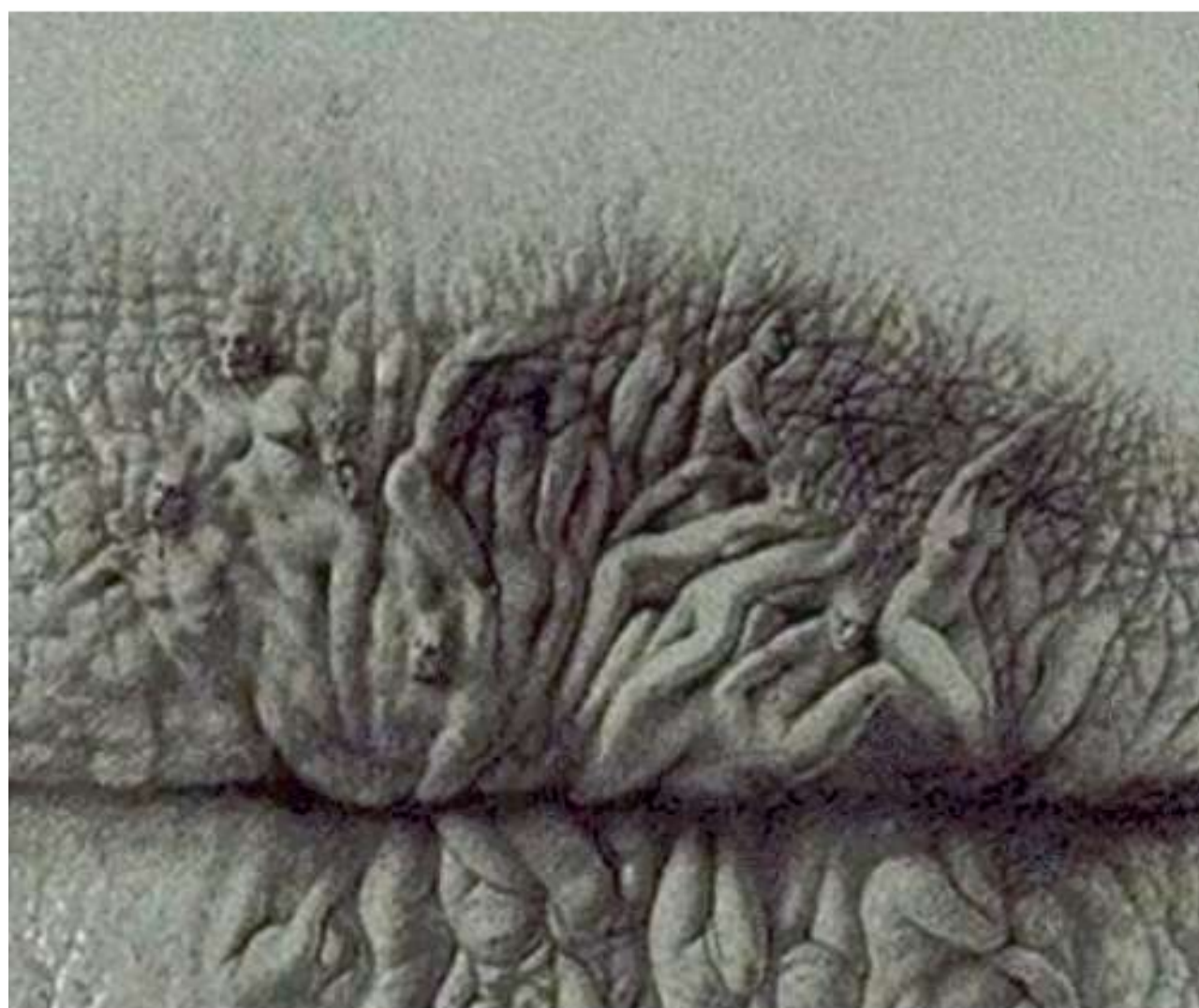


WHOLE-SELF ATTACHMENT ©



Jon RG & Troya GN Turner

WHOLE-SELF DISCOVERY & DEVELOPMENT INSTITUTE, Inc. INTERNATIONAL

W-SDDI

The Institute for
Whole-Self Prebirth
Psychology

Training Material for Students ONLY



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Attachments: The Letting Go Of A Holding On!©1998-2017

by Jon RG & Troya GN Turner-Groot

A Whole-Self Prebirth Psychology Report on Attachment or Possession

Based a lecture by Troya GN Turner, February 1998 with Updated Text & W-S Script

by Jon RG & Troya GN Turner April 2000 & updated by them in 2017

Author's Note:

Beginning this lesson, Troya reminds us of the multiple *Whole-Self Attachment Releasement* she did with a woman she named Tamara in the Lesson Document *W-S Attachment Tamara Case*. A summation of the case is available in Appendix #1 of this lesson.

