

Spirit Release Foundation

Foundation Course in Spirit Release



Venue: Violet Hill Studios, 6 Violet Hill, St John's Wood, London NW8 9EB

Tutors: David Furlong and Frida Siton

Friday 15th February

- 2:30 pm Introductions
- 3:00 **Spirit Attachment and Spirit Release – What are they?** - p1
- 3:45 Tea Break
- 4:15 **Finding Your Inner Centre** - p8
Self-Healing balancing exercise.
- 4:30 **Creating Your Inner Safe Space** – p10
Establishing a place of balance and healing within your inner world.
- 5:30 Discussion (Finish at 6:00 pm)

Saturday 16th February

- 9:30 am **The Nature of the Psyche and Psychic Protection** – p14
Who are we and how do we protect ourselves using transpersonal and psychodynamic techniques.
- 11:00 Tea/Coffee Break
- 11:30 **The Cycle of Life** – p25
From birth, through death between lives and reincarnation. Why spirits become earthbound.
- 12:30 **Demonstration of an Earthbound Release** – p31
- 1:00 pm Lunch Break
- 2:00 **Exercise – Part 1:** Building your inner guidance system and working with your guide to release an earthbound spirit.
- 3:30 Tea Break
- 4:00 **Exercise – Part 2:** Building your inner guidance system and working with your guide to release an earthbound spirit.
- 5:00 Feedback and discussion (Finish at 6:00 pm)

Sunday 17th February

- 9:30 am **Range of Cases** – illustrating different aspects of spirit release
- 10:30 Tea/Coffee Break
- 11:00 **Consciousness and Psychiatric Disorder** – multiple personality, soul fragments, thought forms etc – p43
- 12:30 Lunch Break
- 1:30 pm **An Earthbound Spirit?** – Differentiating between earthbound spirits, sub-personalities and soul fragments: **Group Exercise.** – p55
- 2:30 Tea Break
- 3:00 **Group Exercise** – continued
- 4:00 Discussion and ending (Finish at 4:30 pm)