

This book was written by a psychiatrist who found that by working with people to remove spiritual entities and attachments, she could heal them of their psychiatric disorders.

"Dr Modi is a psychiatrist, who followed in Baldwin's footsteps. Her book gives many accounts of past life and spirit release therapy. She breaks new ground in her handling of soul fragmentation, for she reports that soul parts are often taken captive by demons which torture or otherwise manipulate them in Hell. This view, so far as I know, is not held by other leaders in the field. Modi analyses her case material, finding that spirit releasement and soul integration relieve emotional and psychotic symptoms in 80% of cases, while physical symptoms are relieved in 70% by past life therapy. There is no index, but an excellent bibliography. The book contains many case histories, with much to interest therapists." Alan Sanderson

If we can imagine God as one body, then we are like different cells and parts of that body of God. When any part of that body hurts, the whole body hurts. Similarly, when we hurt any other person, we hurt ourselves as well. We must treat each other with love and care in order to preserve the whole. Love is the most powerful source in the universe. When we give love we also receive it and as it moves back and forth, it grows and provides the healing for everybody involved. Only love can heal, and it is the only thing that really matters.

Chapter 1 Remarkable Healings, Modi, M.D.

Introduction

The Beginning

When I was doing my psychiatric residency, there were times when I felt very discouraged because there was no single treatment that worked for every patient. Medication works, but not in every patient; and it can make some patients more dysfunctional because of the side effects. Traditional talk therapy helps only a small percentage of patients. I saw patients who suffered for years, going from doctor to doctor and from hospital to hospital, searching for relief from their symptoms.

During my residency, I strived to learn different types of available treatment methods. I learned individual psychotherapy, family therapy, group therapy, psychodrama, transactional analysis, hypnosis, and hypnotherapy so I could use these various techniques with different patients to suit their needs for healing.

Medication, in some cases, does correct the chemical imbalance in the brain; in other cases, however, it just pushes the problems back into the subconscious and covers them up. The patient feels better temporarily but the problems continue to surface. More and more medication is

required over a long period, restricting patients' day-to-day functioning. In some cases, patients become addicted to these medications, creating additional problems.

With talk therapy, whether individual, family, or group, patients deal with only the conscious mind. They relate to the reasons of which they are aware, consciously and intellectually. As a result, months and years of talk therapy can work to some extent, but this is only a Band-Aid approach. The problems keep recurring.

Traditional talk therapy has its successes; it also has its failures. Unfortunately, the number of failures in any given period far exceeds the number of successes. Even when augmented by psychotropic medications, the success rate of traditional talk therapy remains low.

Dismayed by the lack of success of traditional talk therapies, I decided to utilize other techniques, especially hypnotherapy, in combination with the traditional talk therapies. Hypnosis allows patients to uncover the underlying subconscious reasons for their emotional and physical problems. The unresolved problems are brought from the subconscious mind to the conscious mind. By recalling, reliving, releasing, understanding, and resolving the unresolved traumas and issues, patients can be freed from their longstanding problems in just a few sessions. Very little or no medication is required and the time involved is relatively short. I have used hypnosis effectively for insomnia, anxiety, habit control, pain control, positive suggestions for day-to-day functioning, and in hypnotherapy to uncover the underlying problems to help people.

Over the years of my psychiatric practice, I always felt good about the quality of my work and the results I had with my patients. I was able to help people with combinations of treatment modalities depending on the patients' needs. But still, at times, there were patients for whom I could not do much except use medications and supportive psychotherapy. I continued to search for ways to help my patients.

My Accidental Discovery of a Past Life

About eleven years ago, I saw Martha, a thirty-four-year-old housewife and mother of three children who was suffering from a longstanding claustrophobia, which crippled her daily life. The problem was getting worse and as a result she was becoming severely depressed and at times suicidal.

She had severe panic attacks, several times a day, every day. During these panic attacks she had difficulty breathing, palpitations, dizziness, feelings of intense fear and apprehension, and fear of

dying. I began to treat her with medication and traditional talk therapy. These helped her to some extent, but her claustrophobia and panic attacks continued.

During a session, I asked her about the last time she had a panic attack. All of a sudden she became anxious and said, "Doctor, I am having one right now" and she started to gasp for breath

I asked her to close her eyes, focus on her emotional and physical feelings, and allow those feelings to take her back to another time, to the source of her problems when she felt the same way. Martha slipped into a self-induced trance state. I thought she would probably remember a childhood incident when she was being locked in a closet, attic, bathroom, or other small room from where she could not get out.

Instead, she said she was in a different time, different life, and in a different body as a young girl. "I am in a coffin," Martha cried. "They think I am dead! They are closing the lid. I am afraid to die but what if they close the lid of the coffin and I do not die? Then what am I going to do?"

I was taken by complete surprise, but I let her continue the story and release the emotions associated with it. When she came out of this self-induced trance, she looked puzzled but relaxed. I did not know what to make of that session. To my surprise, her panic attacks disappeared right after the session. In the next session she reported that she was free of her crippling claustrophobia, depression, and panic attacks.

I was pleasantly surprised. I had not had such a miraculous result before. Many thoughts went through my mind. I wondered if any other psychiatrist or psychologist had similar occurrences where a patient spontaneously regressed to a past life and had such dramatic results.

None of my patients had ever before regressed to another life. I had heard of an accidental regression into a past life during a hypnosis conference and had seen a person being regressed to a past life on TV. I found the concept interesting, but I had not thought of utilizing it in the treatment of my patients.

I was impressed with Martha's cure. I started to search for literature on the subject of past life regression. To my surprise, there were many books written on the subject. There were many psychologists, psychotherapists, hypnotherapists, and a few psychiatrists who were using what they called "Past Life Regression Therapy."

I was upset with myself, thinking, "Where was I all this time? Why didn't I find out about it before?" I began to utilize this method in combination with other traditional therapies, often with fast and dramatic success in relieving patients' crippling symptoms.

What amazed me even more was that later, while working with other patients with claustrophobia, "being buried alive" is one of the most common themes presented by my patients and by recalling, reliving, releasing, and understanding the event, they were free of their symptoms too.

I realized that past life regression is an extension of age regression, only it takes the patient back into another life to a traumatic event that caused the problems in the current life.

Another patient, Connie, suffered from asthma. She also could not stand anything close to her neck. Under hypnosis, I asked her to move back in time to the source of her problems. She instantly found herself regressed to the time of her birth. The cord was wrapped around her neck and she could not breathe.

During the next session, Connie told me that her asthma was better but she still could not wear anything around her neck. I asked her, again under hypnosis, to go to the source of her problem and she found herself in another time and another life, when she was a man who was hanged. After releasing the emotions and the physical feelings associated with being hanged, she was completely free of her asthma and was able to wear necklaces and button her blouse all the way up to her neck.

I found that when I ask patients, under hypnosis, to "go to the source of the problem," they find themselves going to a trauma in the present life at a younger age or at the time of birth or in the womb. At other times they find themselves regressing to another time and another life. I realized that a person's subconscious mind often has the answers to his or her problems and if I allow the patient to recall, relive, release, and resolve it, he or she can be free of the symptoms.

This realization marked the beginning of an exciting journey, looking deep into the subconscious and seeking the reasons for mental illnesses. I began to understand that there are several sources of patients' problems, i.e., present-life traumas, including birth traumas and traumas in the womb, and also traumas from one or more past lives. The process is like an onion: we need to remove the reasons for the problems layer by layer.

My Discovery of the Earthbound Spirit (Entity)

After Martha was regressed into her past life to find the source of her claustrophobia, I began to use past life regression therapy effectively for treating patients with emotional and physical problems.

One day Breana, a fifty-year-old female, came to me for treatment of depression and chronic abdominal pains, which she had suffered off and on for several years. Her physical examination, laboratory tests, and gastroscopy were all normal. She wanted to try hypnotherapy to see what was causing her abdominal pain.

Under hypnosis, when I asked her to go back to the source of her abdominal pain, she found herself in another time and another life. When patients find themselves in another life, I usually ask for identifying information, such as the name, age, sex, what year it is, and what country they are in. When I asked Breana these questions she said, "I am a fifty-five-year-old white male, I live in Pittsburgh, and this is 1974."

I realized that this information could not be correct because Breana was fifty years old and was born before 1974. So it could not be her past life. I asked Breana to check again and see what was going on. She became emotional and said, "This is my father John. He died in 1974 of stomach cancer. His spirit is here with me and I can see him clearly." I was very surprised. While reading different literature on past life regression therapy, I had noticed Irene Hickman, D.O., mention in her book, *Mind Probe Hypnosis*, about the spirits of deceased people possessing her patient, but till now I had never come across one.

I was curious about why and how he came into Breana. So I asked him the following questions.

Dr. Modi: "John, why are you here?"

John: "I love my daughter. After my death, she was having problems so I came in to help her."

Dr. Modi: "How have you helped her?"

John: "Not much; she does not even know I am here. She is suffering with my stomach pain because I died of stomach cancer, but she thinks it is her pain."

Dr. Modi: "Tell me, exactly how did you come in?"

John: "After my body died, she was sad. I just came in to comfort her but then I couldn't leave her. I got stuck here."

Dr. Modi: "Since you are here, look inside her, and tell me who else is there."

John: "There are many people here inside her, but I do not know who they are."

Breana could not recognize them either. They were strangers. I wondered what to do with these spirits of different people in her. During past life regression therapy, my patients had often reported seeing angels and their departed loved ones in the bright white Light coming to help them after the death of their physical bodies. So I asked John to look up and tell me what he saw.

John [surprised]: "I see a bright white Light filling the entire room and my deceased mother in it wearing a white flowing gown. She does not look sick or old as she was when she died. She is smiling and asking me to come with her. There are also many beautiful angels in the Light."

John and the spirits of other people who were inside Breana were sent into the Light with John's mother and angels, after saying goodbye to Breana. After the session, Breana and I were both surprised. Breana was very emotional about seeing her father and grandmother. On one hand, she was sad, but on the other hand she felt happy and at peace, knowing that they were really not dead and that they both were in heaven. Breana had no doubts whatsoever about what she saw during the session. She did not think that she was making it up.

During the next session, Breana reported that she was free of her longstanding depression and stomach problems. She recalled that her father had cancer of the stomach and he had been very depressed after he learned of it.

I was surprised to find that spirits of deceased people can come on board in patients and affect them physically and emotionally. Many questions ran through my mind. Breana's father and the other people in her were they real or was she fantasizing about him because she missed him? Maybe this was her way of grieving and letting go of her father? But why the strangers? And if it was all her fantasy, then how was it that her longstanding depression and stomachache were completely relieved after that session?

If the spirits were real then why was it that none of my patients ever reported them before? Could it be there were spirits in other patients too, but we had not recognized theirs? I did not know. All I

knew was that my patient was free of her longstanding symptoms in just one session, and that was good enough for me.

After that session, many of my patients, under hypnosis, reported having spirits of deceased people inside there. Some they knew and some they did not. Releasing the spirits released their emotional, mental, and physical symptoms in just a few sessions. Sometimes in just one or two hypnotherapy sessions patients' long standing psychological and physical symptoms started to disappear.

About one and one-half years after I began to work with these earthbound spirits, a psychologist, Edith Fiore, published a book, *The Unquiet Dead*, which had information and techniques similar to those given by my hypnotized patients.

