



## Autumn 2015

Dear Friends

We are fast approaching the autumn equinox, which falls this year on 23 September. The days are getting shorter and after the 23<sup>rd</sup> autumn proper will be upon us. Around the time of the summer solstice the motherboard on my computer, which had served me well for many years went into meltdown. Fortunately, although some material was lost the hard drive is still intact and salvageable and I have been able to access much of my data. What I was not quite prepared for was the enormous amount of time in getting a new computer up to speed again. Firstly, new computers come with new operating systems. I had been running Windows Vista, whilst I am now had to move onto Windows 8 and then Windows 10. As if getting one's head around all of the new gadgets and access material of the new operating system, the next problem was that my well-tried and frequently used programmes no longer worked and needed upgrading. They too have often demanded a steep learning curve. All of this set against a busy therapeutic practice, which additionally demands considerable time. It has taken me over three months so far and I am still away off having everything running smoothly.

So I first need to make an apology for the delays in getting up to date information on courses to you and for them to be fully promoted. I will address these issues as we go forward over the next few months. The website also needs updating and the correct dates added.

### Illuminating the Shadow



Over the past months I have been completing the manuscript for my new book 'Illuminating the Shadow', alongside exploring the different ways to help clients move through some challenging experiences. The theme of the book touches into some important new concepts because I believe we can only truly understand the 'light', when we have considered 'the shadow'. Shadows give depth and meaning to 'light' and this work provides a detailed background to understanding the concepts behind 'spirit attachment' and 'spirit release'. In the book, I define the 'shadow' as touching into three areas. The first is the 'positive shadow', which contains all of our potential. It is the container for all that we might become and therefore is endless. On this basis I argue that God or 'The Creator', whichever terms one wishes to must also have a shadow, because both consciousness and the universe are

expanding and the shadow is what we grow into. The second is the 'negative shadow', which contains all that we repress or reject and do not acknowledge as a potential within our psyche. The third is the 'malign shadow' that we can express when we deliberately inflict pain and suffering on others. I will say more about this book in a future Newsletter. Earthbound spirits and DFE's fall into the last two categories.

For the moment I have just had back the detailed edit from my professional editor, which I need to go through along with some other comments from those that have now read the draft book. These processes always take much longer than one hopes but I am planning to get the final version to the publisher for the middle of October. At present, it is scheduled for publication in January 2016. I would also add that I have been most appreciative of the help from Dr Terence Palmer, Kathryn Logan and Dr David McDonald, who have gone through the work in detail, making suggestions for alterations.

The picture, which will form the cover, comes from two Jacob Epstein sculptures. One in Coventry Cathedral called The Archangel Michael and the other in the Birmingham museum named 'Lucifer'.

*David Furlong*

## **Forthcoming Events**

Saturday 3 October - **Clearing Your Ancestral Blocks** – venue, Malvern, Worcestershire

This course will be run from my home in Malvern. It will explore the important themes of ancestral healing and its relevance to our wellbeing. We are all influenced to a greater or lesser degree by three principle dynamic patterns. The first stems from our upbringing from the moment of conception onwards. The second stems from our ancestral patterns linked to our genetic and epigenetic inheritance and the third to our spiritual source that links too past lives. This ancestor workshop will show you how to help heal and balance any of the traumas that stem from your ancestral inheritance and clear their blockages. There are still vacancies for this workshop.

For further information see: <http://www.davidfurlong.co.uk/crseancest.htm>

## **The SR Forum Conference**

Saturday 17 October

**Releasing Lost Souls and Earthbound Spirits**, venue Regents College, London

This day conference will be a valuable opportunity for all members to come together to share their experiences of spirit release. Over the space of the past twelve months, I have seen many individuals, some of whom can be helped relatively quickly but others who have deep-seated issues, which are more problematic. I have come to recognise these as traumatised soul-wounds, which can be very complex and often entail some form for spirit attachment or involvement. Individuals who have dabbled in 'black-magic' in a past life can have a dark place in their psyche, which is difficult to help or resists healing. The conference will provide a valuable opportunity to share experiences and methodologies, in a co-operative structured way.

If any members wish to make a presentation please let me know.

For further information see: <http://www.spiritrelease.org/conference.php>

## Training Courses

Saturday & Sunday 7/8 November – **Introductory Course in Spirit Release**, venue, Maida Vale, London

This course is an introduction to the therapeutic issues that arise when imbalances occur between the psyche, soul or 'Core Self' and the mind of a human being. Such imbalances, which includes dissociative disorders and trance states, can lead, on occasions, to spirit invasion or attachment. These issues are explored in the training. This course is a prerequisite for more thorough training offered by the Spirit Release Forum, which can lead to becoming an Accredited practitioner and ultimately, upon satisfying further requirements, the award of a Diploma in Spirit Release.