This document plays an interesting role in Psychology Literature. It highlights an apparent cross-over between Science (Psychology) & Spiritual Wisdom (Spiritual Releasement). While readers are familiar with Psychological principles & concepts, we have gleaned relevant background information about the Spiritual Wisdom Concepts on the other side. Then, we present the steps used in Whole-Self Prebirth Psychology Practice discovering & releasing patients from *Attachments* (also called *Possessions or Entities*). JRG&T

Keynote: Dr. Alan Sanderson writes:

“Spirit possession is periodically reported in the Psychiatric Literature (Pereira *et al* 1995), only to be explained away as delusional or as a culturally sanctioned belief, which science is not required to include in any general theory of behavior. The climate of opinion is now

changing. In the 10th Edition of the *International Classification of Diseases* (1992), a new category, *Trance & Possession States*, officially acknowledges the need for a distinct grouping, separate from multiple personality disorder on the one hand & from psychoses on the other. Only after extensive debate was a similar category rejected for DSM IV.

Outside Psychiatry there has traditionally been a greater readiness to accept the spiritual dimension. This tendency has increased in recent years, & several authoritative texts have been published (Crabtree 1985; Fiore 1987; Baldwin 1992; Lucas 1993). Fiore & Baldwin, in particular, report many cases, with conditions as various as phobias, eating disorders, drug dependency, depression & hallucinatory experiences, in which, usually through hypnosis, the putative possessing spirits are released with the alleviation or relief of symptoms. The great majority of these cases lack a subjective sense of possession. While the patient may have the feeling of spirit proximity, for instance that a deceased relative has been close by, the identification of a spirit presence usually comes as a surprise. Patient's complaints of depression, anxiety, headache & panic are common symptoms & the picture in no way resembled that of the popular concept of possession."

Dr. Alan Sanderson MBBS (London) MRCP DPM MRCPsych
From the Lesson on Auras & Bioenergies: *ITEM INNOVATION
TECHNOLOGIES & ENERGY MEDICINE UNDERSTANDING AURAS
AND BIOENERGIES A BASIC INTRODUCTION TO THE AURA*

Attachments:

In Psychology – from the Greek, the *study of the soul* – *Attachment* is used to describe what is termed *clinical spirit possession*. The concept of *possession* often brings up media images of an *exorcism* - the casting out of the *possessor* as illustrated in the movie ***The Exorcist***. In that movie, a Catholic Priest is pitted against a demonic being for the soul of a young girl. His tools are bells, candles, incense & sacred words as found in centuries old rituals of the Catholic Church. His own soul is on the line for its very existence so to speak. The truth is that concept of possession by demonic beings is so extremely rare, if it were ever true, that it may hardly be a factor in the modern world. In fact, in this *time/space continuum*, it is no longer politically correct to call such phenomenon possessions. We use the term *Attachments*.

What is in a name? Is it *Attachment* or *Spirit Possession*? (A sticking on to the aura consciousness of a living person.) Is it *Exorcism* or *Release*? (A letting go of a holding on - forcibly or willingly.) The newest name of the phenomenon presented in *Wikipedia* - the free encyclopedia is **Dissociative Identity Disorder** (See Appendix #2 For a comprehensive description of DID.)

The Exploration begins

Let us begin with some psychological & spiritual foundational principles.
For ease of understanding, we will state the following in the first person "I".

- 1) The first foundation is that I am aware that I have a body.
- 2) My consciousness, called my soul, exists & in some way surrounds & animates my physical body.
- 3) As long as my consciousness, my bio-energetic field is animating - giving life to this body I am said to be alive.
- 4) When my last breath goes out of my body, my consciousness is permanently separated from my body, I continue to exist, but my body is no longer animated by my consciousness & is said to be dead.
- 5) When my body dies my consciousness usually sees a *Radiant Light* & moves towards it.
- 6) If for some reason my consciousness does not move into the Radiant Light I become what is called a *Disembodied Spirit*.
- 7) As a *Disembodied Spirit*, sometimes called an *Entity*, I may for certain reasons *attach* myself to the consciousness of a living human being becoming an *Attachment* or *Spirit Possessor*.
- 8) A person being inhabited by another, or other, *Disembodied Spirit or Consciousness* is said to be *possessed*.
- 9) Helping release an *Attached Entity* from a living human willingly so it can move into the *Radiant Light* is called *Spirit Releasement*.
- 10) There are non-physical *Spiritual Beings* from the *Radiant Light Dimension* to assist moving into the *Radiant Light*.
- 11) Once in the *Radiant Light*, the *Released Attachment* is able to objectively examine, analyze & evaluate past human life or lives in order to plan the next human life for its soul growth & evolution.

Attachment & Spirit Possession? So, the exploration begins!

In **Whole -Self Prebirth Psychology, Philosophy & Education** what is important is that when these principles are applied homeostasis results. In this document we use the traditional term, ***Attachment***.

Attachments are most often lonely souls who often have attached themselves to the consciousness of lonely persons.

For many *Whole-Self Therapists* around the world who may not have the benefit of having a W-S Supervisor nearby during a session when an *Attachment* is detected, here is a short description on how to deal with such an *Attachment* or *Spirit Possession*. A general principle is to remember that such *Attachments* are usually not aberrant demons as portrayed in the media.

Where Does the Attachment Attach?

In most cases, *Lost Soul Attachments* simply want to have a body!

- 1) The key to all the *Whole-Self Releasement Work* is to be able to offer an *Attachment* the possibility to have their own body.
- 2) This is made clear, rather firmly if there is strong resistance, that by *Natural Law*; it is inappropriate for that *Attachment* to use another person's body.
- 3) The challenge is to help the *Attachment* to release willingly. Sometimes this is easy. Other times it may take considerable & Persist mental, physical and spiritual cajoling or persuading.

