

Peter Wright's Key Points For the IBRT Gathering on Spirit Releasement

(As of 10/25/24)

Please feel free to contact me by email if you have any questions about Spirit Releasement. I would be happy to speak with you at no charge. Or you can refer potential Spirit Releasement clients to me if you prefer not to work with them.

Peter: What is Spirit Releasement Therapy?

Spirit Releasement Therapy is a healing modality that deals with psychological issues by identifying and clearing earthbound spirits, negative entities and other Intruder energies from a client's energy field.

When compared with more traditional therapeutic modalities, this particular approach has often been found to be more effective and efficient in identifying, healing and resolving a wide range of mental, emotional, psychosomatic and spiritual issues and illnesses. And often positive results can be achieved much more quickly than through traditional talk therapy.

Spirit Releasement Therapy has Two Working Hypotheses

- 1) The personality does survive the death of the body.
Through the years, many people have reported that they have experienced the spirits of their loved ones, sometimes immediately following the loved one's death. Often it was just a "knowing" that the spirit was there. Sometimes they even see the spirit.
- 2) There is no automatic clearing of negative emotions when we die. We carry these issues with us often into our next lifetime in hopes of resolving them there. They are part of the karma (which of course is cause and effect) – the soul's unfinished business.

Holly: Protection

Peter: What are the Symptoms of Spirit Attachments?

10 Most Common Signs of Spirit Attachments

- 1) Low energy level or sudden loss of physical energy
- 2) Character shifts or mood swings
- 3) Inner voice(s) speaking to you – especially if these voices are negative
- 4) Abuse of drugs (including alcohol)
- 5) Impulsive behavior
- 6) Memory problems or poor concentration
- 7) Repetitious nightmares -- Especially if nightmares contain elements of violence
- 8) Sudden onset of anxiety or depression
- 9) Sudden onset of physical problems with no obvious cause.

- Typically these changes are not supported by usual lab tests or x-ray findings.
 - Pains that move about the body
 - Also, the pain can fail to respond to traditional medical treatments.
- 10) A strong emotional and/or physical reaction to attending this presentation.

Now that I've got your attention and probably freaked out some of you because you have three or more of these Common Signs of Spirit Attachment... let's continue...

Other Clues that Can Indicate the Presence of an Intruder Energy

- Sometimes you may clearly notice "before and after" differences in your life. For example, "I've never been the same since the accident" or "That's just not me," "I would never do such a thing -- but I did." "My wife says I'm like two different people."
- "What got into you?", "What possessed me to do that?", or "I'm not myself today." Even the comedian Flip Wilson, expressed the concept years ago with the comic line: "The devil made me do it."

Holly: How to educate and prepare a client for the process.

Two Working Hypotheses

- 1) The personality does survive the death of the body.
Through the years, many people have reported that they have experienced the spirits of their loved ones, sometimes immediately following the loved one's death. Often it was just a "knowing" that the spirit was there. Sometimes they even see the spirit.
- 2) There is no automatic clearing of negative emotions when we die. We carry these issues with us often into our next lifetime in hopes of resolving them there. They are part of our karma (cause and effect) – the soul's unfinished business.

Today we're focusing on Two Types of Intruders.

The First is Earthbound Spirits

- Earthbound Spirits are the surviving consciousness of people -- who when they died -- did not go completely into the Light.
- They become mired in the 4th Dimension – the lower Astral Realm -- and are looking for place to hide.
- They are quite similar to Ghosts. But ghosts are attached to places and things.
- Earthbound Spirits are attached to people.
- Earthbound spirits can also include terminated pregnancies and mind fragments of living people.
- You could say that Earthbound Spirits are the "lost or wandering souls" that attach themselves to physically alive people.
- Historically, this was labeled spirit possession. A more accurate term is spirit attachment -- which is much more common than possession.

- These spirits are driven by the same memories, needs, desires, appetites and emotions that they had when they were alive.
- They seek companionship or influence over us because we're alive.

Here are 2 Reasons Why Spirits are Attracted to Us:

1. Environmental reasons – Attachment may be completely random, even accidental – we happened to be walking by... a car accident... visit to a hospital – and we were unprotected or vulnerable or we are sitting in a bar drunk on alcohol or high on drugs.
2. Karmic reasons – often this involves spirits from previous lifetimes or this lifetime and our soul's unfinished business.

