

Detect and Release
SPIRIT
ATTACHMENTS

Become a
Spirit Attachment
Practitioner



IMAGINE SPIRIT

*There are more things in heaven and earth,
Horatio, than are dreamt of in your
philosophy.*

- *Hamlet* (1.5.167-8), Hamlet to Horatio
~William Shakespeare

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Introduction

Mankind in many diverse and ancient cultures worldwide has long asserted the spirits of the dead can seize control of a human being and affect their mind and body. Yet modern Western psychology and mainstream medicine dismiss this claim as being utterly unworthy of consideration. Credentialed behavioral health individuals that *have* attempted to address the topic of Spirit Attachments are often the subject of ridicule and sadly could even have their careers ruined.

Dr. Edith Fiore, in her book, “The Unquiet Dead” states:

“It is clear that persons who are treated as though they were suffering from a “possessing entity” sometimes report dramatic resolution of their symptoms...”

I am not ashamed to say that I have experienced two spirit attachments in my life so far. I didn't understand what was happening to me until I read Fiore's book. Then it all made total sense to me. I then made a concerted effort to find out all I could about Spirit Attachments and learned how to get them to release (you will find these methods presented at the end of this course).

If you or someone you know may have a spirit attachment or a darker force entity clinging on, know that these spirits, whether harmless or not, CAN be dealt with in a positive way for living an attachment free life.

Enjoy the course!

Carol

Spirit Attachments – Lesson 1



Welcome to Our Spirit Attachments Course!

Do you suspect you may have some kind of spirit attachment? Do you think a family member, a friend, or a client might have a spirit attached to them and want to learn how to help them? Regardless of the reasons for taking this course, it will provide you with the information and techniques needed to fully understand spirit attachments, how to recognize the presence of a possible spirit attachment and effectively get it to release its hold on you or someone else.

Definition of a Spirit Attachment

According to some experts, at least 75% of individuals in the U.S. have suffered from a spirit attachment at one time or another. A spirit attachment is most commonly an “intelligent” disembodied human spirit that has attached itself to a living person’s energy field. Attachment spirits refuse to surrender to the death experience and want to continue certain behaviors they practiced in life. They will search for a vulnerable human candidate to attach to and “live” vicariously through that person.

Spirit attachments should be considered a very real phenomenon. Attachments and symptoms resulting from them might lead to all sorts of serious behavioral and physical problems if not treated. These spirits are usually never seen nor physically felt or heard. They may have even attached to someone in early childhood. When the child grows up, there may be an awareness that something is off. They don't know why they repeat certain harmful behaviors or patterns. The average mainstream person, or therapeutic community, may not recognize certain troublesome behaviors as originating outside of the victim in the form of a spirit attachment.

Are Spirit Attachments Pure Evil?

The answer to this is NO. It is true that attachments are selfish in wanting to hitch a ride with a living being to continue on with certain behaviors they exhibited in life. Most often an attachment has no idea they are causing harm to the person they are attached to. Yet, even if presented with this fact, an attachment may be stubborn and hard to detach from the afflicted victim.

Some “experts” mistakenly call a spirit attachment a Possession. I call it a Spirit Attachment only. What is the difference? Rather than entirely possessing the body and soul of the victim, as a non-human demonic entity might, an attachment plugs into the living person's energy field with dark tentacle-like etheric energy and can subtly affect that person's personality, behaviors, and physical health over time. If someone is experiencing a full-on demonic possession, the symptoms are immediate and are unlike a spirit attachment situation. Symptoms of demonic possession are extremely overt and obviously dangerous for the individual that is experiencing the possession. Symptoms of a demonic possession may include:

- A sudden dilation of pupils
- Unnatural change to features or body language
- Abnormal changes to voice—snarling, the voice becoming raspy or deeper
- Sudden changes to vocabulary that are abnormally profane or abusive
- A horrible stench such as sulfur, excrement, or rotten eggs is present
- In extreme cases, the victim exhibits abnormal strength and/or levitation

This is where a qualified exorcist comes in. Unless you are a qualified or professional Exorcist; never attempt a demonic possession removal ritual.

Types of Spirit Attachments

There are many different types of spirits just as there are many different types of individuals. When making reference to a spirit attachment, we are speaking of human type spirits that have lived on earth at one time or another. In reference to demons, elementals or alien attachments, these are considered non-human entities.

Non-human entities *can* attach to a living person. As mentioned above, spirit attachments are *not* cases of full possession; however, darker entities may indeed be attached to individuals. The effect of these may be significantly serious enough to warrant identification of the type of entity present and releasement of it.