I do not know whether these spirits are real or not, or if my patients' subconscious minds made up these fantastic stories. It really does not matter to me. All I know is that releasing these so-called spirits relieved my patients of their symptoms. As a psychiatrist working with patients who are suffering with their psychological and physical symptoms, results are more important than the proof.

My Accidental Discovery of the Demon Spirit (Entity)

A few months later, I was surprised and shocked when a patient under hypnosis told me that he had a demon inside his head. It would perhaps be logical for a person raised in the American culture to describe his problem as being demon-caused because of cultural and religious beliefs; but I was at a loss. How do you deal with a demon? The only exposure I had was through the movie *The Exorcist* and my patient was not acting and behaving like the character portrayed in that movie.

This patient, Nick, a thirty-five-year-old man, had a history, of frequent migraine headaches since he was a teenager. He also described suffering from depression and chronic fatigue for several years. I explained to Nick about hypnotherapy and the different reasons my patients in the past have given for their physical and emotional problems, including the problems caused by the current and past life traumas and the earthbound spirits. Nick was willing to try it.

As we began the session, Nick started to experience severe headaches. I asked him to look inside his head and tell me what he saw. As Nick looked inside his head he said he saw nothing except darkness. As he continued to focus on the darkness inside his head, he said that it was kind of moving around and it looked like a black blob. I thought there might be an earthbound spirit in his

head trying to hide, as I had found this phenomenon many times in the past with other patients. So I tried to communicate with the one who was moving in his head. The following is the transcript of what happened.

Entity in Nick's head: "I am a foul one. Why do you want to bother with me?"

Dr. Modi [in an effort to establish a dialogue with the entity]: "Tell me, are you a male or a female?"

Entity [arrogantly-]: "Why would I want to be a human?"

Dr. Modi [surprised]: "What do you mean? If you are not human, then who are you?"

Entity [laughing arrogantly]: "I am a demon. I am a disciple of Satan. He is my master and he sent me to torture this person."

I was shocked and surprised. The only change I saw in Nick was a change in the tone of his voice and angry expressions and arrogance on his face. Nick normally spoke softly and was gentle and polite. At this point the only logical step, it seemed to me, was to continue the dialogue to find out more about this so-called demon.

Dr. Modi: "How old was Nick when you joined him?"

Entity: "Fifteen, when this dumb kid was using drugs. This opened him up and I came in."

Dr. Modi: "You said you are here to torture Nick. How did you torture him?"

Entity [laughing]: "Now lady, why do you think he is having the headaches? I am doing it. I also siphon his energy so he feels tired and drained all the time. I can create any type of problem for him. It is fun."

As this so-called demon talked more, Nick's headaches became worse. Nick stated that the whole room was filled with brilliant white Light and many angelic beings were there. He saw the angelic beings surrounding this black being, the so-called demon in his head, with the Light. The being was reacting very violently to the Light and screaming, "Take this Light away from me. It will destroy me; it will kill me."

Nick described the dark being like a fish in a net of Light struggling to get out. At this point Nick was holding his head because of the severe splitting headache he was experiencing.

Totally amazed at what was going on, I continued.

Dr. Modi: "What is happening?"

Entity [upset]: "This Light, it is burning me and now it will kill me. We are told by Satan never to go close to the Light because it is death. If Light does not kill me, Satan sure will, because I failed. He sounded very scared and angry. I do not want to fail. I do not want to be punished by Satan again."

Dr. Modi: "What do you mean by, 'you failed?'"

Entity: "We are not supposed to fail in our jobs. If we fail, then Satan punishes us by torturing us in a worse way."

Dr. Modi: "How did you fail?"

Entity: "You located me, which is considered failure by Satan, and now this Light!"

Nick described that the angels were pressing and squeezing the black entity with the Light and they were asking the entity to look inside itself. The entity, still struggling with the Light and squirming around in a helpless way, started to look inside itself and screamed, "What is it?"

Dr. Modi [not knowing what the entity was talking about]: "I don't know. You tell me what is happening."

Entity: "I see this star, this diamond of Light in me. How is it possible? I am a black, ugly thing. [scared] And now it is growing and consuming me. My darkness is disappearing. What is happening to me? Am I going to die? [silence] I look like them, the angels. I am all Light, but do not feel dead. [surprised and excited] I feel different. I feel good. I do not remember feeling this way before."

Nick watched in amazement and confirmed what was happening. As the entity looked inside itself and found the spark of Light, even Nick could see the Light in the black demon and said that as the Light grew, the darkness started to dissipate almost like magic until the entity totally changed into

the Light. According to Nick, the entity looked like a being of pure Light, like an angel, after its transformation.

Not only the entity but Nick and I also were shocked and surprised while trying to absorb all that happened. Nick was even more surprised to realize that his splitting headache had vanished completely after the entity was transformed into the Light.

The Transformed demon described experiencing feelings of peace and joy that it never felt before. The being mentioned how Satan deceived and lied to it and all the other demons about the Light. It expressed sadness that it had caused damage to Nick and to humanity from the beginning of the time.

At this point, Nick said angels were saying that this transformed entity was a being of the Light and it needed to go back to the Light (heaven). Nick described how loving and accepting these angels were toward that transformed being. There was no judgment or condemnation from them. Before leaving, that transformed being apologized to Nick for causing all the problems and thanked me for helping it. Then Nick said that the angels took that being into the Light through a large gate which he believed was heaven.

He also saw angels cleansing, healing, and filling with the Light the space in his head where the demon was. The next week, Nick reported being free of depression and headaches and was feeling more energetic.

I did not know what to make of that session except that Nick was free of his headaches, chronic fatigue, and depression. Traditional psychotherapy and medication had not given this type of miraculous result before.

My mind was filled with many questions. Was that demon, which Nick described in his head, real or a figment of his imagination? Maybe his subconscious mind made up this fantastic story so he would not have to be responsible for his problems. But if it was just his fantasy or a figment of his imagination, how could this session totally cure his longstanding crippling headaches and depression? But then I realised that it did not matter. What really mattered was that Nick was free of his problems.

Later, I was even more surprised to find that other therapists discovered similar information and techniques with their patients and had similar results. It proved to be an extremely effective method in curing patients' psychological and physical problems.

My patients, under hypnosis, also reported that with the physical and emotional traumas, their souls fragmented into many pieces, causing the weakness of their souls and thus of their bodies, leading to different symptoms. These soul parts can remain in the body as an inner child or leave the body and go to different people and places. Locating and integrating these soul parts caused a great deal of improvement in their conditions.

Over the years, I have come to realize that the formal induction of hypnosis is not necessary for locating and releasing spirits. Some patients can just look inside and see, while with others, somatic and affect bridge techniques can help to locate an entity inside. Just by looking in and focusing on the entity or their feelings, patients slip into a self-induced state of hypnosis.

Over the years, different sources and reasons for patients' emotional and physical problems unfolded before me. I developed further insights into their treatment and prevention. I realized that neither the patient nor the therapist has to believe in past lives or spirits for the treatment to work. I found that we the psychiatrists and other mental health professionals have a limited understanding about the true nature and causes of mental illness. I learned to keep my mind open and continue to ask questions and stay away from providing my interpretations. I understand that the patient's subconscious mind not only has the knowledge of the reasons for his problems but can also provide solutions and even the healing.

After many years of receiving similar information over and over from a cross-section of my hypnotized patients, I felt compelled to write about this mind-bending knowledge. What you are about to read is by no means offered as proof of anything. You may believe or disbelieve what you read in this book except for one thing: this approach to therapy works.

In this book, the words possession and attachment are used synonymously. Similarly, spirit, entity, and soul are used synonymously.

The word Light is used synonymously for God, for heaven, and for the emanation of Light coming from heaven.

The contents of this book make some startling revelations and may upset some readers. You may experience some physical and emotional reactions, anger, and difficulty in concentration while reading this book. In my experience, these are often the signs of having one or more spirits inside a person. My aim is not to cause any fear or to discourage you from reading this book. On the contrary, my aim is to educate you about these earthbound and demon spirits and explain to you that having them with you is not the end of your world. Releasing them is not difficult and can free

people from their longstanding physical and psychological symptoms, sometimes in only a few sessions.

These symptoms are usually the problems of the possessing or attached spirits, which they experienced while they were living in their physical bodies; usually due to their death experiences. These problems are transferred over to their host, who in turn may begin to experience them.

According to my experience and my research, most of the acute psychological and psychosomatic symptoms for which patients are seeking help are due to these possessing spirits within them. These are not the patients' symptoms to begin with and no medication, psychotherapy, and medical treatment can permanently cure them. As long as these spirits remain within them, they will continue to suffer with their symptoms. Only by releasing these unwanted guest spirits can people be free of their debilitating symptoms. By reading this book, you can gain more knowledge about these spirits, how to free yourself from them, and how to remain free of them.

The subject of "demon spirits" is perhaps the most delicate in the book and potentially the most misunderstood. How many times have we said or heard the following phrases? "The Devil made me do it." "He is wrestling with his demons." "She acts like she's possessed." "He's behaving like a devil." What we view as mere figures of speech, my patients tell me, have a real basis in fact. There are truly dark forces, they say, which influence our emotions and our behavior, which we innocently assume as our own feelings and behavior. We all wrestle with demons quite often all our lives. According to my hypnotized patients, the things that are wrong with us mentally and physically, in our society, and in the world, are often caused by these dark spirits.

Releasing demon spirits is not a religious exercise. It does not require adherence to any specific religious belief or practice. It is not the traditional exorcism as it is practiced by the Roman Catholic Church.

Exorcism is a religious ritual marked by the forceful expulsion of a demon entity. It is confrontive, wrenching, and physically and emotionally exhausting to the exorcist and the subject. It directs judgment upon the entity itself, damning it and casting it out of the subject. It can be grabbed by Satan and punished brutally, it can go to another host, or it can return to the person from whom it was cast out.

Releasement, on the other hand, is practiced with compassion for the entity. The demon entity is treated as a secondary patient. My hypnotized patients report that demons are fallen angels, tricked and trapped by Satan, and are in intense pain. Releasement is practiced with care for that

pain. While the therapist must sometimes take a firm stand in getting the entity to talk, to identify itself, at no time does the therapist make negative statements to the entity. There is no judgment by the therapist, by the patient, or ultimately by the beings of Light (heaven) to whom the demon returns after it is transformed into the Light.

The terms Satan and demons may offend or upset some readers. I personally like to call these beings "dark spirits," "dark beings," or "negative energies," because of their dark appearance and negative actions. But, because this book deals with the information given by my hypnotized patients as accurately as possible, it would be false and misleading to refer to these dark beings by my own labels. Instead, I address them as they are named by my patients consistently as "Satan" and "demons." None of the information written in this book is based on any religion or spirituality. It is based only on the information reported by my hypnotized patients.

It is important to clarify that having earthbound or demon spirits does not mean that a person is evil. Because of our human frailty, every one of us is open for possession and indeed may have been possessed at some point in our lives.

This book, when viewed with an open mind, can provide lay readers and professionals alike with an explanation of psychological and physical problems and human behavior. It will also give a profoundly expanded understanding of life in its broadest sense, impact the rest of your life. What you will read will dispel any fear of death, knowing that we really do not die with the death of the physical body. It can provide hope to those who are sick and in despair. It can change lives, rearrange priorities, and put "the details" of living in their proper perspective.

The material in the pages that follow is offered on two levels: as an exciting and inspirational piece of reading for the general public, and as a guide for other professionals to use in applying these techniques to their patients. Please read with an open mind.