How Do They Get Into Our Energy Fields?

- As you all know, our Physical Body is protected by our immune system.
- Our Spirit Body is protected by our aura.
- Due to trauma, overuse of alcohol, marijuana or other drugs or having a big heart and seeking to help the world -- The aura can become weak/Swiss cheese.
- These Intruders can move in and set up housekeeping.
- Talk therapy says they don't exist – but they do.
- They can create havoc within you and your clients.
- About 60% of my clients have one or more outside interloper interfering with them.

Qualities of These Earthbound Spirits

- An attachment can be:
 - benevolent in nature,
 - self-serving to fulfill a personal need of the spirit,
 - malevolent in intention, or
 - completely neutral.
- Spirits can attach to the aura, or float within the aura connected to one of our subtle bodies.
- The spirit can interfere with any aspect of the life of the unsuspecting host.
- They do not require the permission of the host.
- In fact, the host is usually unaware of the attached spirits.
- The thoughts, desires and behaviors of an attached entity are experienced as the person's own thoughts, desires and behaviors.
- Often, the host experiences a negative voice within them criticizing them.....
- The problem is often co-dependency between the client and the spirit.
- In fact, in most cases a person only realizes the reality of the attachment once we have released the entity.
- Basically, they are parasites looking for a place to hide.

Where do these Earthbound Spirits hang out if they don't go completely into the Light when they die as humans?

- Most departing souls move fully into the Light when they die. But some do not.
- Some may have died so quickly – in combat or in a car accident – that they do not yet fully comprehend that they died.
- Or Earthbound Spirits may not have a spiritual background to tell them where they are to go after death. (e.g. No belief in Heaven or the Other Side)
- Or it could be ignorance or fear (especially of going to hell), or obsessive attachments to living persons, or addictions to drugs, alcohol, smoking, food or sex that keep them here.
- These disembodied spirits are lost or wandering souls that find themselves in the “twilight zone” in the lower Astral Realm of the 4th Dimension.
- It’s a lonely existence. so they seek the comfort of a warm physical body so they attach themselves to a person who is physically alive.

How do these Earthbound Spirits Affect Us?

- Earthbound Spirits are attracted to us because they resonate with our own negative and positive emotions.
- They seek companionship or influence over us because we’re alive.
- They bring with them the same negative thoughts/feelings/attitudes and beliefs that they had in their own physical bodies when they died:
 - Fear/anxiety/anger/sadness/depression
 - Health issues
 - Relationship issues
 - The list includes any issue that can cause you to seek therapy.
- Like attracts like.
- In summary, Earthbound Spirits are immensely frustrated, confused and unhappy. They can find no peace or lasting satisfaction while inhabiting other people’s bodies.
- They are truly lost souls and their influence is almost always negative.
- There is a better place for them to be – with loved ones and all those who reside in whatever you call Heaven.

We’ve Talked about Earthbound Spirits, Now Let’s Talk about Negative Entities

- Negative Entities are spirits of evil intent from the lower Astral Realm of the 4th Dimension.
- They have never had a physical body.
- In the 3rd Dimension, we live in a world of opposites
 - Hot/Cold, Male/Female, Beautiful/Ugly
 - Good versus Bad.
 - This is the Bad.
- Generally, they join us to create problems for us because they feed off of the negative emotions that they trigger in your day-to-day activities of being human.
- Their negativity can cause or make worse your feelings of anxiety, fear, confusion, depression and other negative emotions.

- These Intruders can cause pains in all parts of your body and can trigger you and make your own mental, emotional or physical issues much worse.
- They can also keep you stuck so you cannot move forward in your life or they can stop you on your spiritual journey.
- Their goal: Disrupt the spiritual growth and progress of you -- their host.
- But keep in mind – these entities were once a part of the Light. Everything was once a part of the Light.
- Most seem rather bratty not-so-bright underlings that enjoy harming us by getting you into trouble and then feeding off your negative emotions that they help create.

How Do These Earthbound Spirits and Negative Entities Attach to Us?