There are Many Kinds of Attachments

Most common:

- “Intelligent” Earthbound spirits that have decided to stay and attach to someone
- “Unaware” confused or dazed spirits that have not crossed to the Light
- Negative thought forms that have become lodged in a person’s aura

Less Common:

- Curses, etheric cording, past life vows and contracts
- Past life attachments and ancestral patterns
- Satanic influences, dark forces, demons (resulting from joining a cult)
- Mind control programs, ET's & Implants
- Elementals (nature spirits)

Having stated all this, please **don't panic** and immediately assume you are a victim of a dark or evil spirit attachment. It's too early in the determination process for you to self-diagnose. I will be teaching various methods to determine if a particular kind of spirit attachment is present within your energy field in the weeks to come.

“Friendly” Attachments

Some spirit attachments are considered “friendly” in nature. They may be lost spirits who have inadvertently attached to a person as a means to find solace, not realizing it is harmful to them and others. These types of attachments can usually be reasoned with and released to the light. Soon you will be learning how to do this.

Reasons Some Spirits Stay Earthbound

There are times when the spirit of a newly deceased person decides, for whatever reasons, to remain on the earth plane. These spirits are not ready to shed the physical life and want to hold onto earthly things. We call these spirits, earthbound spirits.

Earthbound spirits do not necessarily become spirit attachments. There are many reasons for a spirit to want to stay close to the living. Some are harmless, and some are negative. Some spirits may have unfinished business or



want to stay close to loved ones to offer comfort and/or to watch over them.

Many earthbound spirits do not realize they are dead. They might be confused or in a hazy dream-like state. This condition might have occurred as a result of a sudden and traumatic death in which there was no time to process the fatal event. Their spirit leaves their physical body and hovers in space not knowing what to do. Finally, they will wander aimlessly and sometimes they will find someone to attach to thus becoming an attached spirit. If presented with the opportunity to cross over, these kinds of spirit attachments are more likely to readily let go of their “victim”.

An example of a lost spirit looking for help:

Here is an example of a lost spirit that came in during one of my in-person medium development spirit circles 2010. This spirit unexpectedly showed up and was attached to one of the students. The student was able to convey what the spirit was saying.

The Spirit: “Help me...”

The Medium, **Me**: Who are you?

Spirit: “I don’t know. I am lost. I don’t know where I am. Everything is dark. I hear voices sometimes, but I can’t seem to locate them—please help me...!”

Me: What is your name?

Spirit: “I think it's Joe.”

Me: Do you remember your life on earth?

Spirit: “I only remember our ship sinking. It was night... I think it hit something and blew up ... It was terrible... So much fire and smoke... Everyone was so scared... We didn’t know where to go... what to do... fire everywhere... so much screaming...”

Me: What happened next?

“I think I drowned. (Here Joe admits he is dead.) It was so cold—so very cold. I couldn’t breathe... So dark—so very dark... Now I’m here.”

Our group then went about crossing Joe over. We believed it was successful because upon checking, Joe was gone. The student felt much lighter and relieved.

A lost spirit is easily recognizable from their desperate tone and confusion as to state of **being** they are in. This particular spirit meant no harm. He was only looking for help. You can think of Joe as a “friendly” attachment.

Often spirits miss the opportunity to cross over when the Light is first presented to them. They either do not see or choose not to be aware of the Light or helpers, such as spirit guides, family members, or angels that have come to assist them in crossing. These spirits are neither positive nor negative but are considered neutral. They might remain lost souls for years until they literally see the light and finally cross over. These lost spirits may

even be attracted to certain individuals or groups, such as mediums, or spiritualist development circles looking for help.

Negative Spirits

The more negative reasons a spirit decides to stay behind can be anger at dying and refusing the opportunity to cross to the

realm of spirits. They may want revenge for a perceived wrong experienced in life or lived a mean life

and are fearful of what the afterlife might hold for them. There can be endless reasons why a spirit elects to stay earthbound. However, this does not mean these kinds of spirits will all try and attach to someone. Often, they do not.



The Difference between Ghosts and Spirit Attachments

Upon death, some spirits hover or move around in space not realizing that they are dead. Others realize they are dead but choose to stay in a familiar place, such as their former home or property. Those spirits that elect not to move on may remain earthbound due to strong emotional ties or unfinished business, as mentioned previously. Often these spirits are seen, felt, and heard and, may even become aggressive. These kinds of spirits are considered to be ¹ghosts.