Human Consciousness:

What *Whole-Self Prebirth Psychology* hypothesizes, & has shown, is that human consciousness is not inside the physical body but in the auric bio-energetic field surrounding & animating the physical. This is shown in the Whole-Self Research, confirmed by *Prof. Grigori Brekhman*, going back to before birth when the new baby's consciousness, in communication with mother's consciousness is not inside mother's womb but in her mind & emotions - outside & animating her physical body. This bio-energetic field is where each person's life force resides.

When the bio-energetic life force is in a diminished, depressed or traumatized vibration this is the opportune time for a *disincarnate entity* to enter that bio-energetic field. In the 1960s, we were very busy releasing *Attachments* from many people who were experimenting with hallucinogenic drugs - especially marijuana & LSD. This taught us that these drugs make holes in the aura which offer entry into the auric field consciousness.

Some Attachments can have a dedication just to be helpers to people who they believe need, or even cannot survive, without their help. *Attachments* can be distressed souls who can actually be worked with using the same empathy & compassion used with physical Whole-Self Prebirth Psychology clients.

Within the *Spiritual Dimension*, there is a main group of entities called *Beings of Light*, sometimes called *Immortals*, who can interrelate aide & support mortals in this world. These *Beings of Light* can be called guides, angels, enlightened souls dedicated to & available to help distressed people. At the same time, religionists believe that there is another smaller group called *beings of darkness*, devils, demons, fallen angels, disturbed souls who are out to seduce, consume or destroy human beings.

In *Whole-Self Attachment Releasement Work* there could be another or even several consciousnesses possessing a living bio-energetic field at the same time. I have come across clients who have more than one *Attachment*. In Psychology, such manifestations are called *multiple personalities*. The Whole-Self approach is to treat each Attachment as a separate, individual & unique personality.

A pivotal key in *Whole-Self Attachment Releasement Work* is the skill needed to be developed for gaining the trust of the Attachment. Most Attachments can be ordinary & reasonable to deal with, some *Attachments*, *multiple personality disorder*, as it is called, may sometimes be a little to very aggressive. *Attachments* who may be angry, resentful even unpleasant, have to be trustingly communicated with in calmness, centeredness & Whole-Self to Whole-Self. In such aggressive cases, the effective option is to contact a *Whole-Self Supervisor* who will assist you.

In Los Angeles, I once worked with a woman who had seven Attachments. She presented: "I was in my body. But many other consciousnesses

where also using my body from time to time!"

I did *W-S Prebirth Psychology Therapy* using the *W-S Discovery Steps* with each one of the seven entities, both male & female, who went into the *Radiant Light* & her symptoms were completely dissolved.

A Time to Release

Time is an interesting concept because most possessions are intermittent - not all the time. *Attachments* come in when specific events take place. Often these *Attachments* are hiding only coming out at certain times under certain conditions or circumstances.

Hypothetically, just for an example let us say again in the first person "I", that I am in complete control of me 90% of the time but that another consciousness takes possession of me - say 10% of the time. That 10% period of time, means that another consciousness has entered my bio-energetic consciousness & taken possession of my consciousness using my body for that period of time, with or without my awareness or permission. So, for example, I can be acting in a way which is totally characteristic of my personality 90% of the time & suddenly begin acting & speaking in an entirely different way. Remember the %s are only hypothetical. But then suddenly, 10% of the time "someone else" is using my consciousness & body. Normally, *the I of me* may or may not be aware that this is happening. Depending on the power of this other consciousness, I may not be aware that I am not in total charge of myself for that period of time.

In *Whole-Self Prebirth Psychology*, we help the client to recognize her/his non-conscious trance state in which that person is living as though the traumatizing event is still happening. Again, for ease of understanding, I will say this in the 1st person "I".

- 1) When a traumatizing event takes place my personality shapes the event & my belief about what happened into my reality system.
- 2) My reality - whatever I believe is happening - then directs my personality to act according to my belief of what happened in the event.
- 3) In order to release from that reality, I need to review the event recognizing what actually took place at that time not what my personality believes happened.
- 4) Once I recognize what actually took place, I can release myself from that entrancing belief which I've been living.
- 5) In other words I can bring my subjective reality into objective truth - *Realitas Ad Veritatis* - the Latin theme of *Whole-Self Prebirth Psychology, Philosophy & Education*.

When I am working with a client & an *Attachment* either reveals itself or it becomes evident by the client's behavior, we can work with the *Attachment* in exactly the same Whole-Self Discovery Way. The only difference is that we help the *Attachment* to recognize how & why it attached to another person. We will give the exact process shortly. But first, let us explore some relevant factors.

Where can an Attachment come from?

First, as already stated, *Attachments* are not so called demonic beings. In almost all cases, they are simply unhappy, lonely, what are sometimes called, lost souls. In many cases, there may have been a disturbance as they were dying.

I remember one case in which the *Attachment* expressed amazement that he had been attached to a consciousness that was not his. He had no idea why this was so. When I asked him what had happened he said that he had no idea. He only remembered that he was riding his motorcycle. When it crashed he suddenly found himself in the body of a man who just had been walking by.

