

Spirit Attachments – New Approaches

by Andy Tomlinson

Abstract:

Andy is an international trainer in regression therapy and shares his thoughts and experiences about "spirit attachments," something that should be of concern to all past-life and regression therapists. He reviews the current techniques and goes on to explain how to deal with high energy spirit attachments which he calls "dark energy" that require a new approach and techniques.

Introduction

There is still a debate in regression and past-life therapy about the reality of spirit attachments. Michael Newton, who introduced the amazing spiritual world between lives in his book *Journey of Souls* takes the position that spirit attachments do not exist. This was based on the accounts of thousands of clients who, in their life between lives, never mentioned they had a spirit attachment removed. Indeed, I witnessed many debates between his graduates on the internet on this very subject. Some followed Newton's reasoning and others found the amazing reduction in client symptoms after releasing what appeared to be spirit attachments. This controversy extends in other areas of our profession and a number of past-life schools don't teach the subject, taking the view that professional acceptance of our work is threatened by merely mentioning this name. Hollywood seems to be playing its part to terrify people with their horror films on the subject so it is perhaps understandable the need to be careful when this subject is discussed.

So what is the evidence for spirit attachments? Although not the first to write about them, William Baldwin's book *Spirit Releasement Therapy* was a breakthrough in documenting many of the techniques that could be used with spirit release although his coverage of what he called *demonic* seems to come more from his cultural root influence. Louise Ireland-Frey in her book *Freeing the Captives* introduced more respectability in the subject given her professional medical background. Both gave examples of clients whose therapist followed a protocol assuming the presence of spirit attachments and their client's symptoms of intrusive thoughts, loss of energy, and unwanted behaviors immediately improved. However, just because a client has an improvement of health does not constitute proof of what caused it.

Background

The research I did with Ian Lawton in my book *Exploring the Eternal Soul* made a small contribution in untangling this subject. The research subjects had previously experienced a life between lives regression. In the second session interactive communication was established to the evolved spirits of light called by a variety of names such as Council, Elders, and Wise Ones. In the following narrative I'll simply refer to them as Elders. These evolved spirits are beyond the need to reincarnate on Earth and review a soul's life plan and the final preparation before incarnation. Working in a group they have a collective knowledge far greater than any individual spirit. Also, because the client is in deep hypnosis, conscious mind interference is minimized. Structured questions were asked about a range of subjects including spirit attachments. The reliability of the information was established by looking for consistency between the answers from ten different groups of Elders working through ten different subjects.

All the Elders confirmed that after death some souls do not immediately return to the light realms and remain earthbound for a variety of reasons – they are not aware they are dead, wanting to stay with loved ones on the earth plane, fear of going to the light, the attraction of staying in the material world, and sometimes because the unsolved negative energy they hold makes it difficult to respond to the pull home. When a person with spirit attachments dies some attachments may leave of their own accord. Others remain attached until the soul has crossed over and gone for energy healing. At that time they are removed by a lattice work of energy filters and given a choice of continuing to be earthbound or going to the light. This happens without the client's soul being aware of the process. It is worth remembering that following physical death consciousness is often in a confused state and in physical life most people are unaware they have a spirit attachment. So it is not surprising that life between lives clients do not mention they have had a spirit attachment removed.

My research with Ian confirmed that spirit attachments can either be lightly attached at the edges of a client's energy field or are deep inside on a hook. The hook is when a client went through some emotional crisis earlier in life, which provided an opening in their energy field for the discarnate to enter. It's like a form of psychic resonance – the unsolved emotions of the discarnate and the client's current life issues. This is important to know because after the spirit attachment is removed the client's current life issues need to be resolved to remove the hook. Otherwise this is an opening for other discarnates to attach in the future.

It may be worth quickly reviewing the traditional way of dealing with spirit attachments before discussing new approaches. Detection using the client can be achieved by scanning their energy field, ideomotor finger signaling, or

various kinesiology tests. Whilst this is fine most of the time some spirit attachments can block the communication so they can remain undetected. The therapist needs to have independent methods of detection, including the therapist's intuition, a pendulum, or using their own ideomotor finger signaling.

The first check is to establish if any of the attachments can be removed without communication. Normally these are on the edge of a client's energy field and are ready to go to the light with the help of a spirit guide.

Other attachments may be unwilling to go to the light or want to stay with the client so communication is needed. Though some therapists may encourage the client to talk directly to the attachment, I find it easier to allow the attachment to talk through the client. This also causes the client's conscious mind to disassociate taking them into deep trance – useful for later regression work.

Communication initially is aimed at weakening the hold the spirit attachment has on the client – reminding the attachment it is dead, that it is not in its own body, and that the client does not want it. Following this initial step the strategy is to find out what is needed for it to go to the light – reunited with a loved one, recreating some aspect of the human world, or overcoming any fear. With these and other intuitive insights spirit attachments are eager to return home.