There are two main categories of ghosts. There is the residual type of ghost that is actually an illusion of an emotionally charged event in which the ghost, or groups of ghosts, are repeatedly seen as a video replaying.

Ghosts that are considered “intelligent” have a conscious awareness and are able to react to the living. However, they usually want nothing to do with the living if they can help it. There are times, though, when a ghost will become aggressive if they think their former territory is being invaded. They will haunt the living by creating allsorts of negative disturbances or appear as apparitions until they drive the human inhabitants away. These ghosts might stay earthbound for years or eventually move on through their own volition. It may even take a professional, such as a “Spirit Rescue Medium, to urge this type of stuck spirit to relinquish their hold on the earth plane and can then be crossed over to the Spirit Plane – sometimes referred to as the Astral Plane. Unless they have attached to an unfortunate person, intelligent ghosts are **NOT** spirit attachments.

¹ An appearance of or hearing or sensing someone that is not living. These are called ghosts. Ghost can be ‘intelligent’ and can interact with the living or of a residual nature and are actually replays of past events.

About Shadow People

Shadow People are black or gray shades, or outlines, of figures that are seen just about anywhere. They are not, however, considered to be spirit attachments seen if you glimpse one in your home or anywhere for that matter. I'll have a new Blog on this soon.

Places Spirit Attachments Are Most Likely to Happen

Spirits that are lost or hover around are everywhere. This declaration is not meant to frighten you, but it is a fact. Positive as well as the more negative entities are all around us. Hospitals, VA hospitals, prisons, cemeteries, mental hospitals, gambling casinos, mortuaries, and/or places of crime or lower level activities are hotbeds for spirits ready to attach.

When proactively keeping a very high vibrational field around us and caretaking our aura, attachments most likely will not happen. But if they do, again, it's *not* the fault of the person who has been attached to.

How Spirit Attachments Occur

The use of drugs and/or excessive alcohol, or negative living, in general, may attract negative attachments. This is because constant use of drugs and/or alcohol can severely damage the energy field. They create holes in the auric field that spirits can move into, especially if they wish to continue these very same habits that they too had in life. This only adds to the despair of those who have become addicted to these substances.

If a person is ill or is going through a highly traumatic experience, their auric field may also become damaged. (The aura is the energy field that is an outer layer of energy that emanates around every person.) Their energy field may be damaged by holes and tears or, areas of fragility in the auric field -- dependent upon the severity

of the life experience and/or the emotional strength of the individual. Often someone that is in early stages of addiction recovery or is suffering from PTSD (post traumatic distress syndrome) is highly susceptible to a spirit attachment. Their energy field is trying to recover but is still vulnerable.

Obviously, the condition of the aura is an important factor. It has been speculated that people whose auras vibrate at high frequency are resistant to spirits of a lower frequency whereas illness, injury, drugs, and severe emotional disturbance may weaken resistance. If the emotions are weak or there is a loss of personal power, spirits trying to attach could find a way in. Let it be understood that **not everyone** experiencing the above conditions **will** attract a spirit attachment.

Certain individuals may attract spirits that in life had a similar problem. For instance, those that are suffering sexual abuse may attract a sexual “abuser” spirit or a spirit that has also been sexually abused. This sounds eerily similar to the universal law that “Like attracts like”.

Religion and Attachments

Someone that is strongly religious may feel they are automatically exempt from spirit attachments. Spirit attachments have NO religious preference so the religion someone adheres to may not matter. If they are vulnerable, the spirit attachment(s) may find a way in.

History and Spirit Attachments

Throughout history, people that have displayed symptoms of a spirit attachment have been widely misunderstood. History shows this has usually created disastrous results for the afflicted victim. Over millennia, an attachment has often been **mistaken** for demonic possession—especially in western culture. During the ² ‘burning times’ in Europe and

in early Americana, priests or church leaders, deemed anything unusual or supernatural centered around a person as being demonic. They actually believed this individual was in league with the devil. This usually led to torture and often a gruesome death for the unfortunate victim.

Indigenous Cultures and Spirit Attachments

In indigenous cultures, such as Native American, the shaman of the tribe performed ritualistic ceremonies to rid a victim of some kind of alien infestation. Often this involved asking ancestral spirits to rid the afflicted of “unclean” or troublesome spirits. The victims of the attachment were not considered evil. They were regarded as having a “spirit sickness”.

Many spirit release ceremonies are still practiced today in many cultures that have a greater understanding of spirit attachments than in western society.