Normally, as described in the *Near Death (NDE) literature*, in some way, the disembodied consciousness is attracted to a *Light* or to a *Tunnel of Light*.

We have to discover what actually happened.

In order to discover what actually took place at the time of death, the first task, as mentioned, is to gain the trust of the *Attachment*.

While a *deceased consciousness* may be unaware that she/he is dead & is supposed to be on their way to the *Radiant Light*. It becomes an *Attachment* by entering the consciousness of the host which can have been when:

- Baby is having difficulties inhaling the first breath at birth;
- is propelled into another consciousness/body by accident;
- is disturbed or disrupted on the way to the *Radiant Light* at death;
- felt guilty & did not dare to go to the Light for fear of judgment;
- taken hallucinogenic drugs which open holes in the aura allowing entities in;
- been addicted to behaviors of anger which blasts holes in the aura;
- been in emotive therapies which addict her/him to anger/adrenaline;
- or after death hovered too long with living friends or family.

Again, an *Attachment* may be unaware that s/he is dead. This is often so when it's consciousness is *trance trapped* in unresolved emotions from her/his own death event.

- The *Attachment* can be attracted to the client who is dealing with the same unresolved emotions.

- When this happens, because of the presence of the *Attachment*, the client can be kept from resolving & releasing those emotions.
- This unrecognized duplicity makes both souls live the reality trance that those events, & emotions generated, are still happening.
- Paradoxically, by the compassionate *Whole-Self Law of Repetition*, the client keeps trying to find a resolution to the unresolved patterns.

Sometimes:

- There can be a misconception regarding 'dear' memories.
- Sweet memories of a lover, a parent or grandparent sibling sound nice but they could block my soul growth, development & evolution.
- Promises & obligations to the deceased can block me in my personal discovery, growth, maturity & evolutionary development.

In less benign situations, diminished beings can *Attach* to a person through holes, rips or tears in the auric consciousness which result from illness, drug taking or from emotional rages. These may be more difficult to release & as suggested in the preface an experienced W-S PP Supervisor could be consulted.

How to recognize that there could be an Attachment?

When clients come for *W-S Discovery/Education/Therapy Session*, they usually are not aware of a possible *Possession/Attachment*. So, in the 1st person, I start the session beginning with the issue or patterns the client is presenting.

The Human Aura is Consciousness Itself

The aura or bio-energetic field surrounding & animating the body is a vibrational, bio-computer containing all the memories that a client's consciousness has EVER experienced.

Having developed sensitivity to sense or see auras, I watch the client carefully to sense or observe the aura bio-energy around the person's head. It can be helpful from the beginning to position myself so that the client has a light uncluttered background behind her/him. This makes seeing or sensing the aura easier. This will give me confirmation that the verbal work is working. If I sense a grayness or darkness around the head, or the person is restless & fidgety, I need to consider a possible *Attachment*.

Note: A very thin or even black aura can represent a closeness to death. *Attachments* can be physically fidgety because they are trying avoid exposure to the *Radiant Light* in the *Whole-Self Radiance Relaxation Exercise*.

One of the easiest ways for a *Whole-Self Prebirth Psychology Therapist* to recognize a possible *Attachment* is by guiding the client through *the Whole-Self Radiance Relaxation Exercise*. This is why it is always important to start every Whole-Self Session with it. While guiding the client through this exercise observe and take note for clues of a possible *Attachment*:

- 1 - If people cannot close their eyes during a *W-S RRelaxE* or an *W-S Therapy Session*. (It can also be a client's need to control).
- 2 - When people talk in the third person, in general not speak for themselves.
- 3 - When they often make general statements, 'Of course, I/we cannot do this/that'.
- 4 - By various intensities of wriggling, scratching, opening the eyes, coughing, twisting the head and even falling asleep during the *W-S Radiance Relation Exercise*.

As *Attachments* may basically be uncomfortable by exposure to any light, the *Radiant Light* in the *Whole-Self Prebirth Therapy Work* can impel them to try to hide from it. Reassurances of safety can be offered.

How to make contact with the Attachment?

When at some point during a *W-S Prebirth Psychology Session*, I hear the client's voice completely change; begin speaking in a voice not my client's, I am sure that this is an *Attachment* revealing itself. What is fascinating is that not just the voice changes but the entire physiology in the body can change. For example, the *Attachment* may diagnose as diabetic while my client shows no trace of the pancreatic disease. In other words:

The *Spiritual Dimension* impacts the *Physical Dimension* to reflect the *physical attributes* of the body of each Attachment before that body died.

When an *Attachment* reveals itself, this is the moment that I identify myself to it:

1) "My name is! I am here to help you. Please give me your name?"

The *Attachment*

- may give me its name
- may not give me its name;
- starts to behave strangely or secretively;
- tells me that she/he is not allowed to give its name.

To do a *Spirit Releasement* I need the *Attachments* name.

So, when the *Attachment* says it is not allowed to tell me its name, I do not oppose it but assure it that 'I do understand that situation!'

**Because I am working at my own Whole-Self level,
it is safe for me to connect with the energy of the *Attachment*.**

Spirit Releasement is basically energy work
& it is important for me not to oppose.