Because the weight of this book rests upon the information my patients and I discovered together, I have used numerous case histories. I have taken extreme pains to protect the identity of my patients without changing the essence of their information.

I claim no ownership of any of this information. It is quite simply a condensation of information given to me through my hypnotized patients.

I have provided a glossary near the end of the book. Please read it first, so you can properly understand the information given in this book.

A forewarning: This book is not a technique manual. The techniques you are going to read about are simple but should not be treated lightly and are not to be used by lay people. Only trained health professionals should attempt to use them.

Angels: Heavenly beings who have never been human. Their purpose is to guard and protect us throughout our earthly lives. Everybody has at least one guardian angel. Angels' help must be asked for. They will not invade or interfere with our free will.

Aura: An invisible electromagnetic energy field emanating from all living things, e.g., humans, animals, and plants, and reflecting the health and emotions of a being. It shields and protects us from outside negative influences, including earthbound, demon, and other entities.

Automatic Writing: Writing achieved by spirits, using and controlling the hand of a person. It is performed using a pen, pencil, or typewriter.

Channeling: Manifestation and information generated by a spirit from the higher planes through the physical body of a living person. It can be in the form of speaking, writing, healing, or a form of art, e.g., painting, playing musical instruments, etc.

Clairaudience: Psychic ability to hear beyond normal hearing.

Clairsensient: Psychic ability to sense beyond normal senses.

Clairvoyance: Psychic ability to see beyond normal sight.

Cleansing: The process of removing all the negative energies, entities, devices, and anything else that is not a part of us from our bodies, auras, cords, and souls and then healing and filling us with the white Light. It is often achieved with the help of the angels.

Dark Entity: Used interchangeably with demon entity.

Demons: The Light beings, tricked by Lucifer (Satan) to leave heaven and God and go with him. They were turned into dark entities by Satan. They are trained and instructed to possess and influence people on earth and the whole creation, negatively. Angry, frightened, and subversive, they are Satan's dark angels who are afraid of the Light.

Discarnate/disembodied: Terms that literally mean the spirit that left the body. Discarnate and disembodied are used interchangeably.

Earthbound: A state in which a spirit remains on the earth plane after the death of the physical body, because it has failed to make the transition to the Light (heaven).

Entity/Spirit: The immortal essence of a person, which does not die with the death of the physical body. Entity, spirit, and soul are used synonymously in this book.

Exorcism: A religious rite to expel possessing demon spirits from a living person, a place, or an object.

Exorcist: A specialist, often a Catholic priest, who is trained to use religious ritual to exorcize a possessing demon entity from a person, a place, or an object.

Extrasensory perception (ESP): The ability to perceive and interpret knowledge, happenings, or presence beyond the five physical senses.

God: An all-knowing, all-seeing, all-powerful parent force from which we all originated, to which we are all still connected by a silver cord, and to whom we all will ultimately return. Under hypnosis, my patients identify him as a mountain of Light, a pyramid of Light, or an ocean of Light and love. They call him "the one," "the whole," "the all," "the light," "the God," "all there is," etc.

Hypnosis: A state of focused concentration in which we set aside our constantly chattering conscious mind so we can contact the subconscious mind, which is the storehouse for memories, feelings, and knowledge and is open to suggestions, to questions, and to make changes that affect conscious behavior, attitudes, and feelings.

Hypnotic Regression: The accessing of prior memories and experiences from current or past lives from the subconscious mind for therapeutic purposes under hypnosis.

Induction: The process through which a hypnotic state is achieved, usually by relaxation techniques.

Influence: Interference with people's thinking, behavior, actions, attitude, and physical and mental health by Satan, his demons, and earthbound spirits. These influences can be from inside or

outside. They influence directly by entering a person or indirectly through spiritual devices and energy absorbers created by Satan and his demons.

Karma: An ancient concept, best described by the popular phrases: "As you sow, so shall you reap," "Every action has a reaction," "What you send around, comes around," etc. It has to do with the consequences of our present or past actions in this life or future lives. A positive or negative "payback."

Light Beings: Souls that reside in heaven, e.g., God, Godheads, angels, spirit guides, humans between lives, and all the other beings.

Masters, Godheads or Oversouls: Terms that are used interchangeably. Collectively they refer to the energy immediately next to and surrounding God, which is often described by my hypnotized patients as Christ consciousness. Part of it consists of seven or more sections, called Godheads, oversouls, or masters for our planet. They are like God, but they are not "the God." These Godheads also represent religious figures of different religions of the world. Each of us descends from one of these Godheads; we are connected to them with silver cords. This silver cord is our link to God through our Godhead.

Medium: A psychically sensitive person who can communicate and channel information from spirits of other planes.

Metaphysics: What lies beyond the realm of physics, sometimes referred to as the occult. Metaphysics is concerned with higher planes, astrology, reincarnation, auras, spirits, possession, etc.

Near-death Experience: Literally being clinically dead for a short time and reversed with or without medical intervention. Frequently glimpses of the existence beyond life occur in near-death experiences.

Ouija Board: A board on which the alphabet, "yes," "no," and numbers are printed. Using a small, heart-shaped pointer, called a planchet, spirits spell out messages through a person who touches the planchet.

Out-of-Body Experience (OBE): An experience in which the soul leaves the physical body through the silver cord, and returns the same way when it is ready. It is also called astral projection or soul travel.

Past-life Regression Therapy: A type of psychotherapy in which a patient is regressed to a former lifetime to resolve a current life problem.

Possession/Attachment: Interchangeable terms that refer to a state in which an entity (spirit) attaches or inhabits a person.

Psychic: A person who perceives information from sources other than those received through the five physical senses.

Reincarnation: The rebirth of the soul in another body repeatedly in order to learn lessons and evolve spiritually.

Repression: Selective forgetting of emotionally painful experiences. Repression is of a protective nature and can happen at any age. Hypnotherapy is usually the method of uncovering and resolving the repressed memories.

Satan/Devil: An evil being who is chief of all the demons and other evil beings under his control. My hypnotized patients describe him as a fallen angel, Lucifer, who rebelled and left God and the Light, and took many angels and other beings of the Light with him, who turned into negative energy and became the demons.

Seance: A meeting of people in which spirit contact is made through a medium for the purposes of communication.

Shaman: An individual who uses spiritual techniques in order to heal people. Also called "medicine man" or "witch doctor."

Silver Cord: A spiritual energy, a cord or line that connects our souls to God. It is usually seen as a silvery, efflorescent cord or tunnel, depending on whether it is perceived from without or within. We receive our guidance from God through this cosmic "umbilical cord." Through it passes all communication to and from God, as prayers. Like an open line or a telegraph, messages are always moving through it, although we may be unaware or unwilling to acknowledge them.

Patients report that during near-death experiences they traveled through their cords, which they describe as tunnels to heaven. We also go to the Light through our silver cord during our sleep to plan future events and to learn from the higher beings.

Soul: A creative, vital, and immortal energy essence, a part of God that dwells within each of us and is still connected to God by a silver cord. It empowers our body, which cannot function without it. During death, the body dies, but the soul continues with all its memories, feelings, and attitudes. According to my hypnotized patients, the soul and the subconscious mind are one and the same; when we are dealing with our subconscious mind under hypnosis, we are really dealing with our soul.

Spirit Guides: The Light beings who have chosen to guide and protect us in this life. These are often confused with angels. Guides differ from angels in that they have been human before and have lived on the earth. Perhaps we have known them, perhaps not. Everybody has at least one guide and sometimes more than one. In most cases our guides are connected to the same Godhead as we are.

Spirit Releasement Therapy: Releasing earthbound, demon, and other spirits from a patient in a therapeutic situation. The spirits are treated as the secondary patients. They are not cast out, but sent to the Light (heaven) after some therapy.

Although I have always used the term "spirit releasement," because it describes the treatment process, William Baldwin Ph.D. has trademarked this term.

Subconscious: The part of the mind that functions just below the conscious level. The subconscious mind and the soul in reality are one and the same and house all our memories and knowledge.

Telepathy: Psychic transmission and reception of thoughts.

Trance: A state in which there is reduced conscious awareness. It can range from light to deep. It can be hypnotic or non-hypnotic.

Transformation of the Demon: A process in therapy whereby a demon is isolated, made to realize its true identity, and directed to focus on its inner Light until it is changed to a being of pure Light and sent back to heaven.

White Light: An energy, an emanation that comes from God. In this book Light is used synonymously for God, heaven, and an emanation or a Light coming from heaven and from God.

History of Mental Illness (omitted. Deals mostly with how hypnosis has been revived).

Will continue with the end part:

Where do we mental health professionals stand in our quest for a cure for mental illness? Where we stand is back at the door of those early practitioners, those "medicine men," and those "shamans" who possessed a measure of understanding, which today's mental health professionals are just beginning to reclaim. The human psyche is not a physical entity; it is a spiritual manifestation of our soul's connection to "the source." Whether we refer to that source as God, Allah, Buddha, Shiva, Mohammed, Jesus Christ, Messiah, or Jehovah is not the issue. The issue is simple: we are all souls (spirits), pieces of our creator, on a journey through eternity.

And what is the goal? Consistently, my patients affirm one thing: our destiny is with Our Creator and our longing is to return to Him. Understanding this, we can understand how treating mental illness – feelings of loneliness, despair, isolation – must be a spiritual, soul-restoring process. The early shamans and medicine men understood this. Humans are spiritual beings; we can operate on them and remove their stomachs, their hearts, their kidneys. We cannot, however, remove their spirit. Organs cease to function; bodies die; but the spirit, the soul, lives on. It is eternal, and it is linked to its creator.

In recent years, some psychiatrists, psychologists, and other mental health professionals have "happened upon" evidence that tells them it is time to return to the age-old practice of dealing with the spiritual essence of patients. And they are finding, through regression of patients, that our psychological problems are based in the "history of our souls," both in this life and in past lives. In dealing with this spiritual side of patients, psychiatrists, psychologists, and psychotherapists are finding not only lasting cures for mental and physical illness, but so much more.

That is the subject of this book. Please read with an open mind. The time has come for people to face themselves spiritually, a task that through time has met with fear and mistrust. What you will find in the pages that follow will not only calm your fears and erase your mistrust, but bring you a wellspring of hope and understanding that can change the course of your life.

A New Theory of Mental Illness

Consistent experiences with my hypnotized patients have fostered my understanding that mental illness can be attributed to several sources that include:

- Current life traumas including prenatal and birth traumas

- Past life traumas
- Possession or attachment by earthbound spirits
- Possession or attachment by demon spirits
- Soul fragmentation and soul loss

The theory of mental illness that I present here is not derived from any existing psychiatric theory nor from any of my personally held beliefs. These new insights are based solely on what my patients have told me consistently under hypnosis. The approach is unique because the hypnotized patients tell what is wrong and also provide the reasons for their problems, which range from current life traumas, including the prenatal and birth traumas, and problems carried over from past lives to possession by earthbound and demon spirits and soul fragmentation and soul loss.

Current Life Traumas Including Prenatal and Birth Traumas

In psychiatry, current life traumas from early childhood are well recognized as a source of mental illness. As a result, this cause will not be covered in this book, permitting me to discuss other causes of mental illness in detail.

During the sessions with my hypnotized patients, I have found that another source of mental illness finds its roots in prenatal and birth traumas. The experiences of the fetus are far more dynamic and penetrating than we ever suspected. The scars the fetus sustains in the prenatal months and during birth carry over later in life.