Finally the client's energy field needs filling with healing energy and any hook removed through regression therapy. My book *Healing the Eternal Soul* goes into these techniques in more detail. When I've taught these approaches to students on my training classes they enjoy doing the work because it's quick, done with love, and allows them to use their intuition.

So what happens with spirit attachments that are unresponsive to leaving the client despite all the persuasive attempts of the therapist? When they are deep inside a client's energy field the effects can be profound – Hans TenDam calls them *obsessors*. William Baldwin had a powerful technique of bringing down love/light to the spirit attachment that transforms them.² The alternative is to simply ask for spirit guides to take them away. This could result in energy fragments left behind or the spirit attachment may break free from the guide and re-enter the host or another person. Not desirable and only used as a last resort.

Over the years I have progressively noticed more and more clients needing spirit attachments released before or during therapy. Also spirit attachments have become more of a problem to clear. What seems to be happening is that the increasing vibration of the Earth is amplifying the dense energy of

unresolved issues in the spirit attachments. Other forms of dense energy is being agitated – left over energies from war, torture, various earth energies, and residual energy from earlier civilization energy experiments. I refer to all this as *dark energy*. It is not to be confused with what Baldwin referred to as demonic possession. This subject was clarified in the research with Ian Lawton mentioned previously. The Elders advice was that demonic forces are just in the minds of people. If they expect to encounter them they will. Dark energy on the other hand is simply a collective name for spirit attachments that are difficult to remove, including a range of intrusive energies or fragments that have a very strong energy source.

New Approaches Are Needed

Around a year ago I was fortunate to be one of a small group of therapists given channeled techniques from the Elders to clear dark energy. I did wonder when I first started doing this work why the Elders did not do all the work themselves. But it appears that reaching into the dense energy of Earth to remove dark energy is difficult from their higher vibrational levels. I've now used this technique with over 60 clients, working in both one-to-one sessions and remotely. Feedback from clients and various independent checks have confirmed it works in all cases. Indeed it has been so successful that its use has been extended by me to clearing dark energy from areas of land – in particular ancient religious sites and energy portals – in the UK, Peru, Singapore, India, South Pacific, Hawaii, and New Zealand.

The Approach

So what is this new approach? The therapist needs to be able to use independent higher mind communication – their own ideomotor finger signaling is best. This enables communication with Elders for assistance and enables checks to be made quite separate from interference from dark energy in the client's energy field.

The therapist needs to be very careful to fully protect themselves and others energetically – including physical barriers, energetic barriers, and essential oils. Everyone is different so a therapist will need personalized protection. Therapists who don't do this or think they don't need protection are advised not to even consider doing this work because dark energy fragments can have a significant effect on them – depleted energy field, sudden exhaustion, the inability to think clearly, irritability, and lack of motivation. Prolonged exposure can lead to serious health issues.

The process of removal is actually quite simple. First, a portal needs to be created from the client to Source through intent. Second, an energetic link needs to be established from Source to the therapist's crown chakra and out the therapist's heart chakra to the client. This allows the higher vibrations of

Source to be transformed through the therapist and adjusted to a level needed to flush out the dark energy from the client to Source via the portal. The flushing energy level can be adjusted intuitively by the therapist or with the help of Elders. After healing energy is given to the client the therapist needs to check they are clear of dark energy fragments. Normally, if they follow the recommended protocol, this will not happen, but if any is detected it needs to be removed from the therapist immediately.

The step by step techniques I use are covered in detail in the book I edited *Transforming the Eternal Soul*.

One area needs further explanation. It is unlikely that communication will be possible with dark energy spirit attachments so these attachments have to be removed against their will. The free will of humans or spirit attachments is normally respected by the spirit world because this is how we experience and grow as souls. However, at this special time of energetic planetary change, dark energy is quite simply getting in the way. In certain situations the higher needs of humanity override the individual need. Nevertheless the therapist needs to ensure the Elders/Spirit Guide give permission and allow this aspect to be resolved at higher spiritual levels.

Another area that needs clarifying is working directly with Source. Some therapists already do this. For others permission is needed. An intuitive check with the higher mind is needed, such as using a pendulum. Normally I find a therapist has to clear their unfinished business and work from the heart before these higher vibrations can flow safely through their energy field.

Conclusion

Clearing spirit attachments from clients has grown in importance over the last few years. Most clients now seem to need this as part of their therapy. The traditional method of clearing spirit attachments is quick and effective for many types of intrusive energy. However, there is a growing need to clear stronger more difficult types of energy called dark energy and new techniques are needed. Once mastered, these energy techniques can be extended to clear a range of energy problems. The Elders, who permitted the knowledge of past lives and regression to be available to us in physical form, have passed down more knowledge. It's up to us if we want to embrace and use it.

For those wishing to discover more about spirit release and energy techniques by Andy can visit see <https://www.regressionacademy.com/regression-therapy-training.htm> and <https://www.regressionacademy.com/energy-spirit-release-training.htm>