Should I oppose, I would be giving the *Attachment* my energy
& it would have power over me.

So, when I am in loving communication with it, it will open up
to me even if it may take some cajoling & persuasion.

I share lovingly to ensure that the *Attachment* energetically feels
& senses that it is safe & does not feel threatened.

To do *Spirit Releasement*, I need to connect and I need her/his name. I begin by introducing myself to the 'other'. When there still is a refusal to give its name, I explain that:

"By Natural Law, you must give me your name when I ask for it!"

This sets into motion the entity's submission to my authority over 'the other'.

Therefore, when still it does not want to give its name, I have to be patient & keep talking or asking questions until I have a name or some title to address the *Attachee* energy by. For example, I may I say:

- It might have been a long time ago when you have heard your name.
- I am sure though that you remember.
- Did you like your name when you where living your own life?
- Did your name sound like the name of ...(client's name)?

As conversation proceeds, this will usually release resistance & the name finally is revealed to me. The key is to be patient but firm & consistent. I keep talking until I have a name. Sometimes the Attachment says that there is no name. I calmly respond 'That is a name so, I will call you *'No Name'!*' From that moment, I use *'No Name'* to address the entity. This sets into motion the *Attachments* submission to my loving authority over the 'other'.

In most cases, *Attachments* simply want to be in a body.

When the *Attachment* does tell me its name the next step Follows the basic *Whole-Self Death & Bereavement Script*:

- I say hello to that personality;
- tell it that I am happy to meet;
- that I was wondering who was sitting with this client;
- that by Natural Law it is not allowed for any spirit to attach itself to any other human body/consciousness;
- but, if it wants, I am here to help it get its own body.

This goal established, the process of *Spirit Releasement* can proceed. I ask the *Attachment for background through its personality*:

- Did you know that you had died?
(Sometimes *Attachees* do not know that their body died. This can be explored.)
- What is your sense of that life & details about the date, place, time you died?

- What was happening just before you died?
- How did you die at the end of that life?
- Where were you before you came to be with ...(client's name)?
- Before you came to ...(client's name), have you been together with other persons who also were experiencing similar emotions in their lives?
- When did you come to be with ...(client's name)?
- How did you find ...(client's name)? (The answer is usually the Bio-Energetic Attraction to the Emotions.)
- Where was ...(client's name) at that time before you attached?
- What was ...(client's name) doing at that time in her/his life?
- What were the emotions ...(client's name) was having before that event in her/his life?
- How did those emotions change when you attached to ...(client's name)?
- Did you recognize those emotions from your own life?
- How had you handled those same emotions in your life?

Next, I explore the event with the client (eyes closed):

- Please allow your Whole-Self to let you experience how old you were when the attachment happened?
- Please allow your Whole-Self to let you hear a number which relates to your age then?
- Please allow your Whole-Self to let you see where you were just before the attachment happened (*W-S Discovery Steps*)?
- Please Allow your Whole-Self to let you feel what you were feeling just before the attachment happened?
- Please Allow your Whole-Self to let you see what happened before the attachment arrived?

- Please allow your Whole-Self to let you experience the arrival of ...(*Attachment's* name)?
- Please allow your Whole-Self to let you experience how does ...(*Attachment's* name) make you feel (physically, emotionally, mentally)?
- Please allow your Whole-Self to let you experience do you 'want' (...*Attachment's* name) to stay with you? Yes or No?

Sometimes people with *Attachments* discover that even though they may say that they do not 'want' the *Attachment*, they are amazed to discover that on a non-conscious level they do 'want' or 'need' the *Attachment*. This is discovered by asking the question:

- Please allow your Whole-Self to let you experience do you 'need'... (*Attachment's* name) to stay with you?

When the client says 'Yes!' or 'Don't know!', I ask their W-S to explore why.

- Please allow your Whole-Self to let you experience why you 'need' ... (*Attachment's* name) to stay with you?

The answer often is because 'I will be alone!'

At this point a complete *Whole-Self Prebirth Psychology Discovery Steps* about the first time - next time - next time, the sense of loneliness was experienced.

- Please allow your Whole-Self to let you know if there are any other *Attachments* with you?

If there are, I ask W-S explore each of those personalities as above asking:

- With whom they were before?
- The reason why they had to leave that person (that person probably died).
- I tell them I am sorry the other person died. (This will help open them up.)
- They may say 'I am not sorry, I found ...(client's name or somebody else).

At the end of each *W-S Exploration* I ask each *Attachment* by name:

'Would you like to have your own body instead of sharing the body of ...(client/patient's name)?'

Usually the answer is 'Yes!' or

‘Yes, but! ...(client’s name) cannot miss me.’

I explain that ...(client’s name) might or might not have been happy with ... (*Attachment’s*) presence before we were communicating but because of this *W-S Releasement Therapy* it is appropriate for each to have their own path of evolution.

This path is found by each *Attachment* lovingly separating from ...(client’s name) by looking up; seeing a *Radiant Light*; possibly being assisted by Beings of Light; merging into that *Radiant Light* where they will find guidance preparing for having their own body.

As explored earlier, it would now be the time for both to make the next step; the step towards each’s own individual life.