- These Intruders seem to attach themselves and merge with the subconscious mind of a living person.
- In the majority of cases, there is a blending of the personalities and the onset of the presence of the Intruder is only vaguely perceived, if at all.
- They do not require the permission of the host. In fact, as I indicated, you as the host are usually unaware of the attached spirit.
- Once there, the Negative Spirit can exert some degree of control on your thoughts and emotions as well as produce physical sensations and affect the health of your physical body.
- In fact, the spirit can interfere with any aspect of the life of the unsuspecting host.
- The thoughts, desires and behaviors of an attached entity are experienced as the person's own thoughts, desires and behaviors.
- They can exert sudden overwhelming impulses to drink, smoke or eat excessively and overdose on drugs.
- Often, as I mentioned, the host experiences a negative self-critical voice.....
- Clients have said to me, "As soon as I made a commitment to go on a diet, or stop drinking or taking drugs, I heard a voice inside me say, 'Oh no you're not.'"

Holes in Our Aura Allow Them In

- Your aura can become weak when you drink too much alcohol or smoke pot on a regular basis, or take mind-altering drugs.
- Trauma, childhood abuse, exhaustion, and emotional crises, such as intense grief, anger, fear or guilt can also weaken the aura.
- Severe illness also lowers your resistance
- Channelling, mediumship, automatic writing, Ouija boards.
- Or having a big heart and wanting to help the world without having boundaries and protecting yourself.
- Earthbound Spirits and Negative Entities can move right in through holes in your aura and set up housekeeping -- creating havoc within you.

What does Talk Therapy say about Earthbound Spirits and Negative Entities?

- Talk Therapy tells us that they don't exist because we can't physically see them – but they do exist.

- In fact, about 60% of my clients have one or more of these interlopers affecting them. And often these Intruders are triggering or contributing to the problems that your clients are seeking to resolve in their life through talk therapy.
- So often during my first Hypnosis Session, I am seeking to create a level playing field within you of just you – getting rid of any Intruders that are keeping you stuck and unable to move forward.

Here are Some More Reasons Why These Intruders Need to be Removed?

- All attachments affect the free will of you, their host.
- The thoughts, feelings and behavior patterns of the invader pop up into your consciousness at unexpected moments and can produce confusion, bewilderment and fear.
- The physical maladies experienced by the Earthbound Spirit at the time of death often manifest themselves in your physical body.
- The invader can sap your energy.
- The entity is seldom able to leave and thus finds itself imprisoned in the host, as if by a strong magnetic force.
- All such attachments have somewhere else they need to be – “in the Light” of the higher spirit realms with its opportunities for spiritual advancement.
- Remaining attached to someone causes the Earthbound Spirit to remain suspended in time and space -- going nowhere.
- If one attachment is allowed in, others can and usually will follow. And attachments have a weakening effect on the aura, making you more vulnerable to other attachments.
- In general, these negative attachments prefer to avoid anything that will cause their host to discover their existence and then try to release them.

What do the Metaphysical Experts have to say about Earthbound Spirits and Negative Entities?

- Dr. Edith Fiore, in her groundbreaking book, **The Unquiet Dead**, conservatively estimates that more than 50% of the population has one or more spirit attachments with them.
- Dr. Fiore found that 70% of her clients had Earthbound Spirits and the attachment contributed to the negative emotions, suicides or other issues that she was seeking to resolve with her clients.
- I had one client with 21 different Earthbound Spirits.
- Various experts I've read believe that a high percentage of people committed to mental health institutions might suffer from entity attachment.
- Other experts estimate that as many as 50% of murders and other serious crimes are committed as a direct result of the influences of negative entities.
- I believe that the mass shootings that have occurred in recent years by lone gunmen can be the result of attached negative entities.

What about Suicides? Can These Intruders Play a Role?

- Some of these spirits are seeking to torment their victims.

- A great many suicides may be due to the influence of Earthbound Spirits or negative entities.
- These spirits often cluster within one individual. They resonate in the feeling of despair of the client. There could be environmental as well as ancestral reasons for the attachment.

Holly: Differential Diagnosis “Who is on First?”

Holly: Therapist’s Skills required

Peter: Working with Guides and Spirit Helpers

My Unique Protocol

I’ll begin by Taking You Step By Step Through How I Work With Clients with Earthbound Spirits

- Let’s pretend that you are a potential client named Alice.

