

# Newsletter



## Spirit Release Forum 2014

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*First let me wish all readers a very happy, healthy and prosperous 2014.*

It is sometime since the last newsletter and time for an update on all of the activities of the Forum.

### Training

We run a number of regular training programmes that includes an Introductory Course plus a Professional Training divided into two parts, PT1 and PT2. We have successfully run the Introductory Courses and the first part of the Professional Training programme, although the second part has proved more problematic, which is what happened under the regime of the old SR Foundation. The difficulty has been getting a sufficient number of students to commit to a specific date. We are looking to how this can be achieved so that students who wish to obtain a Diploma in Spirit Release can do so.



*Part 1 Class 2012*

The next training dates in 2014 are as follows:

Introductory Course - Sat/Sun 8-9 February, Venue: Maida Vale, London

Professional Training - PT1a Sat/Sun 1-2 March, Venue: Maida Vale London  
PT1b Sat/Sun 26-27 April, Venue: Maida Vale London  
PT1c Sat/Sun 17-18 May, Venue: Maida Vale London  
PT1d Sat/Sun 14-15 June, Venue: Maida Vale London

## On-Line Training

One of the intentions when the Forum was established was to make the courses available to an International clientele. Over the two years that the Forum has been running and prior to that the old Spirit Release Foundation a considerable amount of information and understanding has been gathered. It is important that this is shared or made available to as many people as possible. The first step in the online training programme will be to convert the existing courses into an on-line format and a start has been made on the Introductory Course. The first video is available for generally viewing at the following YouTube website link : <http://www.youtube.com/watch?v=GH83-wPwBJ8>. Do have a look and please feed back any comments to me.

## Other Training Courses

### Tom Zinser Training

In addition to the general courses that we run we have also hosted a number of other specific training programmes. The first of these was a day event run by Dr Tom Zinser on a special trip from the States, held in 2012. This proved a popular event and we followed this up last year with a three day training event held in Malvern, which was attended by over twenty participants. Tom was able to take us through his various techniques and to demonstrate the methods he used for accessing the wisdom of the Higher-Self. I felt that those who were used to working in a hypnotherapeutic way appreciated his techniques more than those who tended to work through their intuitive sense. Personally I have found his methods, and the insights from Gerod, to be very inspiring although I cannot get on with the use of finger signals. With many of my clients I use Skype or the phone and this precludes ideo-motor signalling. I have found however that the Higher-Self (H-S) is able to communicate very successfully through images, verbal messages, emotional feelings or sensations and from this response I am able to then, with the aid of the H-S to help clients clear the issues or problems stemming from spirit attachment or sub-personalities.



*The Tom Zinser Workshop at the Abbey Hotel Malvern*

## Other Training Courses

Last October I ran a one day course on the theme of '*Working with the Higher Self*'. This was held in Malvern and was well attended with people coming from the local area as well as further afield. The object of the day was give people the experience of 'Higher-Self' communication and to practice working with each other to facilitate this type of inner work. The day went very well and an induction I carried out with one of the participants can now be seen on YouTube at the following link: <http://www.youtube.com/watch?v=iQapfGgSUiU>

It is hoped to hold more of these type of training courses in the future.

## Conferences

The theme for the Conference in 2013 was:

### *Spirit Release: Helping Lost Souls Move into the Light*

The speakers included Sue Allen, Archie Lawrie, Natalia O'Sullivan, Dr Terence Palmer and Dr Tom Zinser. A short report on the conference can be found at the following link:

[http://www.spiritrelease.org/conference\\_report13.php](http://www.spiritrelease.org/conference_report13.php). The conference, held in London, was well attended and feedback very positive. For those who could not attend, the conference was filmed and the videos uploaded to YouTube where they can now be freely viewed online. The YouTube links can be found on the web page listed above. Do have a look and give your comments.



*The lecturing panel – Question and Answer Session*



*Dr David McDonald speaking to Pat Bromley and Cathryn Jones*



*Sue Allen's talk and David Furlong and Dr Terence Palmer speaking with Dr Fiona Bowie  
Pictures from the conference held in London in June 2013*



The theme for the conference in 2014 will be:

### *Healing Our Inner Worlds: And the Transforming Power of the Higher Self*

The date for this conference, to be held in Malvern, Worcestershire, is Saturday July 12. This year's conference will be jointly hosted with the College of Healing. Speakers have yet to be confirmed but will be announced shortly. The details can be found on our web page: <http://www.spiritrelease.org/conference.php>.

