



Addictions and the Spirit Release Process

BY PAMELA ALLEN-LEBLANC

RELASING SPIRITS AND SOULS from people and places has been a large part of my Reiki practice for years. A student introduced me to it after learning about it from another Reiki Master she studied with. While at first I was skeptical, I soon saw the benefits of releasing trapped souls and spirits for people's health and well-being. Despite the fact that the process often left both my student and me fatigued, we both used the process whenever we were guided to for our clients, friends and family.

Then, in 2015, I studied Holy Fire Reiki and I was excited to find that William Rand had included a process for healing spirit attachments. I could immediately see it would be more effective and powerful than the technique my student and I had been using. In class, William said that when he had visited the Dead Sea in 2004 and meditated with the land, he had gotten a sense that the Essenes had a camp there and had done spirit attachment release work there. He also mentioned that Jesus was known to do this work and that many present-day healers do it as well. There are a plethora of techniques that vary in their effectiveness, but I have found the Holy Fire technique incredibly effective. Over time, it has become almost effortless, no longer draining to my personal energy.

In the class, William explained that often, second heaven spirits need to be released from a person (or place) to facilitate the healing process. There is a spirit or energy for almost every type of illness or ailment that connects through the parts of a person that are out of balance and need healing. These spirits can make an unhealthy condition worse and more difficult to heal. These entities remain close to the earth plane and generally cause problems for people—for example they leach their energy, causing confusion and other difficulties including poor health.

I do spirit attachment release work for every client who walks through the door, as most everyone has some type of energy attached to them that is not theirs. It is up to the practitioner whether or not to tell a client about doing this work for him or her. I tell those who are open to understanding the concept. For those who would be frightened or misunderstand the work, I simply conduct the technique in the name of healing their issues without discussing the details with them.

However, even with the successful use of spirit release work, people can and will keep any attachment they wish to. Why

would a person do that? It tends to happen through a person's belief system. For instance, I had one knee that had given me difficulties since my teenage years. I had a belief that because everyone in my family had troublesome knees and often needed knee replacement surgery, it followed that I would too. I simply had bad knees. They ran in my family and there was nothing I could do about it. When I learned about spirit attachment release work, I understood that I kept calling this condition back to myself because of my faulty beliefs. My belief system had to change in order to heal my knee.

Most of us hold some kind of belief about ourselves that keeps us from changing a detrimental pattern of behavior. One of the strongest of these faulty self-beliefs forms the basis for addictive behaviors. In time, I discovered that there is a spirit or energy attached to addictions as well.

In August 2016, one of my Reiki students, "Lizzie," came to me with a problem. She and her fiancé, "Robert," were moving to a new apartment, and Lizzie, being extremely sensitive to energy, was aware that there were some spirits or negative energies in their new space. She felt she had picked something up when they went to clean the apartment. We worked together to release the energy then cleared her space of entities, putting a protective shield of Reiki energy around their new apartment. She later found out that Robert, who was at the apartment, had become ill and sick to his stomach.

Robert had struggled with addictions since he was 12 years old, when he and his friends used to get together to drink every weekend. He soon moved to smoking marijuana, but after a while that no longer gave him a high, so he moved on to mushrooms and harder drugs out of boredom and the need for a high. He quit school. During this time, he also drank a lot. He felt depressed and his brain spent much of the time in a chemical hangover. He later told me that he didn't think about the aftermath of his actions or about whom he hurt because his brain could no longer control his body. Then two things happened: his dad had had enough and kicked him out of the house—and he met Lizzie. Robert and Lizzie had a frank conversation before they started dating. He told her that he was looking for someone to settle down with and she told him she was not interested in dating someone who was on drugs. In

response, he cut way back on his drug use, went to chef school and eventually started working as a chef. However, he still spent all his pay on drugs. Lizzie's response to this was clear: "It's me or the drugs." He chose to stop the drugs because he knew that Lizzie made him happier than the drugs did. But he kept on drinking in spite of the fact that there was a history of alcoholism on both sides of his family. Even though she didn't like it and didn't drink herself, Lizzie chose to accept his drinking, believing that it was a habit she could live with.

It quickly became apparent to Lizzie that living with this choice wasn't going to be easy. Drinking on weekends and days off, Robert's drinking patterns became a big problem. He would quickly lose control and would have no memory of his actions. He soon realized from what others told him that he was becoming violent when he was drunk and he was really uncomfortable with that. At one point, his family convinced him to go to a spiritual practitioner to find a way to eliminate his drinking problem and he went—but in hindsight, he realized he was really doing it for them. The practitioner told him he would never able to take a drink again. And although I don't believe she meant to say it this way, he didn't like being "told" what he could and couldn't do. His response was, "I'll prove I can take a drink," and he went right back to drinking. He and Lizzie argued a lot about all of this, and he would try to take a break from his drinking, but it never lasted for very long.

Then came Lizzie's session with me in which we cleared out the spirits from their apartment. When they compared notes, they realized that it was at the exact same time that she and I were clearing spirits from the space that Robert had felt so ill. Lizzie explained to him that perhaps his addiction was a "spirit" and that he had felt ill because he was holding onto something that was trying to let go. Robert wasn't sure and didn't make any decisions. Soon after, at 24 years of age, he hit an all-time low. He and his buddies went out and he got drunk and then became very belligerent and rude to Lizzie. Afterward, when Lizzie told him what he had done, it broke his heart that he would behave this way toward someone he loved.