The fetus in the womb tunes in to its mother's emotional, mental, and physical feelings and accepts them as its own. It listens to its mother's interactions with others, and even if it does not understand her language, it still picks up on the emotional content of the exchange. The physical shock and trauma of the birth process can also create multiple physical, emotional, and personality problems later in life. The baby, upon its birth, feels rejected and cast out into a cold world from the warmth and security of the womb.

I find problems and feelings of separation anxiety, rejection, inferiority, inadequacy, anger, remorse, loneliness, depression, fear, panic attacks, paranoia, claustrophobia, headaches, asthma, and sinus problems can stem from prenatal and birth traumas.

To heal the patients of these problems, we need to help them in recalling, releasing, understanding, and resolving these prenatal and birth traumas.

Past Life Traumas

It would seem that one must believe in the theory of reincarnation to accept past life trauma as a cause for mental illness. Interestingly, it does not require that the patient or the therapist believe in reincarnation or past lives for this therapy to be effective. The only requirement is that the patient be willing to go through the experiences provided by the subconscious mind to resolve the symptoms and problems.

During therapy, when directed to focus on a symptom to find its source, the patient frequently is led to another life, in another body at an earlier time. The patient spontaneously regresses to an event that appears to be the cause of that symptom. When that past life problem is treated and resolved, usually the symptom is much improved or completely relieved.

Symptoms that have been traced to past life origins are many and varied. Sometimes the cause is found in more than one lifetime. Usually psychosomatic conditions, autoimmune disorders, and deep-seated personality disorders have their origins in one or more past lives. Typical symptoms that come from past lives are as follows:

Depression and anxiety disorders

Fears and phobias

Premenstrual symptoms (PMS)

Sexual disorders

Eating disorders

Personality disorders

Perfectionism

Passive-aggressive personality

Obsessive-compulsive personality

Head and neck pain

Back pain Arthritis

Fibromyositis

Other aches and pains

Skin conditions

Sinus problems

Asthma

Allergies, etc.

Attachment or Possession by Earthbound Spirits

I was greatly surprised when a past life of a patient during regression turned out to be the life of the spirit of a deceased person who was the patient's father. Since that first occasion, several patients have reported finding inside them another spirit, a human soul separate and distinct from their own soul. This soul is reported by the patients to be a visitor or, as we say, an attached or possessing earthbound spirit who did not make its transition to the Light (heaven) after the death of its physical body and has remained on the earth plane.

The hypnotized patients report that the visiting or possessing spirits are influencing them and causing them problems, either intentionally or unintentionally. Before there can be any resolution of the patients' symptoms and problems, all possessing earthbound spirits must be treated and released from the patients.

This approach is not in keeping with the psychiatric tradition and definitely is not part of my training. This information also is not based on my beliefs or personal experiences, but solely on the experiences reported by my patients while under hypnosis.

The guest entities found within my patients can usually be conversed with. They speak through the patient with the patient's permission. Many of the visiting spirits report being attracted to my patients and admit that they joined the patients while they were physically or mentally debilitated

after an accident, during a surgery, after a loss, or while they were under the influence of drugs and alcohol.

Several patients reported that a spirit was with them for more than one lifetime, while others said that the earthbound spirit had been originally with another family member before it joined them. Sometimes my patients reported that their possessing human spirit has other human and demon spirits inside it who came on board with it.

Frequently, the spirits' experiences are seen by the patients as part of their own current or past experiences. The experiences of the possessing spirits frequently cause physical and emotional problems for the patients. Usually it is a possessing spirit's death experience and its cause that contribute to the patient's problem. Possessing spirits' thoughts, experiences, and voices can be very distressing to patients, who think they are insane because they hear and react to these thoughts and voices.

Possession or Attachment by Demon Spirits

My hypnotized patients not only report having possessing human spirits inside their bodies, but also report finding black, gray, or red entities that they say are demons. These demon spirits can also be conversed with through the patients' vocal cords, with the patients' permission and cooperation.

My patients vividly describe the power of Satan and his demons to inflict misery upon the human race. Based on the results of my treatments, it seems that these demon entities are frequently the cause of many emotional, mental, and physical problems. According to my patients, these possessing demon spirits are the single leading cause of psychiatric problems, especially depression and its associated cluster of problems. Demon spirits have a greater influence in patients' lives than any of the previously mentioned causes.

Many people have a preconception of what demon possession is like, based upon their religions beliefs and their experiences with the entertainment media. Many of my patients find it hard to believe that they are being influenced by demon beings even though they themselves report such influence.

These possessing demon spirits, speaking through the patients, provide reasons for their presence and tell how they have affected the patients. Frequently they reveal facts about patients' lives and plans. Some possessing demon spirits claim to have been with the patients since birth, before

birth, or even from previous lives. Some patients also report that their possessing human spirits are also possessed by demon spirits and other human spirits.

Some patients have revealed that their possessing demon spirits have a part of their soul or another human soul trapped inside of them. Patients have reported possession by as few as one and as many as hundreds of demon spirits.

Patients consistently claim that these demon spirits have great powers, but with the help of God and his angels the patients are more powerful than Satan and his demons, and are capable of controlling them. Patients often report that Satan and his demons have only as much power as we give them and that Satan and his demons operate within limitations. This concept is in contrast to what most people believe.

None of this information is based on any religion. During the treatment, only what my patients report under hypnosis is taken as evidence. No spiritual claims or suppositions are made. Their information is usually dealt with in a very straightforward, down-to-earth manner with no religious or spiritual implication or association.

Soul Fragmentation and Soul Loss

My hypnotised patients consistently report seeing their souls in their chest, neck, or head. They describe soul as an immortal energy essence, a part of God, which resides in each of us. It empowers the body, which cannot live without it. At the time of death, the body dies, but the soul continues to survive.

During the therapy, sometimes patients were resistant to spirit releasement and past life regression therapies. As we searched for reasons for their resistance, they reported that their souls were fragmented due to some trauma. The soul fragments can stay inside the patient and appear as the patient at a younger age when the trauma occurred that caused the fragmentation or they can go outside the body.

My patients describe the soul fragments as similar to what we call sub-personality, alter personality, or an inner child in traditional psychiatry. However, there is a difference. The patients report that this fragment is not just symbolic or their imagination. They report literally seeing their child parts or personalities clearly inside them, including their age, clothing, and hair styles. Each fragmented soul part is still suffering from the memories and emotions of the trauma that caused its fragmentation and separation from the main body of the soul. Some patients report that the

fragmented soul part or inner child is being controlled by the possessing earthbound or demon spirits. This relationship creates problems during the treatment.

Patients also report that portions of their souls are in the possession of other people. Husbands, wives, parents, children, and other relatives and friends are the most frequent possessors of the missing soul parts. Sometimes patients report their soul parts were in possession of people who abused them physically, emotionally, or sexually, causing them continued fear and emotional turmoil. In these cases, patients are influenced by the abusers' experiences, behavior, and problems.

Sometimes patients claim that some portions of their souls are in possession of Satan and his demons, who are outside and continue to reinforce their influence and manipulate patients' thinking, attitudes, behavior, and emotional and physical problems through these captive soul parts.

Patients frequently report they have possession of other living people's soul parts. These soul parts of living people act in the same way as a possessing spirit of a deceased human being and influence patients physically, emotionally and mentally.

Treatment is usually stalemate and is less effective until these soul parts are returned, cleansed, healed, and integrated with their rightful owners. This is particularly true in the cases where Satan or his demons are the possessors of patients' soul parts.

By recognizing all these possibilities, we can clearly understand that any emotional, mental, or physical disease is in fact the disease of the soul. To heal the mind and the body, we need to heal the soul by removing all the possessing earthbound and demon spirits and soul parts of the living people. Then we need to heal the traumas from the current and past lives by recalling, reliving, releasing, and resolving them and reclaiming all the lost soul parts from the current and past lives and integrating them with the main body of the soul. By healing the soul we can heal the physical body from its emotional, mental, and physical problems.

None of this theory is based on any religion or spirituality.

It is based on the information given by patients, under hypnosis. If the patient has a basis in religion and spirituality, that basis may of course influence what the patient's subconscious is telling us. No claims are made for the accuracy of the religious or spiritual information provided by the patients.

Whether or not these patient accounts are "true" is not the issue. You may view them as the patients' creative subconscious being extraordinarily inventive in creating explanations for their problems, you may consider them as incredibly vivid and realistic psychodramas tailored to the patients' specific needs, or you may think, if you choose, in terms of patients being accurate reporters giving literal accounts of the events of their lives.

It does not matter what explanation you believe. What does matter is simple: these therapies work. Patients are freed from their crippling symptoms. As a physician and a psychiatrist, I am satisfied with the dramatic results regardless of the explanation. I have sometimes seen a 100% improvement, a complete cure, of both physical and emotional problems in a single hypnotherapy session: a success rate that is far beyond the usual standard for psychiatry.

Protection Prayer

All You Have To Do Is Ask

And the angels watched me their aspect all concern For others had fallen to the delusion

And then danced about me, singing "Fear not. We are always near

"All you have to do is call for us, Only ask, and we are yours."

-Jane

As I began to recognize, locate, and release human and demon spirits from my patients, I realized that just by being human we are all open for spirit attachment. I began to wonder about how we can protect ourselves. During a session of releasing spirits, a patient, Mona, saw the whole room filled with bright white Light and a large angel with wings and loving eyes in it.

According to Mona, the angel said that his name was Gabriel and he could answer our questions. In the past, while working with different patients under hypnosis, I realized it was also possible to converse with the angels and other Light beings through the patients with the patients' permission. Since many of my patients reported seeing angels who helped us while we were releasing spirits, I asked angel Gabriel who he was and about angels and who they are.

Gabriel: "I am an archangel. We angels are spiritual beings of the Light and we have never been human. Our job is to defend the earth and protect and guard human beings. We are as real in the invisible world as you are in the visible world."

Wondering about Satan and his demons, which many of my patients reported, I asked angel Gabriel whether they are real or not and who they are.

Gabriel: "Yes, they are real. They are also spiritual beings like us, but they are of very negative energy. They have been lost in the soul of the earth. They are the lost souls, as you have been told, and as your work is leading you, you will detect more and more.

"You need to treat them as patients and you need to help them to see the Light within them, as opposed to perhaps allowing your patient in the chair to be frightened or to remain powerless. These demons can cause different types of physical, mental, emotional, and other problems for humans. All psychiatrists and other physicians, therapists, and other health professionals should pray for protection and guidance regularly every day because they do not know what they are dealing with."

I then asked how we can protect ourselves from human and demon spirits and their influences.

Gabriel: "Protection techniques are partly a matter of faith, partly a matter of belief, and partly a matter of will. Protection can be invoked in many ways. The first and the most important and basic of the protection techniques is prayer. Pray to God to cleanse, heal, shield, protect, illuminate, guide, enlighten, balance, transform, and bless you. Turning the mind to God and the Light provides the first layer of defense and shielding against the demonic attacks. The mind that is turned to God and the Light will eliminate half of the possible demonic attacks." He continued, "The next important form of protection is to form an intent not to be possessed and influenced by Satan and his demons and to reject all their works and everything that is evil and dark. Also, to form an intent to accept the work of God and achieve God's purposes, by dedicating your life to God.

"When you dedicate your life to God and God's purposes, it establishes a strong connection and constant communication back and forth between you and God. That means you will always be in the Light.

