irene Hickman

*Spirit Release*, Sue Allen

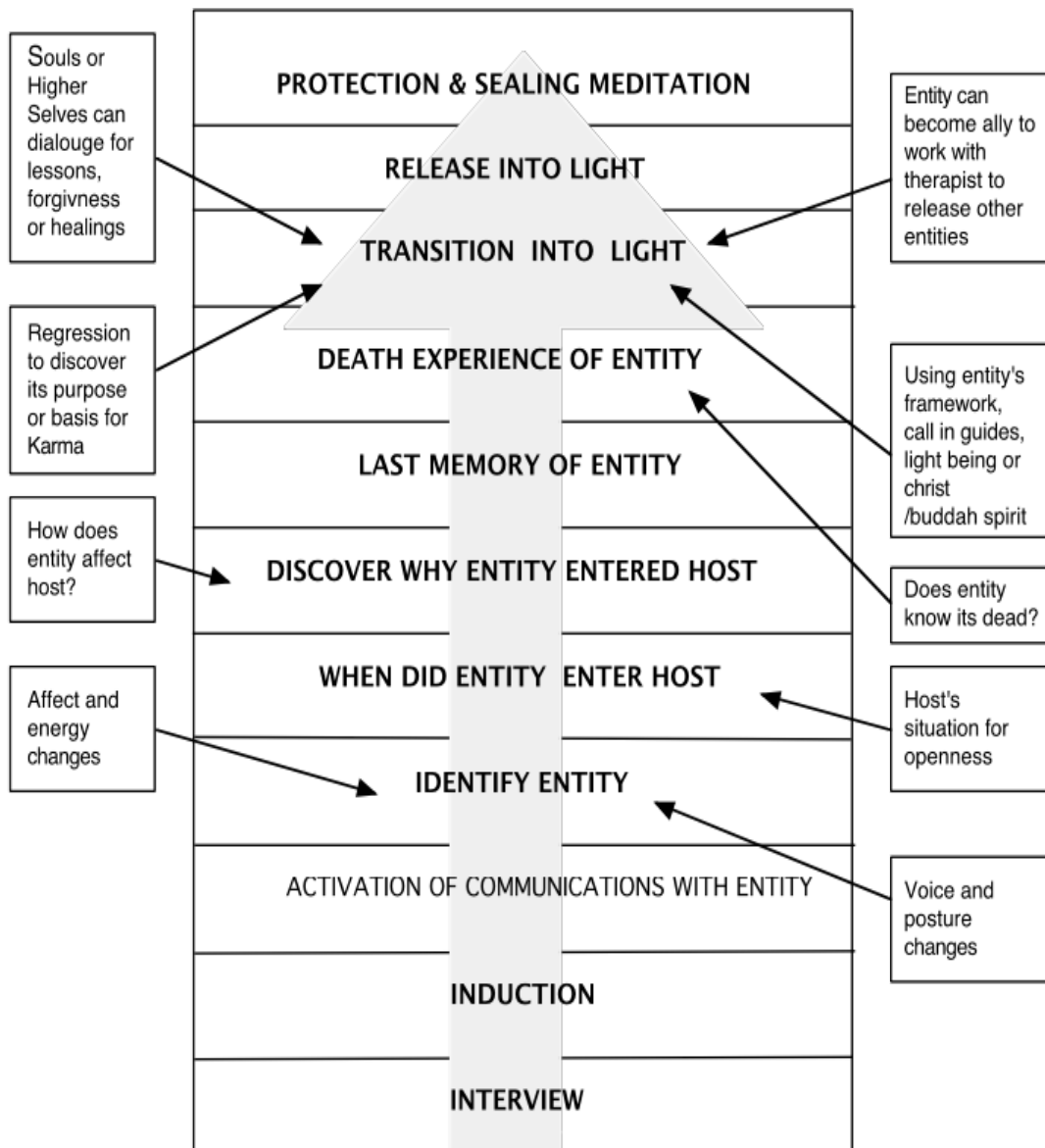
*The Unquiet Dead*, Edith Fiore

*Thirty Years Among the Dead*, Carl Wickland

*Spiritual Hypnotherapy Scripts for Body, Mind, and Spirit*, Holly Holmes-Meredith, (Includes script for spirit releasement)

*The New Regression Therapy: Healing the Wounds and Trauma of This Life and Past Lives with the Presence and Light of the Divine*, Greg McHugh

# Process for Spirit Releasement



Through this training students will learn techniques for diagnosis, induction, hypnotic strategies for dealing with attachments, processes for protection and for releasing the entities into the Light. There will be lectures, demonstrations, case presentations and supervised partner practice.

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**Free Download** of recoding of a Spirit Releasement process:

<https://www.hypnotherapytraining.com/cd-downloads-students-only>

*Spirit Releasement and Talking with the Dead* is the title of the CD

## 2025 Spirit Releasement Training

Instructor: Holly Holmes-Meredith, MFT, Doctor of Ministry

Board Certified Clinical Hypnotherapist

**Fridays January 3, 10, 17, 24 (3pm to 6pm) Pacific Time**

Cost: \$350.00 or (\$300.00 if you've taken the Past Life Therapy Training with Holly)

## Differential Diagnosis of Spirit Releasement

	Has previous existence Or previous history And body	Knows about other parts	Has Archetypal death experience	Purpose	Needs therapy
<u>Subpersonality</u>	No	Yes	No	Protection/Wholeness	Integration
<u>Past-life</u>	Yes	Yes/is accessible	Yes	Growth/expansion Of consciousness	Knowing purposes & remembering & learning lessons, completing karma
<u>Entity</u>	Yes	Yes/No	No-darkness	Self-service	Releasing into the Light, doing therapy with entities
<u>Spirit guides</u>	Yes/No	Yes	Yes/No	True service, Highest good	Establishing communications
<u>Multiple-personality</u>	No	Not usually	No	Protection	Gently uncovering trauma, reconnecting separate personalities into wholeness
<u>Walk-in</u> w/integration	Is accessible	Can and will learn about them over time	May have if has been in a body before	To fulfill a purpose without having to go through the physical	Support and dealing with transitions

## **Energetic Protection**

*Rainbow Bridge* by Two Disciples

Soul Star Energetic Protection

Soul Mantrum (said aloud)

I am the Soul

I am the Light Divine

I am Love

I am Will

I am Fixed Design.

In the wisdom of the Soul, I invoke a Soul star 6" above my head.

In the wisdom of the Soul, I invoke a vortex 30' above that moves 30' below into the earth. The Vortex clears and releases any energy that is released into the earth.

The vortex protects, grounds and focuses my energy for the highest good of myself and all concerned.

Imagine the vortex in continuous motion, clearing your auric field and body.