Asylums and Sanitariums

Until recent decades, adults that exhibited unusual and unaccountable behaviors were placed in an asylum. A spirit attachment may have been the cause, and an asylum seemed to be the only option for relatives of the afflicted. Unfortunately, not exempt from this. Whether children or adults, these unfortunates lost control over their lives. Improperly diagnosed, they may have languished in their horror-ridden health-care prison for the rest of their lives. Children were not exempt from this and were often the majority of inmates.

Why Doesn't the Mental Health Field Today Understand and Treat Spirit Attachments?

Spirit attachments are a spiritual aspect of life. They cannot be proven to exist or may be misdiagnosed as some kind of mental illness such as schizophrenia. Most

² Witch hunts that swept Europe just a few hundred years ago. False accusations and trials led to massive torture and burnings at the stake for anyone that exhibited strange or supernatural behavior.

health care providers have never even heard of a spirit attachment or how one might afflict their patients. This is a great tragedy. However, more and more some practitioners *are* becoming aware of the spirit attachment phenomena and may treat a patient accordingly. A lot of this is due to the ground-breaking work of Dr. Edith Fiore. In her book, “The Unquiet Dead”, A Psychologist Treats Spirit Possession, 1988, Fiore gives credence to the idea of spirit possession. After treating hundreds of patients, she realized something else was going on with some of her patients that could not be addressed with the conventional therapeutic methods. Her only mistake was considering an attachment as being a full possession. This has changed in the last two decades with serious practitioners of spirit attachment work knowing the difference between an *attachment* and a *possession*.

Help! “I think I may have a spirit attachment!”

The Five Key Stages – Attachment Awareness and Options

1. **Awareness:** There might be a feeling that something is off. The behavior seems to be unusual or even obsessive. One’s outlook on life may turn somewhat bleak, and possibly depression has crept in or been present for many years.

The following is a list of physical and mental symptoms strongly indicative of a spirit attachment. These symptoms might be ongoing, or there was a sudden and inexplicable onset:

- Feeling chronically tired and depleted of energy
- Suffering mood swings and/or impulsive behavior
- Unexplained bursts of anger, sadness, or emotion
- Hearing inner voices telling you things or making negative comments
- A feeling that ‘this isn’t me’
- Problems with addictions of all kinds
- Poor memory, inability to focus, or confusion
- A sudden onset of anxiety or depression or panic attacks

- All of a sudden pets are wary of you or shy away -- sometimes growling
- A sudden onset of physical problems or pain with no obvious cause --especially around the upper back and neck
- Unexplained fears and phobias
- Disturbing nightmares or strange faces in dreams
- Feelings of being watched or unexplained sensations such as a distortion of space and time
- Feelings of uneasiness, cold areas in your home or a sense of another presence when nobody else is around

Important Note: It must be understood that any of the above symptoms can be indicative of another issue altogether, such as a psychic attack or physical or mental illness that has nothing to do with an attachment. This is why you are taking this course. You will begin to learn what might be deemed an attachment and what might be something else entirely. If the symptoms are not caused by a spirit attachment, these symptoms will usually be temporary and more treatable.

2. **Assessment:** There needs to be an honest assessment of one's energy field and physical self to determine a spirit attachment is present. If you or an individual suspect there is an attachment present, decisive action can be taken.
3. **Detection:** There are many ways to detect a spirit attachment. This can be through regression therapy, doing an aura scanning, journaling, automatic writing, looking at the aura in a mirror, using a pendulum, muscle testing, examining dreams, and special meditations. There are even theta level binaural beat meditations that can help with spirit attachment detection and removal. You will be learning how to utilize some of the above methods in this course.
4. **Identifying What Kind of Attachment Is Present:** There are many kinds of spirit attachments as mentioned earlier in the lesson. You can determine the kind of attachment you have in a series of self-tests.
5. **Releasing of Attachment:** This stage involves a careful therapeutic releasement of the attachment. For some, the attachment has been with them for so long, they are almost afraid to let it go. There is a fear of loss expressed by the victim that seems unreasonable to others. But, I assure you, the attachment has done the victim no good over time and they should be convinced of this.

How to Treat a Spirit Attachment

Once you or a client determines an attachment, the next step is to start the releasement process. Again, over the next few weeks, you will be learning how to do this. For this course, we will begin with a simple exercise for assessment of the human energy field, clearing energy, bringing in the light and a **self-quiz**.

If you do not have a spirit attachment, doing the exercises in these lessons will not harm you. In fact, they are an excellent way to clear the energy field of unwanted and sluggish energies and provide a greater understanding of the spiritual self.

Initial Assessment Self Question Quiz:

1. Have I ever felt different from others and never fit in? If so, for how long?
Circle one: Yes/ No If “yes”, for how long?