"Now it will not mean that every action will be a correct action or every thought a correct thought. But it will establish that what is good or done well literally serves as an act of worship to God and gains benefit for the person.

" You should also pray for your family members, friends, coworkers, and other people you care for and even for people with whom you have problems. When everybody around you is free of negative influences and is protected, you can live in peace and harmony with each other. Also

remember to pray for protection for your surroundings, such as your homes, workplaces, and cars.”

Based on what different Light beings have suggested about how to pray for protection, I have prepared the following protection prayer, which my patients and I found very effective in protecting us from the negative entities, energies, and influences. It should be used every night before sleeping and in the morning upon waking

Protection Prayer

“I pray to God to please cleanse, heal, shield, illuminate, and protect me, all my family members, friends, coworkers, and all our surroundings such as our homes, workplaces, cars, and everything in them and miles and miles around them, from Satan and all of his demons, all human beings under Satan’s influence, and all the negative energies and entities. Please fill, shield, and illuminate all of us and our surroundings with your Light and Love. Keep all of us and all our surroundings under your protection as long as our souls shall exist and balance us, transform us, enlighten us, bless us, and guide us in the right direction. Please keep us loving, giving, caring, forgiving, and humble all the time.

“I form an intent not to be possessed and influenced by any spirits and reject all the work of Satan and his demons. I also form an intent to accept the work of God and achieve God’s purposes by dedicating my life to God and achieve my goals and purposes which I planned in heaven for this life.”

These protection prayers and techniques will be explained in more detail in the later chapters.

Different Therapeutic Techniques

The following techniques are used to locate and treat different sources of emotional, mental, and physical problems, whether they are current life traumas including prenatal and birth traumas, past life traumas, possession by earthbound or demon spirits, or soul fragmentation and soul loss.

Hypnosis

Bridge techniques

- Affect bridge technique
- Somatic bridge technique

- Linguistic bridge technique
- Visual bridge technique Spontaneous recall Dreams

Bridge Techniques

Here an intense emotion, physical sensation, words, phrases, or a vision can instantly bridge a present life conflict to a conflict in the past, from the current or a past life. While focusing on them, patients automatically shift into an altered state of consciousness and there is no need for a formal hypnotic induction. There are several types of bridge techniques:

Affect bridge technique

Somatic bridge technique

Linguistic bridge technique

Visual bridge technique

Affect Bridge Technique: An affect is a person's emotional feeling tone. During a session, if the patients are experiencing intense and sometimes exaggerated and inappropriate emotions, such as anger, fear, anxiety, sadness, etc., they are asked to focus on them and allow those emotions to take them back to another time, when they felt the same way. The emotions from present conflict can bridge to a past conflict in this life or in a past life. Here two different events are linked by a specific emotion. This is an emotional residue of an unresolved present or past life trauma that is carried over to the present time.

Brandy, a twenty-five-year-old female, was in treatment off and on for different symptoms. During one session, as she sat in the chair, she started to cry. She was sobbing so much that she could tell me only that her boyfriend was leaving and going back to California. I was surprised at the intensity of her feelings because she had told me before they were not getting along well and had decided to go their separate ways.

Since she was not able to speak much because of her crying and sobbing, I decided to use her intense emotions to find why she was having such a strong reaction to his leaving. I asked her to close her eyes and focus on her feelings about her boyfriend leaving and let those feelings take her back to another time when she felt the same way.

She instantly regressed to another life in Israel, when she and her boyfriend were husband and wife. He had suddenly drowned and died. She lived the rest of her life sad and lonely, missing her husband. When she came out of the trance she understood why she had such an intense sadness about her boyfriend leaving. Her crying and sobbing stopped right away and she felt calm and peaceful.

Somatic Bridge Technique: During a session, while describing the problem, if a patient is experiencing a physical sensation such as a pain, a numbness, a tightness, palpitations, or difficulty in breathing, the patient is asked to focus on those physical feelings and sensations and let those feelings lead to the source of the problem, to another time when the patient felt the same way. Those current physical feelings often link to the similar feelings in a present life or a past life trauma. It is a physical residue of an unresolved current life or a past life trauma, carried over into the present time.

William, a forty-year-old male, complained about tightness in his jaw and often found himself biting down. So I asked him to close his eyes and focus on those feelings and let the feelings in his jaws take him to the source of the problem.

William instantly regressed to a life as a twenty-two-year-old soldier in 1863, in the Civil War. His name was Benjamin and he was in a military hospital awaiting the amputation of his leg. The leg had been shattered by a cannonball. He was in pain and was feeling despairing, sad, and lonely. Two attendants took him to the operating table and put him on it. An attendant shoved a wooden object in his mouth and instructed him to bite down hard!

The purpose was to distract his attention from the pain in case ether did not work. Next, an ether-laden rag was placed on his nose and mouth area. Ben faded in and out of consciousness during the operation, once even seeing his spirit leave his body only to return immediately. Later he died at the age of thirty-five of an unrelated injury, feeling bitter and angry. William's symptoms were relieved after that session.

Linguistic Bridge Technique: As the patients describe their problems, certain words or phrases might be used over and over to describe emotional, physical, and other problems. In these cases, patients are asked to repeat them several times and allow those words and phrases to take them back to another time when they felt the same way. This process will often elicit a conflict or trauma from the current life or a past life that is carried over to the present time.

These phrases usually contain words such as "always, never, forever," etc. These are the mental residues, the unresolved decisions, conclusions, and promises made during a conflict, a trauma, or in death and dying in an earlier lifetime. The following are examples of this kind of phrasing:

"I will never be hungry again."

"I will never take this much responsibility ever again."

"I will always love you."

"I will always be there to take care of you."

"I will never make the same mistake again."

"I will never let anybody hurt me like that again."

"I will never tell people what they do not want to hear."

"I will never write again because it got me killed."

"I will never be poor again."

Blanche, a thirty-year-old female, came to me for multiple problems, including marital difficulties. During one session, she was very upset with her husband and while expressing her feelings she kept repeating the following phrases:

"He makes me feel like a kid." "I am not good enough." "I cannot do anything right." "I want to run away from him."

I asked her to close her eyes and repeat those phrases and let them take her to another time when she felt the same way. She instantly regressed to a life in England, where she was a sixteen-year-old girl living with her aunt who was very mean and strict and did not show much affection. Blanche in that life had to do a great number of household chores and no matter how well she did things, her aunt was not pleased with her. As a result, she was planning to run away from home. Later, when she went to heaven after the death of her body at the age of forty, she recognized her aunt in that life as her husband now.

Visual Bridge Technique: Sometimes patients describe having vivid visions or flashbacks from current or a past life. Usually it is a traumatic event and the patient is made aware of it by his or her subconscious mind in an effort to resolve it.

In therapy, I usually ask patients to focus on the vision, expand their awareness, and recall the whole story. Patients are often able to recall the whole story from the beginning to the end.

Nora had a history of headaches and neck pain. She also described having a vision as follows: "I was having one of my migraine headaches. It was in the middle of the day. I lay down on the couch with my arm over my eyes to protect them from the light. As I was lying there, I was asking myself 'why. Why do I always get these headaches?' As I asked myself this, I saw a battlefield with knights in armor fighting. They had swords. Some of the knights were on the ground, some still on horseback. I saw all of this in great detail as if watching a movie. As I watched, I focused in on a man in armor. I knew this man was me. I was fighting another in armor on the ground. I saw my opponent draw his sword back and cut off my head. I saw the head fly and I saw the neck where the head had been and I saw the arteries still trying to pump blood, but I did not see any blood."

During a session, I asked her to focus on that vision she had and expand her awareness to recall the whole story. As Nora focused on her vision, she recalled that she was a knight fighting with invaders in England. His name was John Castleberry. He had armor on his head and chest.

John recalled being beheaded by the sword of another knight. After the death of his physical body, he recalled his spirit out of the body looking at his dead body. He saw the neck where his head had been. The blood vessels were still pulsating and squirting the blood out, just the way Nora saw in her vision.

After the death of his physical body, when John went to the Light (heaven), he saw soul parts from his head still lying in the battlefield; they were cleansed, healed, and integrated with Nora with the help of the angels. She also clearly saw and understood that that lifetime was one of the sources of her migraine headaches and neck pain, which were then relieved.

When patients come to me, they are already feeling intense emotional or physical feelings or sensations associated with the conflict, or they may be using certain words or phrases to describe their problems. Any of the bridge techniques, individually or all together, can elicit the source of the problem.

In these cases, the problem is very close to the conscious mind. It is not completely out in the conscious mind but is ready to surface into it. It makes no sense to relax the patient with a formal hypnotic induction and push the problem back to the subconscious and then ask the patient to recall it by bringing it out into the conscious mind again.

Andy, a thirty-five-year-old man, became anxious every time he went to the doctor's office, and his anxiety caused his blood pressure to rise. During a session, I asked him to recall and focus on his thoughts and feelings when he went to the doctor's office. He used the following phrases repeatedly to describe his emotional and physical problems:

"I am afraid,"

"I feel very tense and taut."

"My heart is beating fast."

"I can feel my blood vessels constricting."

After a few repetitions he regressed to a life when he was a thirteen-year-old female. Her name was Frances White. Her abusive, unloving parents left her in a park and never came back. She was taken to a state institutional home. There she felt despair and fear and was anxious because of the unkind and unloving staff. She heard stories about a sinister doctor who performed sterilization on the girls who lived there.

At the age of fifteen she was taken to that doctor. She felt powerless, helpless, and hopeless as the attendants wrestled her to the operating table and the doctor performed the sterilization against her will. He said that he wanted to make sure that no more of her kind could be born. She died after the operation due to an infection, feeling helpless, anxious, and unloved. After recalling, reliving, and releasing that life, Andy's fears and anxiety about going to the doctor's office were relieved.

Hypnosis and bridge techniques are also used to locate the possessing earthbound, demon, and other spirits.

Spontaneous Recall

Some of my patients describe having spontaneous memories from their past lives. Usually they recall vivid scenes and realize that they are viewing their past lives. These past life memories often

are fragmented and may contain traumatic events. As a result, they can be confusing and frightening. These memories can be initiated by a person or place, an event, emotional feelings, or physical pain or sensations. Sometimes they can be triggered by sight, sound, smell, taste, or touch. Some of my patients reported having spontaneous past life recall while they were using hallucinogenic drugs. Other patients have reported having spontaneous past life memories while they were meditating.

Young children can sometimes spontaneously recall events from past lives, but are often discouraged by the family from talking about the experience and gradually they learn to block those memories.

When I have patients with spontaneous recall, I use that memory to access the past lives. I ask the patients to close their eyes and focus on that memory. They are then requested to expand their awareness and recall the rest of the story. The whole past life can be accessed this way.

Allen, a ten-year-old boy, was brought to me by his parents because he was having multiple physical and behavioral problems. He had head shakes, facial tics, and twitches and jerking of his whole body. According to his mother, in school they told him that he had a learning disability and yet he had knowledge of things he was never taught. During the first session, while I was taking his history, Allen told me that he had knowledge about different things, but he was afraid to talk about it. He was afraid that he would be locked in a mental institution.

When I promised him that I would not put him in a mental institution, he told me he could go into his past or his future any time at will, but sometimes he did not have any control over it. He simply rolls his eyes and he is there. He told me he remembered many of his past lives that he had lived in different places.

