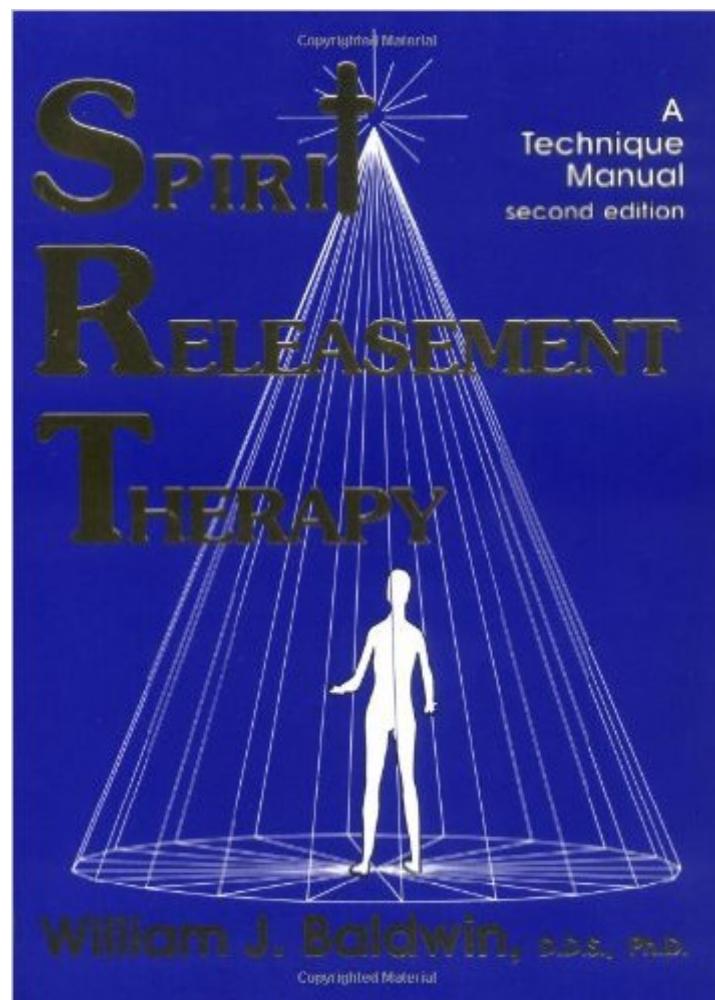


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# Spirit Releasement Therapy: A Technique Manual



## Synopsis

Spirit Releasement Therapy is a special form of healing which "calls forth" and identifies positive energies that enhance personal growth, and clears negative energies (whether internally generated or externally attached) that restrict personal growth; on levels ranging from cellular consciousness to archangelic realms.

## Book Information

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## Customer Reviews

Reviewed by Roger Woolger, Ph.D. William Baldwin's eagerly awaited book, Spirit Releasement Therapy, A Technique Manual is a brilliant, daring tour de force whose appearance I am delighted to celebrate. Dr. Baldwin has integrated an enormous range of techniques and much accumulated wisdom gleaned from past life therapy, spirit possession syndrome, soul retrieval, inner child work, multiple personality disorder (MPD), or dissociative identity disorder (DID), and traditional psychotherapy. In the Introduction he offers a very useful and concise overview of spirit possession and its treatment throughout history. In section two, Regression Therapy, he presents an up-to-date survey of the principles and techniques currently used in present life and past life regression therapy by clinicians working in the field. Dr. Baldwin outlines induction techniques, ways of working through the life, remembered traumatic events, the death transition and many other techniques, and includes useful examples of how to apply them. Section three, Recovery of Soul-mind Fragmentation, though relatively short, is in many ways the pivotal section of the book, theoretically speaking. Dr. Baldwin outlines and integrates the shamanic concept of "soul loss" in reaction to

trauma with psychiatric views of personality splitting and the kind of dissociation to be found in extremis in MPD (DID). The key concept here is the idea of subpersonalities or fragmentary souls. This notion figured quite prominently in the early psychiatric work of Jung, Janet and Assagioli, and later came to form the basis of those techniques for the psychotherapeutic integration of the personality developed by Psychosynthesis, Jungian analytic psychology, psychodrama, Gestalt therapy, Voice Dialogue and, most recently, Inner Child work.

This book is jam-packed with important information, which is both its great strength and weakness. It is one of the best books on the subject and also one of the first. Unfortunately, it is poorly organized, filled with lame, distracting artwork (most badly scanned), and a lot of interesting but ultimately unnecessary background info and redundant case studies that get in the way of the actual techniques. In other words, it seems to be padded out with filler. The author mentions certain classes of dark force entities (demons), but fails to ever detail exactly what their functions are aside from those implied by their names: watchers, blockers, trip-me-ups, etc. More detail here would have been appreciated. This failure also carries over into his much cleaner and more professional looking follow-up book, *Healing Lost Souls: Releasing Unwanted Spirits from Your Energy Body*, which again references these demonic classes with zero level of detail. However, that book, written for the layperson, does not repeat the spirit release techniques from this one. I actually enjoyed reading it a lot more than this one, partially because it was so much easier on the eyes, and partially because it covered information not discussed in this book. There is not too much duplication between them, so owning both is a good idea. Poor organization seems to be a common flaw among all Spirit Release books, many of which are obviously patterned after this one. I've read all the major ones (see my recommendations below) and none of them just lay out all the steps to perform the techniques in a clean, easy to find and read format.

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