2. Have I ever felt that someone or something else is controlling my life?
Circle one: Yes/ No
3. Does another voice seem to answer when I am asking questions in my mind?
Circle one: Yes/ No
4. Do I often feel block when I try and do something nice for myself?
Circle one: Yes/ No
5. A) Do I often feel upper neck and back pain? B) Do I feel fatigued and harassed often?
Circle one: A) Yes/ No -- B) Yes/ No
6. Do I do things I know are wrong for me over and over again?
Circle one: Yes/ No
7. Is there an inner dialogue that argues with me when I try to let go of addictions, negative thinking, or old behavior patterns?
Circle one: Yes/ No

Answering “Yes” to any of the above does not always indicate a spirit attachment.

There is no grading on this quiz. It is for your personal assessment only.

Materials for Lesson 1

These materials should have been downloaded upon purchase of this course or are contained in the audio DVD you ordered.

The Live Class Recordings for each lesson are not labeled “lessons”. I hope this doesn’t confuse you. They were created from an actual live class, and I have decided not to rename them as they are uploaded on a special server.

→**Entire Course PDF Handout – Detecting and Releasing Spirit Attachments**

Live Class Recordings:

Class 1 Part1.mp3

Class 1 Part2.mp3

Class 1 Audio Exercise Recordings:

1. Introduction to Anomalies
2. Scanning Aura for Anomalies
3. Viewing Auric Field for Possible Attachments
4. Gentle Release of Attachment

Some meditation scripts are available for download in PDF format. You are welcome to use these scripts. Do not use for your own Blog or for any reason other than learning from them.

Handouts

1. Scanning Body Energy Anomalies PDF
2. Scanning Your Aura Basic PDF
3. Gentle Self Spirit Releasement PDF

Suggested Movies to Watch:

Edith Fiore, an expert on Spirit Attachments

<https://www.youtube.com/watch?v=JvGSDUFv4dk>

How to Do Muscle Testing to become familiar with the technique. This method (optional) can be drafted for individuals to determine if they have a spirit attachment by asking the right questions. Two people are needed for this.

This is not an Imagine Spirit movie nor features Carol. It is by: **Barbara Stone**:

<https://www.youtube.com/watch?v=1BnOZdefNM0>

Spirit Attachments – Lesson 2



Now that you have learned some basic knowledge about spirit attachments, we will be moving into the detection and removal processes in greater depth. Also, in this course, you will be learning more about the different kinds of attachments and several techniques for detecting and releasing the most common ones. We will be covering time-line regression, using a pendulum, and a Mirror to See Attachments. Some of these will be in the form of a recorded exercise or movie to watch that you can practice as we work through this lesson. Lastly, we will discuss *Difficult Spirit Releasement* to identify and work with troublesome spirits that refuse to let go.

Human Spirit Attachments Review

Human attachments are earthbound spirits that are trapped, often feel confused, lost, and

afraid. The circumstances of their death may have been traumatic or sudden. These lost souls are often drawn to living people and attach to them for comfort. We call these, “Friendly” attachments. At the death experience, if they were in physical or emotional pain, they carried a memory of this pain, and the pains can be felt within the person they have attached to. When told that they were possibly hurting the person they joined with, the reaction is often distress because they didn’t understand they were causing problems. These kinds of attachments are more readily agreeable to releasement to the light.

In Lesson 1 you learned there are more debilitating types of human attachments, the most common being an earthbound spirit that made the decision to stay on earth to attempt to “keep living” on as a future spirit attachment. They will zone in on someone with a similar vibration that the spirit had in life and attempt attach to them if there are weaknesses in the aura. These types of spirits can wreak havoc on the individual attached to, sometimes causing long term symptoms of energy drain, self-doubt, making poor decisions, and some kind of behavioral problems for years. Although this course is primarily about human spirit attachments, other types of attachments are presented with a thorough explanation of each.

When Can Human or Non-Human Spirits Attach?

As mentioned in Lesson 1, at any time in a person’s life.

Question: “Is there a foolproof way to keep spirits from attaching?”

Answer: *Unfortunately, there is no foolproof way to protect you or someone else from a spirit attachment. The best way is to keep yourself healthy with your immune system in good working order. This strengthens your aura (energy field) making spirit attachment less likely. The same can be done for clients, family members or friends. Additionally, doing a brief daily protection meditation helps to significantly shield the auric field.*

Please do not become alarmed or overwhelmed when reading about the many kinds of attachments that can possibly manifest. Just know that each one can almost **always** be