He had a fascination with airplanes. Sometimes in school, he drifted away with any noise and found himself in an airplane. He felt he knew all the buttons and switches in the plane and knew how to fly it. His teachers thought he was daydreaming and his grades suffered.

During the next session, his mother told me that just after the first interview there was a dramatic change in Allen's attitude. She felt as if she were taking a different child home. Allen was less anxious and hyper because I was willing to listen to him and did not think he was crazy.

During the following session, I asked Allen to close his eyes and focus on that airplane and expand his awareness and tell me what else he was aware of. He recalled that he was a twenty-six-year-

old man, a fighter pilot, and his plane was attacked by an enemy, injuring his face, head, and his whole body and he died.

He also recalled many other lives. Just after one hypnotherapy session, most of his symptoms, such as his head jerks, facial twitches, and behavioral problems, were relieved.

Dreams

When taking their history, I always ask patients about any recurring dreams or nightmares. They can be due to an unresolved conflict from the current life or a prior lifetime. They may be the subconscious mind's way of resolving an unresolved trauma or a conflict.

During the session, I usually ask the patient to close his or her eyes and recall and focus on the dream, expand the awareness beyond the dream, and complete the story. This focus will often uncover a current life or a past life trauma. After processing and resolving the trauma the dream usually stops.

Wilbur, a forty-year-old man, had a repetitive dream about being on a boat in a storm. He often awakened feeling panicky. He also had a fear of water and could not swim.

During a session, I asked him to close his eyes, remember and focus on his dream and expand his awareness and recall the whole story from the beginning to the end. As he began to focus on his dream, he remembered being a twenty-year-old female in a past life. She was on a boat with her baby. Suddenly a severe storm came up and the boat tilted and everybody was drowning. Somebody pulled her out of the water but her baby drowned. She felt extremely sad about the loss of her child. After that regression, Wilbur's fear of water was relieved and he did not have that dream any more.

Betty came to me because of severe depression she had had for about one year. She had many dreams and nightmares daily. During a session, she told me about eight different dreams she had repeatedly. Later, as we proceeded in the therapy, each dream turned out to be a memory from a different past life. I regressed her through those dreams, resolving the traumas and conflicts from those lives, leading to a great deal of improvement with her emotional and physical conditions.

In any of these techniques, closing the eyes helps to focus better, but doing so is not necessary. I had a few patients who could regress and recall past events and lives without closing their eyes. They were able to focus and block their peripheral awareness, even with their eyes open.

If we really think, all these techniques are a state of focused concentration – focusing on emotions, physical sensations, words, phrases, memories, visions, and dreams; thus, they are in fact states of hypnosis. But there is no need for a formal induction. Most of the time these are the techniques I use in therapy, and I have referred to them as hypnosis throughout this book.

Different emotional and physical feelings, spontaneous recalls, visions, and dreams can also be due to a possessing earthbound entity that needs to be treated and released.

Short Cases

It is very gratifying when miracles occur, when patients are cured dramatically of their debilitating emotional and physical symptoms after one or two hypnotherapy sessions. I have seen these miracles many times, but it never ceases to amaze me. Following are some of the examples of such dramatic cures. In all these cases, most of the symptoms were primarily caused by earthbound and demon spirits; releasing them from the patient relieved most of their crippling acute and chronic symptoms.

Trinity

Trinity, a forty-two-year-old married female, had had claustrophobia since the third grade. As a child, she was afraid of water and while washing her hair she couldn't breathe with the water falling on her face. She couldn't stand to have water above her neck and as a result could not swim. Since the age of sixteen she was not able to ride elevators or ride in cars or buses with the windows up and was uncomfortable driving through tunnels. She also was afraid of traveling at night. Everywhere she went she had to leave before dark. She had a fear of dead people and was afraid at being in the casket; as a result, she wanted to be cremated.

When she was in any of these circumstances she had severe panic attacks. During these attacks she had tightness in the chest, palpitations, and shortness of breath, and she became very nervous, shaky, and dizzy and felt as though she was going to pass out. Before she came for the treatment, while approaching a tunnel one day, she became very anxious and panicky. She stopped the car before entering the tunnel and jumped out of the car. Her uncle, who was also in the car, drove home. At this point she realized she had to get some help. She admitted having mild depression from these problems and was taking Imipramine 25 mg., at bedtime.

She had repetitive dreams that she had to go to the bathroom but the toilets were dirty. On two occasions she dreamed she was being locked in prison in a small cell and was climbing the wall but could not get out. She had a flashback of the same dream when she was experimenting with marijuana.

My office was located on the fifth floor and she refused to use the elevator because she was too frightened to ride in it. For the first two visits she walked up the steps.

During the second session, I made a relaxation tape for Trinity and explained about hypnosis and hypnotherapy. During the third session, we proceeded to use hypnotherapy, after an explanation of earthbound spirits, demon spirits, and past life traumas that my patients had reported as being the source of their problems. Under hypnosis, she found the following earthbound spirits inside her.

Peter was a dark-looking, tall, white man in a blue suit who claimed to have raped and killed a five-year-old girl named Jane in a park. He went to jail for the crime. Peter could not stand to be locked up in a small cell room because he had claustrophobia. So he climbed out of his cell into a path like a tunnel, and fell into a river and choked to death in the muddy water. Trinity's dreams about being locked in a prison cell with a dirty toilet and climbing the walls to escape were due to Peter. Peter also had a red demon spirit in his penis who bragged that it made Peter rape Jane. His feeling of claustrophobia was transferred to Trinity, who began to experience them after he came on board with her. Jane was a five-year-old girl who claimed that she was raped and killed by Peter.

Mary was a twelve-year-old who claimed to have drowned in a swimming pool. Her feelings of suffocation while drowning were transferred over to Trinity after she came in with her.

Ann was a little girl who was raped by her father. He put his hand over her mouth so she could not scream and she was smothered to death.

Grandmother, who died in a hospital where she had been put in a room that was very small and had no windows and door knobs (like an elevator).

All these entities were released into the Light (heaven) after some therapy with them. Trinity clearly saw that they were separate and different from her. While she was still under hypnosis, I asked her to visualize going up and down in an elevator, and as she did so she had no anxiety attacks. Then, after the session, I told her to go up and down in the elevator in the office building and come back and tell me how she felt. She came back after a few minutes and was extremely euphoric. She was able to ride the elevator several times without any panic attacks. A phobia she had for many years was totally cured after just one hypnotherapy session and without any insight psychotherapy or medication.

During her next session, Trinity reported she was no longer afraid of riding in elevators, driving after dark, and driving through tunnels. She was not afraid of dead people and was able to ride in the back seat of the car with the windows up.

Eight years after her treatment, Trinity wrote that she still is doing well and none of her symptoms have returned. She described how that one session changed her life:

It was truly the beginning of the rest of my life. I was able to get a job and ride the elevator every day to get from floor to floor.

I can ride in the cars and buses with the windows up, drive through tunnels, and drive during the night without becoming panicky. I cannot thank God enough for letting Dr. Modi help me.

Hope

Hope, a forty-two-year-old female, described her condition:

I feel like I am a walking dead person. I am as low as a person could get. I feel there is somebody else inside me, controlling me and making me do things which I do not remember later. I feel like I am being possessed. I want to take a gun and end it all.

Hope appeared very depressed and withdrawn. According to her, she had been depressed, irritable, agitated, withdrawn, and upset off and on for fifteen years, but more so in the past three years before she came to me. She described feeling tired and drained, with poor concentration and memory. She was not able to function and felt totally hopeless, helpless, and like a failure. She often had crying spells. She had a hard time falling asleep and slept only four to five hours and would wake up early in the morning.

Hope was admitted twice to a hospital for depression. She had counseling until a year before she saw me. She had suicidal preoccupation. She was thinking of ending her misery by taking an overdose of pills or shooting herself. As a result, her husband hid the guns and was afraid to leave her alone.

On two occasions she had violent outbursts of which she had no memory. According to her husband, the first time she seemed to be fine and then all of a sudden she threw a glass and started to scream and curse. The second time, for no reason, she started to throw things, kick, and curse, and became very violent. Normally, Hope never cursed. Both times her husband had to hold her down until she recovered from those outbursts, which lasted just a few minutes.

She also had severe panic attacks during which she felt extremely shaky, had chest pains, difficulty in breathing, and palpitations and felt she was going to have a heart attack. She felt as if everything was closing in on her and she had to get out. She also had a fear of losing her mind. These attacks occurred two or three times a day, each lasting five to ten minutes.

Hope also had severe migraine headaches daily for about five months. She had injured her back and had severe back pain ever since and it was getting progressively worse. She had a difficult time moving, sitting, and lying down. As a result, she had a hard time in doing her daily work.

She was also having sexual problems. She was raised in a very strict environment. She was told by her dad not to talk about sex and not to look at her body below the neck while taking a shower. Recently while having sex with her husband, she heard her dad's voice saying, "Hope, what are you doing?" Her dad had died of pneumonia seven years before. He was very violent, abusive, and paranoid and also attempted suicide once.

One time while wide-awake she saw her dad standing at the foot of her bed. She had recurring dreams about her dad since his death. She also had constant conversations going on in her head. She felt as if she was possessed by an evil spirit and she was "Damian" as in the movie. She felt that there were many people inside her, including another Hope. She often had flashbacks from her childhood when her father was violent and physically abusive toward her and others. She had a fear of snakes and had nightmares about snakes chasing her.

Hope suffered from many physical problems besides headaches and back pain. She had arthritis, asthma, sinus problems, and laryngitis. When she had laryngitis, she sometimes lost her voice completely for months. She was allergic to dust, mold, grass, trees, animals, smoke, and dampness. She had to take allergy shots on a regular basis. She also had PMS symptoms, during which her nervousness, depression, and irritability became worse. She was taking the antidepressant Parnelor, the tranquilizer Tranxene, and pain pills for about three years.

During the next session, I made a relaxation tape for Hope with positive suggestions that she could listen to at home daily. It helped her sleep better and feel calmer. I also explained to her about hypnotherapy and about earthbound and demon spirits, and past life traumas that my patients found as the source of their emotional and physical problems. Hope was willing to try. So we scheduled a three-hour session.

Hypnosis

History of Medical Hypnosis

If we look at the history of hypnosis, we find that since the time of the ancient Egyptians, there is a recurring theme: persecution of the practitioners. Although the use of hypnosis for healing has been successful through the centuries, people continue to fear what they do not fully understand. Despite the fact that when we cure through hypnosis, introducing nothing into the body, and the healing occurs, the persecution persists. Hypnosis has always endured and continues to endure a bad reputation, and those of us who use it pay a dear price in its defense.

The earliest users of hypnosis were the ancient Egyptians, who used it as "sleep therapy" to promote healing. It has also been practiced worldwide over countless years by shamans and medicine men of various tribes using drums, chants, and herb to induce a trance state to heal people. Hypnosis in those days was disparaged as "voodoo art" and was appreciated only in the realm of the occult.

In the eighteenth century, however, physicians attempted to employ hypnosis as a viable treatment for illnesses that did not respond to more traditional approaches. One by one, they were ridiculed by their colleagues, stripped of their professional status, and thoroughly humiliated in spite of their success.

The earliest of these was Franz Anton Mesmer, an Austrian physician who practiced in Vienna in the eighteenth century. He achieved a great deal of success in practicing what he called "mesmerism" or "animal magnetism." He was investigated by a commission of the Royal Academy of Science and the Faculty of Medicine in Vienna and, in spite of his great success, was expelled from the medical society.