We Get Together for a 2-Hour Hypnosis Session

- I take you into trance and then on a guided visualization up into the 5th Dimension. In this high vibration, we can easily access your Heart and your Higher Self and all the other Guidance available to us.
- We partner with them because they know everything there is to know about you. From this life and past lives.
- I guide you up into a very high vibration in the Light – by counting to 10 three times.
- Once you’re up in the 5th Dimension, I ask you to describe whatever you see/sense/feel being in that special place.
- Next I invite your Heart to join us
 - You may experience that part as an image/feeling/presence/a knowing/or an inner voice
 - How do you experience it?
 - I Invite your Heart to say “I’m here” – as if you were channeling that energy
 - I’m here.
 - Heart, how do you support Alice?
 - Write down what the Heart says as the client channels that energy.
- Next I invite your Higher Self to join us
 - You may experience that part as an image/feeling/presence/a knowing/or an inner voice
 - How do you experience your Higher Self?

- Invite your Higher Self to say “I’m here” – as if you were channeling that energy.

Key Questions to Ask Higher Self and other Resources from the Light When They First Arrive to Make Sure They are Not Imposters

- Are you in service to the Light and Love of the One Infinite Creator? The truth and nothing but the truth! Yes or No?
- If it is not a high vibrational being of the Light, it cannot lie and say, “I sure am.”
- So I use this key question when I first meet the client’s Higher Self, Archangel Michael or we invite Ascended Masters or other Light Beings to join us as a resource.
- If the answer is No, then ask: Why have you come forward just now?
- Evaluate their answer.
- If you feel that this is an Imposter, then say: In the name of the One Infinite Creator, I command that you leave my presence immediately.
- Once it leaves, ask the particular resource from the Light to come forward again – announcing its presence with words like “I’m here.”
- Repeat this series of questions to ensure you are talking with the true Archangel Michael/Higher Self et al.

After Verifying the Identity of the Client’s Higher Self ask:

- Higher Self, how do you support Alice?
- Write down what the Higher Self says as the client channels that energy.
- Next I ask if your Higher Self and Heart would join together to form an Inner Wisdom Team to work with us now on behalf of your Highest Good to achieve the goals of our session?

Next we Invite Archangel Michael to join us.

- You may experience him as an image/feeling/presence/a knowing/or an inner voice
- How do you experience Archangel Michael’s energy??
- I Invite him to say “I’m here” – as if you were channeling that energy
- I’m here.
- I then ask your Archangel Michael to join your Inner Wisdom Team. (As other resources from the Light including loved ones from the Other Side, ask them to join your client’s Inner Wisdom Team as well – the more the merrier.)
- They will work with us now on behalf of your Highest Good to achieve the goals we set for our session.

Next Steps

- Next I’ll ask Archangel Michael to scan your energy field and let me know if there any Intruders present. Yes or No?
- If yes, and how many are present?

- If appropriate, I will ask him if you and I are sufficiently protected by the Light. If not, Archangel Michael please bring in additional assistance to ensure that we are completely protected.
- If Intruders are present, I demand that the first Intruder come forth right now through you with words like *I'm here*.

I Question Whatever Shows Up

Are you a part of Alice or something else? – First Thought

- This question has three possible answers.
- The first answer could be “I’m a part of Alice.”
- This could be an Inner Child, a past life personality, s Spirit Guide or a positive emotion – generally if it is a part of you, it is a positive force.

I’m Something Else

- But if the voice says, “Something else,” I’ll ask:
- Have you ever had your own human body? Yes or No
- If yes, I’ll ask the spirit to describe that body that it once had – Was it male/female or something else?
- I’ll ask a variety of questions to find out more. Here are some samples:
- How did you die?
- When did you first come in contact with Alice?
- How old was she?
- How did you get into her energy field?
- How have you been affecting my client?
- How many others like you are present as well and are affecting Alice right now?

How I Get Rid of Earthbound Spirits

- Next I invite Archangel Michael and his Angels of the White Light to join us.
- I ask you to let me know when they have arrived.
- I ask the spirit: Who did you love the most when you had your own human body? My wife/My Mother/My child or
- I invite that loved one to come and join us in that shaft of light over there.
- Is the loved one here? Let me know when the loved one arrives.
- Are they happy to see you?
- I emphasize to the client how that the Earthbound Spirit has been harming you.
- I ask you to tell the Earthbound that you want it to leave.
- I then tell the Earthbound that it must gather up everything it brought in or created while in you – every thought, feeling, attitude, belief and emotion.
- Place it out in front at the feet of the client.
- Ask the client, How big is that stuff? Is it bigger than a suitcase?
- Ask the Spirit to apologize to the client for all the negativity that it has created while being within the client’s energy field.