If an *Attachment* says ‘No!’ I hear/feel the energy of the *Attachment* depending on that I can say;

- I hear/feel you are bitter, or disappointed about life, is that correct?
- When you stay with ...(client’s name) instead of going to the *Radiant Light* you both hold on to the reality that those emotional events are still happening to you.
- I say to the *Attachment*:
‘Your challenge is to let go of to ...(client’s name), to move to the *Radiant Light*, to start a new life with a new body all for yourself.’
- Is there something I can do for you to help you let go of ...(client’s name)? If each wants to experience happiness or other specifics that is also a good reason to start a new life.

Before the *Attachment* moves on, I ask:

- To the W-S of the client: Is there anything the client wants to share with ...(Attachment’s name) before leaving?
- To the *Attachment*: Is there anything you want to share with ...(client’s name) before leaving.

When conversing is insufficient to motivating an *Attachment* willing to go to the *Radiant Light*, then in working with a resisting *Attachment*, as an *W-S Releasement Therapist*, I may have to be more authoritative in comparison with other W-S Work & being firm & tell them that;

- Even though you say that you are caring of ...(client’s name) she/he is seriously distressed by your presence & especially your

unwillingness to leave & go into the *Radiant Light*. So, in the name of *Natural Law*, you please move to that *Radiance Light*.

(Sometimes, when there was a loving relationship between them, exchanging symbolic gifts as we do with the *W-S Past Life Echo* can be appropriate.)

Attachment Releasing:

Now I communicate to ...(Attachment's name) that in order to start a new life with a new body all for itself, it is now ready to go into *Radiant Light*.

As you are looking up just look into the *Radiant Light* you see:

- Please allow yourself to look up & see the *Radiant Light*?
- Please allow yourself to feel the *Radiant Light*?
- Please allow yourself to move into the *Radiant Light*?
- Please allow yourself to be filled with the *Radiant Light*,
merge with the *Radiant Light*,
become one with the *Radiant Light* .

Occasionally, there may be conscious or non-conscious fear to go through to the *Radiant Light*. This resistance may be in the *Attachment*, client or both.

The fear, even terror, may have implanted through a misconception about the biblical *Last Judgment*. Both parties need to recognize that there is no god, lords of karma or any exterior consciousness judging her/him. The concept of a last judgment is distortion of a benign, gentle, loving Natural Law which describes spiritual evolution as individual responsibility through the accumulations of all the self-judgments each consciousness has ever made against itself. In fact, there is no actual last judgment because *eternity* may be unending evolution.

The client may be hesitant, directly or indirectly, to let go, so I have to work with that resistance. It is often because of fear of loneliness which attracted the *Attachment* in the first place. I work through the resistance using the *W-S Discovery Steps*.

An effective option is to ask the client to visualize the *Radiant Light*, seeing the cosmic helpers approaching to assist in *the ascension*. This can reinforce the concept that the client will not be alone either because the helpers can be called upon for spiritual support at any time. Then I can ask the client to help ...(Attachment's name) to let go & move into the *Radiant Light*.

When the *Attachment* is one with the *Radiant Light*, without the constraints

of a limiting personality, it can objectively see & recognize all unresolved emotions, self-judgements & diminishing decisions of the left life.

Then, with the support & assistance of one or more spiritual counselors, they can lay out the challenges to be encountered in the next life in the three dimensional evolutionary world.

Immediately, I let the client heal their body filling it with *Radiant Light*. Then, I resume *W-S Work* with the client as before the *Attachment* came up.

- I check if there is any apparent residue of bitterness.
- In special cases, the *Whole-Self Death & Bereavement* Script may be appropriate.
- Advise to listen to the *W-S RelaxE* every day.
- Advise to take a shower every day to cleanse & heal the auric bio-energetic field.
- Awareness on the body is important to enjoy the body.
- Do the *Whole-Self Radiance Relaxation Exercise (W-S PLE Q 26)*.

My client learned in the 1st person that:

- I keep myself trapped if I don't want to feel emotions I don't like.
- Emotions are precursors to feelings.
- Emotions are energies which are not recognized as a feeling yet.
- Emotions can be seen as a circle.
- When the start of the unknown emotion is unpleasant,
I stop the experience, keeping myself trapped in that unknown,
unpleasant state of that specific emotion.
- When I do experience the energy, I make a full circle,
& I discover the feeling developing in me from that energy.

Postscripts:

Prelude To A Kiss

At the opposite end of the media spectrum is the marvelous comedy *Prelude To A Kiss* in which Meg Ryan see an old man at her wedding reception. As she gazes into his tired old eyes she realizes that she is afraid of life. The old man is dying of lung cancer and cirrhosis of the liver and wishes that he could be the bubbling young beauty with the sparkling eyes beginning her new life. Through a kiss their souls exchange bodies and the search begins to get their own bodies back.

2 Case Reports

Case 1

The woman with an extra (3) kidney. (Related to a PLE or an *Attachment*)

Rita was suffering from irrational behavior; 'always' fighting with people; 'always' being the victim. She has two personalities - that's what she wanted in order to not feel alone. But now she feels trapped. It is impossible to have a relationship with her because she cannot be one person. She always says things that people can only disagree with. Because of the *Attachment*, she needs a lot of energy which she generates by starting lots of fights to trigger & satisfy her addiction to her adrenaline. When she fights, there is a chance that more attach-ments are coming in. The condition is, in this case, only getting more serious.