## Other Conferences

Over the space of the year I attended one or two conferences that were relevant to spirit release therapy. The first of these was held on Friday 20th September 2013, in London under the auspices of

the 'Ethnic Health Initiative'. The title was '*Spirit Release and Mental Health*'. This conference was enlightening in that most of the speakers had little direct experience in spirit release techniques and were most interested in presenting the themes from an anthropomorphic perspective. It highlighted for me how much more work is required in educating the medical profession and others about the significance of spirit attachment in the areas of mental health. A summary of conference is available on the following link:

[http://www.spiritrelease.org/articles/EHI\\_conferencereport13.php](http://www.spiritrelease.org/articles/EHI_conferencereport13.php) or the full details downloaded from: [http://www.spiritrelease.org/pdf/article\\_EHI\\_conferencereport13.pdf](http://www.spiritrelease.org/pdf/article_EHI_conferencereport13.pdf) .

In December I attended, along with a number of other Forum members, a short series of talks given at the Royal Society of Medicine lecture rooms in London. One of the speakers was Dr Alan Sanderson, the founder of the Spirit Release Foundation. His excellent and challenging talk did produce a divided response from the audience of about eighty people. Alan's talk was filmed and it is hoped that this will be available for viewing on the RSM's website in the not too distant future. See: <http://www.rsmvideos.com/cat/Psychiatry> for general information.

### **London Healing Days**

The '*London Healing*' days have been run twice a year for the past few years and entail visiting different parts of the capital with the intention of carrying out landscape and earth energy healing work as well as the release of trapped or 'earthbound' spirits. We normally have groups between fifteen to twenty people and the day entails part walking part tube travel to connect to different parts of the city.

In past times we have visited Kensington Palace and the Tower of London, whilst the last trip in September entailed visiting the Houses of Parliament and Westminster Abbey. In those places where disturbances were found the group would meditate together to help lift and clear any stuck or negative energies. In the Spring 2013 part of the trip entailed connecting to the Old Bailey, which was on the site of the Newgate prison. There was a very disturbed energy present that held a number of spirits trapped. This was subsequently cleared by one of the groups that I work with using distant healing techniques.

In the next London Healing Day to be held on Saturday 12<sup>th</sup> April we will be visiting the Greenwich area again to link some of the centres there. Details can be found on the website at: <http://www.spiritrelease.org/events.php>



*September 2013 London Healing Day event where we visited the Houses of Parliament and Westminster Abbey*

## Articles, Updates, YouTube and Facebook

Throughout the year articles have been added to the website, which continues to expand. All articles are gratefully received and where suitable added to the site. We had a very long and very interesting article (almost a book) by Dr Robert Hartley on the theme: *Do 'Spirits' Account for the Voices that Schizophrenic Patients Hear?* This was added during the summer. This article can be downloaded from the following link: [http://www.spiritrelease.org/pdf/article\\_schizophrenia.pdf](http://www.spiritrelease.org/pdf/article_schizophrenia.pdf)

We are also interested in case studies, particularly where these have been followed up and can be well documented.

We have uploaded a number of videos to YouTube and an example of Tom Zinser's talk at the last conference can be found on the following link:

<http://www.youtube.com/watch?v=wsRXKxoYYj4>

Since setting up the YouTube videos we have had over 33,000 views. You can subscribe simply by clicking the subscriber link and will then automatically be informed when another video has been added.

Our Facebook page is <https://www.facebook.com/pages/Spirit-Release-Forum/139196262771404> is added to quite regularly and a big thanks to Dr Terence Palmer for providing so many valuable links. Terry is very interested in research into spirit release techniques and case studies particularly where these have been properly documented and written up. He can be contacted on the following email address: [palmert55@gmail.com](mailto:palmert55@gmail.com)

## Membership

We welcome all membership which helps the Forum continue with its activities. Although a limited company we do not really make any profits and all proceeds get ploughed back into helping spread information and support in these fields. To encourage memberships we have now reduced annual membership to £25 for a single member and £45 for a practitioner member. Members enjoy access to the Google Groups online forum and also reductions in our events. Details of membership can be found at the following link: <http://www.spiritrelease.org/membership.php> Please do support us.

## Newsletter

One of the areas that I have not been very good at maintaining is a regular newsletter. I would welcome anyone who would like to step forward and spearhead this activity. We would like to get out at least four newsletters a year, rather than just one annual letter. Are there any takers?

David Furlong  
Director

January 2014