

Standard Steps to Interview, Release, and Rescue Spirits

Phase A: Preparation

- Step 1. Get in the Zone.
- Step 2. Activate Shield.
- Step 3. Clear Negative Energy and Harmful Thought Forms.
- Step 4. Balance Energy.

Phase B: Conduct the Interview

- Step 1. Tune to the Target and the Search Area.
- Step 2. Establish the presence of an earthbound spirit (s).
- Step 3. Get permission to conduct the interview.
- Step 4. Discover information about the spirit.
- Step 5. Explore reasons for staying and convince them it's time to move on.
- Step 6. Determine if they are ready to cross over to the Spirit Realm.

Phase C: Spirit Release and Rescue

- Step 1. Do they know about the Light?
- Step 2. Can they see the Light now?
- Step 3. Do they need an energy boost to see the Light or break free of attachment?
- Step 4. Tell them to go now, go into the Light.

Phase D: Spirit Guide Help

- Step 1. Call on Spirit Guides and other beings to help.
- Step 2. Confirm with your Spirit Guide that the spirit(s) crossed over into the Light.
- Step 3. End communication with the spirit when you end the session (if they don't enter the Light).
- Step 4. Determine if other spirits are present – if so, return to "Phase B: Step 3."
- Step 5. Thank the Spirit Guides and others involved.

Phase E: Post-Session Wrap-Up

- Step 1. Repair Aura.
- Step 2. Clear the space of any residual negative energy.
- Step 3. Balance the energy.
- Step 4. Take the White Light Shower.
- Step 5. Cleanse your Pendulum.
- Step 6. Reorient yourself out of the Zone.
- Step 7. Restore physical energy (food, water).
- Step 8. Review the session.