He moved to Paris in the late eighteenth century and again became very successful, using his methods to heal people by stroking the patients with his fingers to induce a trance state. Once again he was investigated by the Royal Commission of Science. They denounced his methods in spite of his success, claiming that his findings were only a product of his imagination.

Some years later, in the 1840s in England, John Elliotson, a surgeon who first introduced the use of the stethoscope, became interested in hypnosis or mesmerism, as it was called. He performed surgeries using hypnosis as the sole anesthetic. He was ridiculed by his colleagues in spite of his success.

Around the same time, James Esdaile, another Scottish surgeon, was working in India in a prison hospital. He successfully performed several hundred surgeries using only hypnosis for anesthesia. He was also professionally humiliated.

Dr. Parker and Dr. Ward were other physicians who also performed surgeries under hypno-anesthesia around the same time. They were also ridiculed by other doctors.

Dr. James Braid was a British physician who coined the terms hypnosis and hypnotism from the Greek word hypnos, meaning sleep. He used eye fixation and verbal suggestion. In spite of his success, his colleagues ridiculed him and called his work "Braidism's Artificial Insanity."

Once again the interest in hypnosis declined. Then Dr. Jean Martin Charcot of France authorized the use of hypnosis with hysterical patients in 1879. He classified hypnosis in three stages: lethargy, caused by muscle relaxation; catalepsy, when the limbs can be placed and will remain in any position; and somnambulism, the deepest level of hypnosis.

In about 1880 two French physicians, Bernheim and Liebault, revived the practice of hypnosis, using induction through verbal suggestions after the example of James Braid. Their collective successes caught the attention of a young Austrian physician, Sigmund Freud, who came to study their methods along with others.

For a brief period, hypnosis enjoyed a measure of respect in Europe and America. But by the turn of the century, interest again diminished largely because Freud, who by that time was very famous, had abandoned its use. He was reportedly not a good hypnotist and had realized little success using the technique. He effectively criticized it for another twenty years.

After both world wars, psychologists and psychiatrists turned to hypnosis to treat battle fatigue since it proved to be a useful shortcut in dealing with this post-combat syndrome. Still, it was not applied in any other illnesses. It was saved by a few physicians who managed to keep very quiet about its use.

A breakthrough came in 1955, when the British Medical Association issued a report stating that hypnosis was a valuable medical tool. The association endorsed and encouraged medical schools to instruct students in its uses and techniques. The British Medical Association was followed by the American Medical Association, which officially sanctioned the use of hypnosis by physicians in 1958, and by the American Psychiatric Association in 1962.

Despite the fact that the official stamp of approval has been put on hypnosis by the governing medical societies, it continues to struggle for its rightful place among respected treatments for illnesses. People continue to fear what they cannot accept as a thoroughly scientific method.

Although hypnosis works time after time, resistance to its use, the failure of insurance providers to acknowledge its legitimacy, and a pervasive negative attitude toward it continue to hamper its use. As a result, many health professionals and their patients are being deprived of a technique that could succeed where others have failed.

It is time to lay the myths aside. It is time to recognize that the power to heal lies largely within that untapped portion of the human mind that is our subconscious mind.

Venture with me into that unexplored territory. Follow me into the case histories of my patients who, in their respective journeys into that region, have recovered and brought back treasures of knowledge and understanding.

Looking beneath the Surface: The Subconscious Mind

To understand hypnosis and how it works, we need to understand our conscious and subconscious minds. The conscious mind is the thinking, reasoning, and problem-solving part of our mind, which is also known as our left brain. It is the part of our mind that deals with our day-to-day functioning. It is the normal state of our awareness.

The subconscious mind functions at a deeper level than our conscious mind. Everything that has ever happened to us is recorded in our subconscious mind—from this life and all the other lives, from the beginning of time. No matter how important or unimportant, exciting or boring, traumatic or non-traumatic, happy or sad, nothing is erased. The unresolved traumatic memories from the current life and also from past lives can surface from our subconscious to our conscious mind in bits and pieces and can create emotional and physical problems because of their severity.

The subconscious mind is also the storehouse for the inner wisdom into which we all can tap. It is not restricted by time and space. According to my hypnotized patients, the subconscious mind in reality is our soul, which contains all the memories from the beginning of time.

Normally, our conscious mind or left brain is booked with our day-to-day thoughts and problems. It is busy, cluttered, and also constantly aware of everything that is happening around us. In this state we cannot bypass the conscious mind and get in touch with our subconscious mind, to give suggestions or retrieve information.

The goal of hypnosis is to relax and set aside our constantly chattering conscious mind and selectively block the peripheral awareness, by guiding patients to focus on their breathing and to relax different parts of their bodies. When the conscious mind is calm and quiet and not

preoccupied by unnecessary thoughts, it is easy to bypass the conscious mind and get in touch with the subconscious mind. Here the conscious mind is not asleep or unconscious. It acts as a passive observer. It is always aware of what is happening during a session but does not interfere with its doubts, constant analysis, and interpretations. We achieve a similar state of focused concentration daily, normally and naturally, when we are absorbed in reading a book, watching a movie, listening to music, or daydreaming, as described later.

With this understanding, we can also see why traditional talk therapy works only as a Band-Aid approach and is slow and less effective. During talk therapy, we are dealing only with our conscious mind and knowledge, which is often superficial and based on intellectual interpretations, but it is really the subconscious mind that holds the understanding and knowledge about the real reasons for our current problems. By recalling, reliving, releasing, and resolving the problems under hypnosis, patients can be completely cured in a very short period

In therapy, hypnosis can be used in two different ways:

Directive Approach: Here, after calming and setting aside the chattering conscious mind, the therapist bypasses the conscious mind and gives directly to the subconscious mind positive suggestions, which are effectively accepted by it. It is important to know that even at the deepest level of hypnosis a person will not accept any suggestions that are against his or her morals and ethics. Patients are free to accept or reject any suggestion they choose. This approach can be used for insomnia, anxiety states, fears, phobias, eating disorders and addictions, to produce analgesia and anesthesia, and to treat a variety of other conditions.

I usually make relaxation tapes for my patients with positive suggestions to suit their needs, which they can listen to every day at home so they require less or no medication. Usually these tapes work well and people feel better, but they are just a symptomatic treatment. What a tranquilizer, a sleeping pill, or a pain pill can do, a relaxation tape with positive suggestions can achieve in a motivated patient. But, just as these pills do not cure a problem, the relaxation techniques and tape relieve a problem temporarily but do not cure it.

Non-directive Approach: In this approach, instead of suggestions being given under hypnosis, the reasons for the problems are explored by asking the patients questions. Under hypnosis, I usually ask patients to go to the source of the problems. By getting in touch with their subconscious mind under hypnosis, patients can find not only the reasons for their problems, but also the solutions and even the healing. After recalling, reliving, and resolving the emotional, mental, and physical residue of the traumatic events, patients can be free of their problems. Hypnosis can bypass the

conscious mind and tap and access information from the subconscious mind, which is the storehouse of all the memories, emotions, and knowledge.

Misconceptions about Hypnosis

The general public has many misconceptions and fears about hypnosis based upon what they understand from television, movies, and stage hypnosis. In order for people to benefit from the treatment, we need to dispel a number of these misconceptions. It is important for people to understand exactly what hypnosis is and what it is not. This understanding is important so they may enter into the experience free from fear and with the appropriate expectations. Let us look at some of these misconceptions.

In hypnosis people are asleep or unconscious: This is not true. All of us enter this state of focused concentration, or hypnosis, several times a day. For example, when we are so absorbed while watching a movie, listening to music, or reading a book that we lose track of time or awareness of our surroundings, we are in a hypnotic state. Students who study for several hours continuously and sometimes lose track of time are in fact utilizing this state of focused concentration or hypnosis.

Highway hypnosis is another example known to many of us. While driving we sometimes lose track of time and we wonder how we got to our destination, even when we were wide awake all the time. Similarly, while daydreaming we are focusing on a person, place, or an event. We are not concerned about our surroundings nor are we distracted by the events near us.

In all of these cases our concentration is focused on whatever we are doing and we are not asleep or unconscious. Other examples of hypnosis that we experience every day include the time just before we fall asleep and the beginning stage of waking up from a natural sleep in the morning.

Hypnosis occurs only when induced by a hypnotist: This statement is not true either. Every hypnosis is a self-hypnosis, just like the different examples of the daily hypnosis described above. We go in and out of the state of hypnosis several times a day without any formal induction. In therapy, a therapist is acting only as a guide in assisting the patient. It is the patient who controls the level of the trance and what happens during it.

A hypnotherapist has special powers: Not true. Hypnotherapists are ordinary individuals who are trained in using the tool of hypnosis in the therapeutic situation. They do not have any special powers.

Under hypnosis the subject reveals all: Another concern people have is that they will be totally under the control of the hypnotist and will end up revealing secrets they do not wish to reveal. This is not true. First of all, nobody can be hypnotized against their will. During hypnosis, the patients are in control of what happens and what is said and revealed during hypnosis. Nobody can make them say or do anything they do not want to. They cannot act against their ethical and moral codes. They can accept or reject the suggestions as they choose, and can come out of the hypnosis any time they desire.

Hypnosis is dangerous: As I have explained, it is a normal and natural focused state of mind, which we use several times a day. With a trained therapist, hypnosis can be used very effectively in treatment to find the source of problems, resolve them, and heal the patient.

Deep trance is necessary in therapy: Therapy can be done at any level of hypnosis, from light to medium or deep trance, with good results. I personally do not prefer to work in deep trance because people tend to have amnesia for the session. Although healing is achieved effectively, patients are not able to remember what happened during the session and therefore cannot integrate the knowledge and understand the reasons for their problem.

Hypnosis itself is the treatment: Hypnosis is only a tool that can be used in therapy. It allows us to uncover the source of the problems and heal them. Just the act of hypnosis can relax a person, but in itself it is not a therapy

There are a variety of induction methods to achieve a state of hypnosis that differ from therapist to therapist and area matter of individual preference.

First Hypnotherapy Session

Under hypnosis, as Hope scanned her body, she saw two large black blobs. One was in her head and one in her heart. Each claimed to be a demon working for Satan.

Black demon blob in the head: It claimed to join Hope when she was five years old. It bragged about making Hope afraid of getting in trouble. It also claimed to cause her depression, anger, and headaches. This black blob had trapped soul parts of Hope and the earthbound spirits inside it as follows:

Hope's father: He was eighty years old. He joined Hope after the death of his body seven years before she came for treatment.

Hope's father claimed he had severe arthritis, fear of snakes, depression, suicidal thoughts, and a violent temper, which Hope started to experience after he came in.

Soul part of Hope's father when living: He fragmented when he was forty-three years old and joined Hope when she was five years old. He claimed he came in Hope to make sure she behaved and made her afraid and ashamed of sex.

The dark entity was transformed into the Light and was helped into heaven. Both parts of her father were integrated and then he was sent to heaven after some therapy. Hope saw many dark blobs falling out of him as he entered into the Light.

Five-year-old Hope: A sub-personality, a fragmented soul part of Hope, which appeared to the older Hope as when she was five. She fragmented when her father was angry with her. Her trauma was processed and resolved. She was cleansed, healed, and filled with the Light and then integrated with older Hope, with the help of the angels.