For further information see: [http://www.spiritrelease.org/intro\\_crse.php](http://www.spiritrelease.org/intro_crse.php)

Saturday 17 November - **The Higher Self and the Shadow Part 2**, venue Malvern, Worcestershire

This is the second of the workshops on the theme of the Higher-Self and the Shadow and entails looking further into the different dynamics that these areas touch upon. It is fascinating what they invoke within and I can remember from the one of the first courses a heated debate about the impact of Maggie Thatcher and the strong emotions she aroused. We can generally tell when our negative 'shadow' is being invoked by our emotional reactions. The stronger and more vehement they are the more likely that they tap into some wound within our psyche that can stem from either the current life or previous lives.

We will be running further workshops on these themes in 2016.

For further information see: <http://www.spiritrelease.org/events.php>

### Professional Training Programme 2016

The professional training programme PT1 will continue in 2016 based on two four-day training periods running from Wednesday to Saturday inclusive. This course will be held in Malvern, Worcestershire. The in-depth training entails training in spirit release and soul centred healing through access to the 'higher-self'. It is one of the most comprehensive of the different trainings available in this area.

- Module A & B March 11 - 14 Venue: Malvern, Worcestershire, WR14 3DA
- Module C & D May 20 - 23 Venue: Malvern, Worcestershire, WR14 3DA

Professional Training PT2 will be held in the autumn of 2016.

For further information see: [http://www.spiritrelease.org/pract1\\_crse.php](http://www.spiritrelease.org/pract1_crse.php)

---

## Other Conferences and Events

**5th British Congress on Medicine and Spirituality** will be holding a conference in London on 31st October and 1st November. These events, hosted by the British Union of Spiritist Societies (BUSS) bring together some interesting international speakers, exploring the links between physicality and spirituality. Dr Peter Fenwick and Dr Andrew Powell both from the UK will be making presentations this year as well as other international speakers. The theme of the conference is **Spirituality in Clinical Practice** and will be held at the Rudolf Steiner House and Theatre, near Baker Street in London.

For further information see: <http://medspiritcongress.org/>

**Exploring the Extraordinary Conference** will be held between the 4th - 6th December in York. Since its inception in 2007, members of Exploring the Extraordinary have organised six successful academic conferences that have brought together researchers from a variety of different disciplines and backgrounds. The purpose of these events has been to encourage a wider dissemination of knowledge and research, and an interdisciplinary discussion of extraordinary phenomena and experience. By 'extraordinary' we refer to phenomena and experiences that are considered to be beyond the mundane, referring to those that have been called supernatural, paranormal, mystical, transcendent, exceptional, spiritual, magical and/or religious, as well as the relevance of such for human culture.

Our own Dr Terence Palmer, author of *The Science of Spirit Possession* will be speaking at the conference on the theme of **A Sensitivity Continuum for Mystical and Spiritual Experience**. Many other interesting speakers will make presentations, including Dr Fiona Bowie on the theme of **The Psychic Self**.

For further information see: <http://etenetwork.weebly.com/ete7-conference-2015.html>

---

## Case Studies

During the course of this year I have tried to help many different types of cases. Some are fairly simple and straight forward where issues can be cleared in a few sessions. Others are more complex and deep seated and seem to involve some core issues that relate to the inner soul essence. In these cases the 'soul itself' or at least part of it appears to be caught in deep trauma. In these situations the process of healing is much slower and can involve many hours of therapeutic work. In some case individuals have clearly dabbled in 'black magic' in a past life or lives and this tainting provides an easy access point for malign entities.

These are not easy situations to treat and require a great deal of patience because the psyche often feels very threatened and does not easily wish to address the wounding, although other parts know that this must be done for full healing to take place. In some cases it would seem that the soul had incarnated specifically to rescue an aspect of itself from a past life, which was trapped in the 'shadow' and had not yet made a transition back into the 'light'. The fear experienced of being trapped can be overwhelming and therefore often needs to be treated very carefully and gently. What is fascinating here is the power of the 'higher-self' to help clear and balance these inner energies and help release the trauma. I often reflect that I learn more from these type of cases than the more easy ones, although all a rewarding.



Photo of the training group from this year's PT1 course, which was held in Malvern, Worcestershire

## Spirit Release Forum

Myrtles, Como Road, Malvern, Worcestershire WR14

2TH Email: [spiritrelease@dsl.pipex.com](mailto:spiritrelease@dsl.pipex.com)

[www.spiritrelease.org](http://www.spiritrelease.org)