W-S Advice:

When I communicate with Rita, I stay centered in my body & talk from my Whole-Self with her W-S. I say "Yes!" to whatever she says, to not feed/energize the *Attachments* by fighting.

Rita, after hearing the Attachments, has become aware of her situation & to do W-S work to discover who she really is. Then I support her to make a very clear choice for herself. Also, through W-S Work she can clarify if necessary to remove one kidney, and if so, which one. (One of them may be related to a Past Life fighting consciousness)

Case 2

Sis had not & was never really in her body. She has been a very sporting woman; very active; never time for herself. Several Attachments were revealed needing to be released.

The 1st Attachment did not know where to go. In a previous life she was a little girl running around with her grandparents when she died in WW II. She was still running around, attached to the client while she was running & keeping her running out of fear to become whole.

The 2nd *Attachment* was stubbornly not communicating; was not present; did not trust anybody. Sis was doing the same. When Sis became aware of the situation she helped the *Attachment* to go to the *Radiant Light*.

The 3rd *Attachment* had difficulties to come close to people; to come close to any experience in general. He knew about the *Radiant Light* & with Sis's help he was easily released.

The 4th *Attachment* was afraid to leave the body consciousness of the client. He had experienced sexual abuse (as had my client) and feared that it would happen again. He also wanted to stay to protect the host.

The 5th *Attachment* was refusing to say anything because my client was not choosing for herself. I talked with the *Attachment* about the client now wanting to communicate and take care of herself and that's why she had the session. Then without any further discussion she left.

Finally, an interesting question for me. Psychologically, by not taking responsibility for myself & needing help, creates a behavior of helping others, am I expecting to be helped because of those efforts?

We thank all our Whole-Selves for having served us all perfectly & now can take a shower, too, for the pleasure of it! JRG&T

Appendix 1:

Troya's W-S Attachment Tamara Case Summation:

- **The Whole-Self 4 Laws of Evolution**
- **The Whole-Self Law of Opposition**
Whatever I am opposed to I have to experience;
- **The Whole-Self Law of Confirmation**
Whatever I really believe about myself I will keep proving to myself;
- **The Whole-Self Law of Decisions**
My conscious & non-conscious decisions create my future;
- **The Whole-Self Law of Repetition**
To keep *Trying It Again* - which allows me to keep repeating my diminishing patterns until I understand them by not resisting or opposing them.

After The Whole-Self Radiance Relaxation Exercise

I asked Tamara if she has ever felt that there is any other person, personality, or personalities, with her in her sense of herself. She confirmed that she has had that sensation 'when doing something which was not her doing it!'

I asked Tamara to please allow her W-S to connect with one of the energies whose presence she feared had been haunting her - energies she sensed to be with her & to ask its name. As in all Attachment releasing, it is essential that the entity must give his or her name as this sets the vibration of cooperation from the entity.

In this case, the entity identified himself as Andrew. He said that he was only with Tamara for a few months. He had Attached to her because he was lonely & sad, & he needed her warmth & comfort.

Andrew revealed that in his own last body, he was 9 years of age when he died. He told us that he remembered his parents argued alot, but they where also kind. He went daily to a school that was nice but he was lonely there. One day he got a low mark on his mathematics test & he felt hopeless. He had prepared himself as best he could & was counting on a high mark! Mathematics were not important but he needed the high mark - he could not explain why.

Andrew's parents were not upset nor really interested. His grandmother told him to study harder but that made him even sadder (hopeless) because he already had done the best he could. On his way home, Andrew was playing alone near the canal water. He tripped, fell in & he drowned. Yes, he saw the Radiant Light but did not want to go there. He said, 'I was lonely & afraid & I did not want to be alone!' Instead, he found Tamara, who is quiet, has compassion & is a comfort for him.

I told Andrew that I was happy that he had found what he needed; that he had experienced a period of quietness & comfort. At the same time, I informed him that it is against Universal Natural Law for any consciousness to attach itself to another person. The reason is that he had found those qualities by taking energy from Tamara. By Andrew using her energy, it made her tired, sleepless, unbalanced & fearful. I told him that she is not upset with him but that she needs all her energy herself to perform well at school - & he knows how important that is. I explained the possibility for him to go into the Radiant Light now & that he did not have to go alone. Both Tamara & I were here to help him. Also, when he is willing & looks up to see the Radiant Light coming towards him, he will find helping hands in the Radiant Light to support him even further. We spoke about the importance of going into the Radiant Light; that he will find company & comfort there until he is ready to start a new life, in a new body which will be his!

Tamara felt relieved when she sensed that Andrew had gone into the Radiant Light. Then she shared that through her whole life she had been fearful of drowning. This fear appeared not to relate to her experiences in this life, so I kept a Whole-Self Past Life Echo Regression in mind.

From there, I asked Tamara to allow her W-S to connect with the next energy attached to her, & to request the name. Bob announced himself. He said he already was with Tamara for 3 years to help her when she was afraid. He said that for over 60 years he had been with other people - he said he had hopped around people to help them.