Gray demon blob in her heart: It claimed to join Hope when she was young and was in a car accident. It bragged about causing Hope depression, anger, fear, and panic attacks. This gray blob was transformed into the Light and was released into heaven.

Fragmented soul part of her mother: She was living at the time of the treatment and was eighty years old. Hope saw a soul part of her mother, who looked forty-five years old. Her mother said that she came in to help Hope. This soul part of the mother was cleansed and healed and was taken back and integrated with her mother's soul in her body by the angels of the Light, who, according to Hope, were helping us during the whole session. As the angels took the part of her mother back to her body, Hope saw her mother in an aqua-green flowered dress, sitting in a chair, quilting. Later, her mother confirmed that she was wearing the same dress Hope saw and was quilting at that time.

Hope's soul part with her husband: As Hope was looking for any other fragmented parts, she saw a silver thread coming out of her soul. She traced the cord going to her husband, where it was connected to a part of her that was with her husband. The angels, at our request, brought that part back, cleansed, healed, and then integrated it with her soul.

Second Hypnotherapy Session

During the next session, Hope reported that after the last session there was a miraculous change in her. She did not have any sexual problems or inhibition. She just kept saying, "I am free, I am

free." Her headaches, arthritis, nervousness, anger outbursts, depression, suicidal thoughts, fear of going crazy, and panic attacks were all relieved. She did not have any crying spells and felt very energetic and alive. She slept well all night. Most of those symptoms were due to her father and the demon entities. She reported she was still suffering from back pain. As Hope scanned her body under hypnosis, she found many dark demon entities in her back, hips, and throat.

Black demon blobs in the back and hips: They claimed to have joined Hope when she hurt her back. They all said they caused her back pain and kept her from doing things.

Gray demon blob in the vocal cords: It claimed to have joined Hope when she was a baby. It said that it caused her throat infections and pain, and sometimes took away her voice.

Melinda, a forty-year-old earthbound spirit who had a cough, throat infection, difficulty in breathing, chest pain, and fever and died after one and a half weeks of sickness. After she died she did not go to the Light and joined Hope when she was a little girl and caused her asthma, throat infections, and laryngitis.

Soul part: After releasing all the demon and earthbound spirits to heaven, I asked Hope to check for any fragmented parts of her soul. She saw a cord going to her sister. With the help of the angels, this part was brought back and was cleansed, healed, filled with the Light, and integrated with Hope's soul.

Hope also saw another silver thread or cord coming out of her soul. She traced it going into heaven, to Jesus and then to God. Jesus told her that things will be all right for her now. He also told her that her daughter, who had had two miscarriages, would have a child. Hope saw two rosebuds, at each foot of Jesus. She recognized them as her daughter's two miscarried babies.

After just two sessions, after releasing all the attached earthbound spirits and demon spirits and locating and integrating all her soul parts, Hope was completely free of all her primary and secondary symptoms. She gradually reduced her pain pills and Tranxene and within three weeks she stopped all the medications. She was sleeping and functioning well without any pills. After her first hypnotherapy session, Hope wrote telling how she was feeling:

I felt like I had been asleep since 1989 and just woke up. I feel like I missed so much and now I want to do everything. I feel like I am all bubbly inside and just want to tell everyone how great I feel. Everyone is noticing a change in me. I just cannot thank you enough for what you have done for me so far. Thank you for giving me back my life. I cannot wait for our next appointment.

After five years, she is still doing well. None of her symptoms have returned. She had gone through many personal and family crises during the past five years. Her husband was laid off and there were financial problems and serious sicknesses and deaths in the family, but she handled them well without falling apart. Also, within a month after her therapy, she found out that her daughter was pregnant, and after nine months had a child just as Hope was told by Jesus.

Grace

Grace, a thirty-five-year-old married female, came to me with symptoms of severe depression, insomnia, poor concentration and memory, and had no energy or motivation to do anything. She was not able to function at home or at work, and as a result was on sick leave. She was nervous, irritable, and agitated and was contemplating suicide. She had lost her appetite and was losing weight.

She had severe panic attacks, during which she felt nervous, shaky, dizzy, cold, and sweaty and had palpitations, dry mouth, and a fear of the unknown. These attacks lasted anywhere from a few minutes to one hour. She also had recurrent nightmares in which everything was chaotic. She had crying spells for no obvious reasons.

She complained of severe headaches, burning in her eyes, back pain, severe gastritis, and stomach pain. She also had PMS, during which she became depressed, moody, and irritable. She described herself as a perfectionist all her life. According to Grace, "I maintained a totally capable exterior while the interior battle was getting worse all the time."

A year before she came to me, she had severe depression, insomnia, loss of appetite, and was suicidal. She had to take off from work for five months because she was not able to function, in spite of the fact that she liked her work. She was treated by her physician for depression with antidepressant medications, which helped some, but not much. She had counseling with a psychologist for four to five months with some improvement, and she pushed herself to go back to work. All those symptoms came back in full force again two months before she came to me for help.

During the next session, I made a relaxation tape for her with positive suggestions. I explained to Grace about different ways I could try to help her. I told her we could try some antidepressant medications and talk therapy, which would help, but there was a good chance the symptoms may come back again as before, or we could try hypnotherapy to find the source of her crippling problems and work with them. She did not want to use medication, and traditional talk therapy did

not work for her before. She wanted to get to the root of her problems, so she decided to try hypnotherapy.

I explained to her about different possible reasons for her problems, which were found by my other patients, such as traumatic events from her younger age, from prenatal and birth traumas, and traumas from past lives. I also explained that some patients reported their problems being caused by earthbound and demon spirits. Grace was willing to try and was enthusiastic about it.

First Hypnotherapy Session

During the next session, under hypnosis, Grace saw a gray entity surrounding her body and many small and large gray and black blobs in her head, eyes, throat, heart, and female organs. They claimed to be demons and said Satan was their master. They said they were assigned to Grace by Satan to cause her emotional and physical problems and to retard Grace's spiritual progress. They told how old Grace was when they came in, what opened her up for them to come in, and what type of problems they caused for her.

Dark demon blob around Grace: It joined Grace when she was three years old and was having an out-of-body experience.

Effect: It claimed to cause Grace the fear of men, low self-esteem, depression, and suicidal thoughts.

Dark demon blob in the head: This entity joined Grace when she was twenty-four, at a time when she was afraid and therefore opened up.

Effect: It said that it caused Grace confusion, insomnia, depression, suicidal thoughts, headaches, and the desire to drink alcohol.

Dark demon blob in the eyes: It joined her when she was drinking at the age of thirty.

Effect: It claimed to cause her bad eyesight and burning in her eyes, make her not able to see the truth, and make her think she was not good.

Dark demon blob in the heart: It joined Grace when she was eight and was afraid.

Effect: It claimed to cause her panic attacks, depression, fatigue, and inability to feel anything.

Dark demon blob in the uterus: It joined Grace when she was fifteen.

Effect: It made her irritable and depressed and caused cramps during her menstrual periods.

All the dark entities were transformed into the Light and released to heaven after counseling with them.

Fragmented soul parts: Grace also saw many fragmented soul parts of her or little Graces inside her, ages two, six, eight, eleven, and fifteen. They all looked like Grace as she looked and felt at those ages. Each was encouraged to speak individually and, after their issues and traumas were resolved, they all were integrated with Grace. Grace described the experience of integration as feeling whole, strong, and all together. She saw angels of the Light cleansing, healing, and filling her with the Light.

Second Hypnotherapy Session

During the next session, Grace reported that since the last session her panic attacks, depression, suicidal thoughts, burning in her eyes, and stomach pain were all relieved. She was sleeping and eating well and had more energy. She still had some headaches and back pain.

Again, under hypnosis, she saw gray blobs in her head and back. They both said that they were hiding during the last session.

Dark demon blob in back: It joined Grace when she was ten and was having an out-of-body experience.

Effect: It claimed to cause her backaches, depression, and confusion.

Dark demon blob in the head: It joined Grace when she was five and was sad.

Effect: It caused her headaches and pain and burning in her eyes.

All the dark entities were transformed into the Light and released to heaven after counseling with them.

During the next session, Grace reported that every one of her symptoms was completely relieved. She didn't have any earthbound entities. Only the demon entities were responsible for her symptoms. She took no medication and no other therapy was done. Six years later, she is still

completely free of all her problems and doing well. She wrote about how she felt about her therapy.

"Experiences during those two sessions made such major changes in my life that I still find it hard to believe. The world still has its problems, but I deal with them in a much better manner. I no longer have to fight with the "others" within, and I am free to be me."

Adrian

Adrian, a thirteen-year-old male, was referred to me by his family physician because he had been having fainting spells for about six weeks. During those spells he sometimes passed out and fell to the floor. After these fainting spells he felt weak and dizzy, had headaches, and had no memory of the events. He had been depressed after his grandfather died of cancer one year before, on Adrian's birthday. Since then Adrian had repetitive dreams and nightmares about his grandfather chasing him. He was afraid and was convinced that on his birthday, which was coming up in two weeks, he would die.

For two months before Adrian came to me for treatment, his depression had been getting progressively worse. He was having crying spells and poor appetite, was feeling tired and drained, and had difficulty sleeping. He started to see his grandfather standing at the bedroom door asking Adrian to come to him. He did not tell his parents or anybody about the vision because he was afraid they would think he was crazy. After a while he could not cope with it and told his parents about it. Since he could not sleep in his room because of his fears, he started to sleep in his parents' room. He also had been having intermittent panic attacks for about one year. During these attacks he felt out of control, weak, dizzy, and hot and had palpitations and ringing in his ears. He also started to have aches and pains all over his body. He was becoming nervous and moody, but he started to get D's.

His physical examination, blood and urine tests, blood sugar, EKG, EEG, and other tests were all within normal limits. He was also examined and tested by a neurologist, who did not find anything physically wrong with him.

During the second session, I made a relaxation tape for Adrian. I mentioned to him and his parents the possibility of exploring his problems under hypnosis. I explained to them that sometimes my patients had found spirits of their deceased loved ones and other spirits with them, and how they experienced those spirits' physical and emotional problems. I also explained that releasing those spirits from the patients freed them from their crippling physical and emotional problems. They agreed to try it.

During the next visit, Adrian reported that during the whole week his nightmares about his grandfather chasing him and all his symptoms had become worse.

Under hypnosis, Adrian found his grandfather's spirit with him. The grandfather expressed a desire to be with his grandson because he loved him. I explained to him that his grandson was suffering from the physical and emotional problems that he had had before he died and that were transferred to Adrian after he joined him. After he realized how his presence was affecting his grandson negatively, he was more than willing to leave and was released to the Light (heaven). It was a very emotional session for Adrian and his parents.

During the next session, Adrian and his parents reported a great improvement in Adrian. He did not see his grandfather and was able to sleep soundly in his own room without any nightmares. He didn't have any fainting spells, panic attacks, headaches, ringing in his ears, dizziness, aches and pains. He had no depression or crying spells and was feeling more energetic. Seven years later, Adrian told me that he is still doing well and none of those symptoms have returned. He described his experience:

He had been an A and B student,

"Looking back on my therapy, I realise now that I had to go through this experience in order to go on with my life. With the love and support of my family and Dr. Modi's treatment and guidance, the process I went through was a positive experience with miraculous results and has given me a new understanding of life and death. Thank You, Dr. Modi, You are a miracle worker."

Just one hypnotherapy session totally relieved all of Adrian's crippling emotional and physical problems.

Sources

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