Robert now realized that Lizzie would not remain with him if he kept drinking and finally decided on his own that he needed help.

Lizzie came to me shortly after the night of Robert's final drunken binge and asked if there was anything I could do to help him. I wasn't sure, but like many others, I have been blessed with the gift of being able to ask questions and receive answers or a "knowing" from God and my guides. So, I checked and was told that yes, we could do something. I then came to understand that there are two types of addictions—capital letter Addictions and small letter addictions. Capital letter addictions mean that a per-

son cannot have even one drink or cigarette or cup of coffee without calling the addiction back. Robert had a capital letter addiction to alcohol and therefore would call the addiction back to himself with only one drink.

I met with Robert and explained what I had been told. I also said, "I'll do the release work with you. Just know that with one drink, you will call it back and we will need to do it again. If that happens, it's no problem—we will simply do the work again as many times as needed until you kick the habit." I also told him that for us to do the work, he would have to WANT to do it—that with addiction work, the person with an addiction really has to want to release the addiction for it to be effective. If he did, we could do it that day. But if he did not, that too was no problem; I would understand.

Perhaps the difference between what I explained to him about how our sessions would work was not so different from the intent of the other spiritual practitioner that he had seen, but this approach sat better with him as he felt that there was a choice and that the choice was up to him. Sometimes different wording of the same thought or idea reaches people differently. Just that change in phrasing was enough to make Robert understand that I wasn't telling him what to do, but was simply explaining how it worked from an energetic perspective. I had no intention of judging him, no matter what he chose. How could I? I have a beer or a glass of wine now and then. I wouldn't like anyone telling me I could never do that again. Perhaps also, he was just ready. In either event, Robert decided to go ahead and have the spirit of alcoholism released from him on that day.

Now that we were both ready, we began the session. I invoked the Distant Healing symbol to help us find the spirit that was causing Robert's addiction. Then I called on my guide and asked him to do the work. The Reiki Distant Healing symbol located the spirit that was causing the addiction near Robert's solar plexus. I went through the process of asking my guide in a very detailed way to disconnect all the chords of connection between my client and the spirit and that the spirit be led away in a manner that was healthy for everyone involved. I watched this spirit struggle to stay; it seemed very attached to Robert's energy. But this process is always successful; or it has been in my experience. The dark energy was escorted out of Robert's energy field and taken to a place where it could decide to heal or not. Although we hope these energies decide to heal, we can't affect the free will of the energies we are removing.

We then addressed the parts of Robert's energy that had allowed the addiction energy to be attached to him. I connected that energy to the third heaven or higher so that God's will for

these parts could be manifested and so that these parts of his energy would never be used by negative spirits or energies again, unless he called them back of his own free will.

The entire process took about 30 minutes. Robert said he could feel the internal struggle happening and was aware when the energy left. Still he wasn't sure how this was going to work. As it was my first time doing this exercise for an addiction I wasn't sure either. So I asked him if he would stay in touch and let me know how he made out. He did. I later learned that the next day, when Robert went to work, he had felt lighter, more energetic and happier than he had ever remembered feeling before except perhaps when he was a child, before he started drinking and the weight of life got heavy on him. He noticed that he was humming—feeling more energetic and happier. Best of all, he let me know that from the time he had left our session, he had stopped craving alcohol.

Robert had also immediately recognized a very important fact—that there are two parts to an addiction: the addiction itself and the acquired habits that promote it. He knew that he would have to replace the “habit” portion of his addiction with something else. He chose going to the gym and playing video games. And because he did not want to give up going out with friends, he initially attempted to replace beer with soda but found that the sugar in the soft drinks didn't sit well with him either, so now he drinks a few non-alcoholic beers at social gatherings. He acquired one more good “habit” as well—he is now a Level II Reiki practitioner!

Robert is often asked why he gave up drinking, sometimes by people who question his decision and his decision-making process. He has told me that some people actually “blame” Lizzie or his parents, which he does not find fair, so he has given this a lot of thought. He responds now with a quote from a favorite song, “Irish Celebration” by Macklemore and Ryan Lewis, saying “I put the drink down because I can't drink like a gentleman,” taking full responsibility both for where he was—and where he is

now. He can't imagine his life if he had kept drinking, finding it so much fuller and happier now.

I am thankful to Robert for helping me better understand addictions. It has allowed me to release addictions I had to coffee, wine, work and salty food. Since this work with Robert, I have also helped people with cigarette, coffee, sugar, junk food and alcohol addictions. One friend is considering getting help with an exercise addiction and another with an addiction to video games. I believe this work will help with any addiction—as long as the person wants to release it and is willing to come up with something to replace the “habit” portion of the addiction once the craving is gone.

Robert, Lizzie and I really hope this article will help you in your own practice or life.

Namaste. 🌿

[Editor's note: We thank Robert and Lizzie for their willingness and desire to share their stories with the readers of this magazine. In doing so, they and Pam hope that many other people will consider using Holy Fire Reiki's Spirit Attachment Release process to help them remove negative, addictive behaviors.]

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