I asked Bob if helping people had been his profession in his previous life but it was not. He said that he had started to help others by hiding Jewish people from the Nazis during World War II. I asked him if those people had survived the war. He proudly said that five had survived only one had died.

I asked Bob if he survived the war... 'No! One day I went out to get bread & was stopped by three German soldiers. They asked my name. They laughed at me. I knew this was the end. They asked where the Jews were hidden but I refused to tell them. I told them that when I gave that information they would kill me. They did anyway.

I expressed my gratitude to Bob; to be so helpful in difficult times is very courageous. On top of that he gave his own life. I asked him if he had seen the Radiant Light. He said that he had, but did not want to go there in case more people needed his help. First, he was with an older man who was desperate. Then he hopped around for decades until finally he had found Tamara. Bob said that she also had died in WW II. He said he recognized that past life in her behavior & could feel it in the energy of her consciousness energy. (It is interesting that Bob could reciprocate feeling the energy in Tamara's consciousness & not in her body.)

I told him that I was happy that he had supported Tamara when she needed it.

Then, I carefully explained to him that by supporting her he was using her energy. Being a fleeting spirit to her makes Tamara tired, sleepless, unbalanced & afraid. I told him that she is not upset with him but that she needs to grow stronger now & needs all her energy to do so. Therefore it is important for him to release from her.

I explained the possibility for him to go into the Radiant Light; that in the other dimension he also can be of service, & when he is willing he will find fulfillment there. We spoke about the importance of going into the Radiant Light; that both Tamara & I are here to help him. And that he will discover that there are souls there who need help as well, so he can complete his 'helping' there & when he is finished helping, he can start a new life on Earth, in a new body with all the support he needs.

Tamara sensed when Bob had gone into the Radiant Light. She is not surprised that she had lived during WW II. So, again, a Past Life Echoe is hinting to be done.

Tamara feels different now, more energetic & relieved... I asked her to connect with the next energy & ask for a name. She says there are no other energies anymore.

I ask her what she has learned from the Andrew & Bob's energies? She now understands that because of co-dependency, she also had been clinging to their energies - she had wanted to comfort them.

When I asked her if she needs comfort too, she admits it.

She says that in the future she will help & support other people &, at the same time, she will be willing to accept help & support from other people.

Troya GN Turner-Groot

Appendix 2:

The newest name of the *Attachment* phenomenon presented in *Wikipedia* - the free encyclopedia is **Dissociative Identity Disorder**

Dissociative identity disorder (DID), also known as **multiple personality disorder (MPD)**,^[1] is a **mental disorder** characterized by at least two distinct & relatively enduring **identities** or dissociated **personality** states. These states alternately show in a person's behavior, accompanied by memory impairment for important information not explained by ordinary forgetfulness. These symptoms are not accounted for by **substance abuse**, **seizures**, or other medical conditions, nor by imaginative play in children.^[2] Dissociative symptoms range from common lapses in attention, becoming distracted by something else, & daydreaming, to pathological **dissociative disorders**.^[3] Symptoms vary over time.^[3]

Dissociative disorders, including DID, have been attributed to disruptions in memory caused by **trauma** or other forms of stress. Research on this **hypothesis** has been characterized by poor **methodology**.^[4] An alternative hypothesis is that DID is a by-product of **techniques employed by some therapists**, especially those using **hypnosis**, & disagreement between the two positions is characterized by intense debate.^{[5][6]} DID is one of the most controversial psychiatric disorders, with no clear consensus on diagnostic criteria or treatment.^[5]

No systematic, **empirically supported** definition of "**dissociation**" exists.^{[7][8]} Diagnosis is often difficult, as the illness is frequently associated with other mental disorders. **Differential diagnosis** should consider **malinger** if the individual's principal concern is with financial or forensic gain or with the avoidance of obligations; & **factitious disorder**, if the individual's principal concern is with assuming a patient role.^{[2][5][9][10]}

It is generally believed that DID rarely resolves spontaneously. In general, the prognosis is poor, especially for those with comorbid disorders. There is little systematic data on rates of the condition.^[9] It is believed to affect between 1% & 3% of the general population, & between 1% & 5% in **inpatient** groups in Europe & North America.^[10] DID is diagnosed more frequently in North America than in the rest of the world, & is diagnosed three to nine times more often in females than in males.^{[9][7][11]} Rates of diagnoses increased greatly in the latter half of the 20th Century, along with the number of identities (often referred to as "alters") claimed by people (increasing from an average of two or three to approximately 16).^[7]

DID is also controversial within the legal system,^[5] where it has been used as a rarely successful form of the **insanity defense**.^{[12][13]} The 1990s showed a parallel increase in the number of court cases involving the diagnosis.^[14] DID became a popular diagnosis in the 1970s, '80s, & '90s, but it is unclear whether the actual rate of the disorder increased, whether it was more recognized by health care providers, or whether sociocultural factors caused an increase in therapy-induced (**iatrogenic**) presentations. The unusual number of diagnoses after 1980, clustered around a small number of clinicians, & the suggestibility characteristic of those with DID, support the hypothesis that DID is therapist-induced.^[15] The unusual clustering of diagnoses has also been explained as due to a lack of awareness & training among clinicians to recognize cases of DID.^[16] Visit the Wikipedia website to review indicated References.

