



The Gift of Spirit Release

BY MONICA AUGUSTINE

WE ARE EXPOSED to subtle energy influences on a regular basis. We encounter them through the environment, through interactions with others, and from our own thought patterns. These subtle energies can accumulate in our aura and chakras and continue to influence us over time. We experience growth when these energies are positive

and goals. They can weaken one's creative abilities, cause disorientation, and make debilitating conditions one might already have worse.¹ Therefore, being aware of these unhealthy energies and releasing them through the use of a spirit release technique can be beneficial to one's health and well-being and even have a positive effect on the path one chooses to take in life.

longer live in the upgraded energy vibration the Reiki Placement created. So, I watched them go, but I didn't feel the full effect for a couple of months. Then, I remember Kevin asking me if I was aware of anything. I just said, "Yes, it seemed like a flood of energies just left my body and energy field." But it felt like they had been there a long time.

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and healthy, such as when we receive sincere complements from others. But subtle energies can also be negative and one important, but often overlooked source of these can be from spirit attachments. Regardless of a spirit's intent, spirit attachments, by their very nature will almost always cause problems, whether physical weakness and illness, mental, emotional, or spiritual dysfunction, or problems with relationships and can also interfere with our projects

The first time I experienced a spirit release was during a Placement with my first Holy Fire® Reiki teacher, my husband, Kevin Schoeneringer. I still remember feeling and seeing in my inner vision what seemed like hundreds of attachments fleeing quickly from my field—like when someone shines a flashlight on bugs, and they quickly flee. I interpreted the visual image to mean these energies could no

Until 2014, I had managed inner voices that were not my own. I was not fully aware of what was happening, but it sometimes felt they were running the show, and "I" was thinking I don't know that I agree with what they were saying. But back then, I wasn't as aware of these types of energies as I am now. I was aware of a higher-self voice and of voices that felt fear-based.

As a young girl, I experienced abuse, and I believe that this is

when these energies found their way to me and attached, and then it was difficult to tell the difference between them and me. I had a genuine desire in my authentic heart and mind to want to do well, live well, help others, be kind, but as I got older, I sometimes noticed a self-sabotaging habit and strong feelings of self-hate that were challenging and tiring to manage.

Initially, the sense I felt after the Placement was as if there was a void inside my body and mind as if something had left my energy field. I knew it was a positive void, but it was uncomfortable only because it was different. My inner guidance said, "It is okay; this is a positive void. You will get used to this feeling as the void fills with the love and the light of Holy Fire® Reiki, God, and Jesus' light." This felt and sounded right to me.

Over a period of several months, there was a lot of unsteady footing and reorienting, both mentally and emotionally. I also remember feeling angry that this was so challenging and scary. It was only challenging because I was holding on to and searching for the old self and old ways of clinging. Kevin kept encouraging me to have faith that this, too, would pass, considering these energies seemed to have been with me for a long time.

After two months, I remember hearing an inner voice say, "So this is what and who we are." I'm not sure I have a memory of experiencing just being with "myself" inside this body till that very moment. It was so exciting as if someone pulled the cur-

tains back to a place you have only dreamed of, or an experience you imagined feeling, and there it was. It was always within, just covered over by other energies.

As I understand more now, after years of teaching and practicing Reiki, I feel that in a very unskilled way, those lower vibrations were trying to help and keep me company, but thanks to Reiki, I could let them go. From that moment on, I became so

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grateful to Holy Fire® Reiki, God, Jesus, love, light, and so thankful for the healing release. Other people's experiences may be different, as Reiki responds personally to everyone for what they need. The experiences they need are always unique to them and for the highest good of their life path.

As a Reiki teacher, practitioner, and intuitive life coach, if a client says they feel an affliction, addiction, feel suicidal, or depressed, not themselves, I will first recommend they have a trusted licensed health-care professional work with them. Then, with their permission, I send Reiki to them and scan their energy

field intuitively to check for spirit attachments. If I am shown one, we do a spirit release, let Reiki do its work, and then continue with the session. I let them know Reiki will continue with the release process if it is needed.

Spirit release can be a great gift. It will clear the person's space within and around them, and then they will feel a clear mind and an open heart. This was my experience. It took a couple of months to adjust because I suffered a sizeable amount of trauma at an early age. It seems like the level of release is proportional to the person's experiences and if they are having trouble letting go. Being attuned to Reiki energy cleared my energy field and helped me begin to find and let my authentic self navigate my life. Spirit release, used in a Reiki session, can help bring clearing and awareness to others, helping them better discern their real Self while clearing negative energy with love and light.

As I experienced several subsequent release processes, some of these energies had names and activities that resonated with the trauma. This indicated to me that they were spirits and I learned they also wanted to be released because as the vibration in my field rose, it was no longer comfortable for them to be present as it had been when I was younger and unaware.

So, remember, with your loved ones and clients, if they do not seem like themselves, or are saying they are feeling unusual negative emotions or thoughts, consider conducting a spirit release process as described in

the ICRT Master Manual's, "Healing Spirit Attachments" section.² There is also a free article on the ICRT website that describes a spirit release technique you can conduct for yourself or a client or friend.³ If it is needed, using one of these methods will provide great peace, relief, insight, and awareness. But when doing this type of work, it is recommended that you or others also have the support and care of a licensed healthcare professional. You may also consider gaining the help of one of the ICRT's Licensed Reiki Master Teachers.⁴ ✨

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Endnotes

- ¹ William Lee Rand, *Usui/Holy Fire® III Reiki Master Manual, Including Advanced Reiki Training* (Southfield, MI: Vision Publications, May 2019), 28.
- ² Ibid.
- ³ <https://www.reiki.org/articles/understanding-and-releasing-spirit-attachments>.
- ⁴ <https://www.reiki.org/meet-icrt-licensed-reiki-master-teachers>.