- I ask the client to accept the spirit's apology.
- I ask Archangel Michael to escort the earthbound spirit and the loved one who came for it into the Light at the count of three.
- I ask you to watch them to make sure they leave.
- I then ask Archangel Michael to return and tell us if there are any more Intruders present so we can send them into the Light as well.
- If so, we go through the process again.
- After they all leave I ask you, "How does that feel?"
- Typically that's how I deal with Earthbound Spirits.

Moving on Now to My Protocol for Getting Rid of Negative Entities:

Next Steps

- As with the earlier protocol, up front I ask Archangel Michael to scan my client's energy field and let me know if there any Intruders present. Yes or No?
- If yes, and how many are present?
- If appropriate, I will ask him if my client and I are sufficiently protected by the light. If not, please bring in additional assistance to ensure that we are completely protected.
- If Intruders are present, I ask that the first Intruder come forth right now with words like *I'm here*.

Are you a part of Alice or something else? – First thought

- Something else
- Have you ever had your own human body?
- No
- Most likely this could be a Negative Entity
- What's your purpose in being with Alice?
 - Generally it has joined you to create havoc within you, trigger negative emotions that keep you stuck so you cannot move forward in your life.
 - As I mentioned, this negativity can cause feelings of depression, anxiety, fear, health issues or make your own mental, emotional or physical issues much worse
- What's your source – who sent you?
 - Sometimes the voice will say Satan or the Devil.
 - Don't be concerned – the entity is just trying to scare you.
- Regardless, I bring in Archangel Michael and his Angels of the White Light, and if appropriate, others from the Light.
- I ask these helpers from the Light to surround the negativity with nets and webs of pure White Light and tighten the nets slowly causing the negative energy to get smaller and smaller.

- I also underscore to the client and the Intruder energy that these nets of Light force the entity to speak the Truth. It now must speak the Truth.
- Ask a variety of questions – here are some examples:
- How long have you been with Alice?
- At what age did you join her?
- How have you been affecting her?
- How did you get into her energy field?
- How many others like you are present within Alice now?

How I Get Rid of Negative Entities

- Depending on the amount of negativity, I will also call upon reinforcements from the Light – Other Archangels, Jesus, Mother Mary, the Arcturians, the Ashtar Command. Help is all around.
- Everyone is available to us from the Light.
- This can include—if karma is involved -- Quan Yin who heads up the Karmic Council or others from the Light who can offer their Guidance, protection and a Divine Decree of Forgiveness.
- (Contact me if you want information on working with karma and Divine Decrees of Forgiveness. They can be quite helpful when dealing with entities from past lives and this life.)

Next Steps

- I then ask more questions to find out even more about how Alice has been affected by these interlopers.
- Once you've uncovered the reasons for the presence of the Intruders, I ask Alice if she wants this negativity within her any longer. Of course she says NO.
- I ask Archangel Michael to take all that negative energy that is surrounded by those strong nets and webs of pure White Light and carry it far away from Alice into the Light or back where it came from at the count of three. 1 – 2 – 3 and I clap my hands.
- I ask the client, What just happened?
- Are they are completely gone?
- I ask Alice how she is feeling?
- I ask Archangel Michael to return.
- I ask him to scan Alice's body to see if there are any more layers of these Intruders present.
- If so, we get rid of them using a similar protocol.
- Next, I'll ask if there is anything more that we can do now to create a level playing field within Alice of just the client – without any Intruders.
- I continue on with the rest of the session by working with the Inner Wisdom Team to take off layer after layer to resolve other issues brought forth by the client.

Number of Client Sessions Needed

- Often, we can release these Earthbound Spirits and Negative Entities in just one two-hour Hypnotherapy session plus we can often focus on a number of other client issues during that session in partnership with the client's Inner Wisdom Team.
- Ongoing therapy may be necessary to heal the vulnerability or anything else that first allowed the negativity to get into the client's energy field.
- Mention the possibility of the Intruders returning and ways to prevent that from happening. So encourage the client to use the Aura Strengthening Visualization included with this handout daily to keep her/his aura strong!

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