



Healing Spirit Attachments Saved My Daughter's Life

BY JENNIFER LYLE TAYLOR

THE POWER OF REIKI never ceases to amaze me. It pulls me out of my comfort zone and shows me paths I never thought I would tread or even want to. And yet, it does so with such grace, such divine stealth, that I walk the new path almost before I see it. That is the way of this story. I wish to share with you the experiences of one daughter and how the Holy Fire® Reiki Spirit Release technique has been key to restoring and maintaining her mental, emotional, and physical health. I ask that you read our story with an open heart and mind and without judgment.

I never imagined I would author an article about healing spirit attachments, much less tell our family's very private stories in a public forum. But, as I'm sure many of you have experienced, this is how Reiki works. I could fill a novel with corroborating evidence, details, documentation, and narratives to support what I am about to share. However, if this story resonates with you, it is likely not because of any documented fact. Instead, I suspect it will be because Reiki is also working within you, inviting you to become a vehicle for another's transformation, or perhaps even your own.

I am not a mental health professional. I do not advocate that anyone without such qualifications attempt to diagnose or treat those with mental illness. I am simply sharing my personal experiences, hoping it may be of service, since Reiki complements any therapeutic approach. Of course, it is possible our experience is an isolated case and does not apply to the experiences of others. However, I do not believe Reiki would have me share this information for what would then only be entertainment purposes. I will leave that for you to decide.

My husband and I adopted our daughter at age two. Born to a drug and alcohol addicted, traumatized, and abusive mother and father, within her first year of life, she experienced extreme abuse and neglect. Her time in utero and infancy deprived her of safety, nurturing, and peace and set the stage for a chronic state of dysregulation and hypervigilance. I have learned that such traumatic beginnings can create tears and openings within the aura. This

circumstance may have contributed to her being extraordinarily psychic and a gifted medium. However, for most of her life, it felt like a curse.

At four, our daughter began describing beings she could see and hear around her as clearly as she could see my husband and me. Had her aura been less compromised and her vibration higher, she may have seen and described angelic beings. However, her extreme level of trauma and dysregulation meant she saw unhealed second heaven entities instead. She began by simply observing the beings and reporting what she saw. Then, over months, she began interacting with them and having conversations and arguments with them when alone in her room.

As the years progressed, the "Bad Guys," as she called them, became a constant source of distraction, antagonism, and eventually torment. Weekly play therapy, occupational therapy, and monthly psychiatry sessions were our norm soon after she entered our family and included multiple neuropsychological assessments. She had "auditory and visual command hallucinations" from her psychiatrist's perspective. My husband and I struggled to support her through daily rages lasting upwards of three hours, impulsivity, and too many other issues to list.

A therapist described our lives as being in a "chronic state of acute trauma," a state that lasted for many years. There were thousands of Bad Guys in constant dialogue with her. My husband and I searched everywhere for an answer. We feared telling her therapists that we believed the "hallucinations" might be actual entities for fear of their responses and because parts of us were still unsure ourselves. We experimented with smudging, crystals, Florida water, salt lines, dispelling oils, and much more, all to no avail. Finally, one day after smudging her room again, I asked, "Why don't you just tell them to go away?" She replied, "They come to me because they want me to send them to the light, and I do, but there are always more and more, and it never stops." I asked her to tell them she was just a little girl, couldn't help them, and to find someone else. She replied, "No, they need me, and I can help

them. I don't want to send them away. I want to send them to the light, but there are just too many of them."

I had never heard of anything like this before, but I knew she was telling the truth. Despite my searches for someone knowledgeable in this area, there seemed to be no one who could help. As this continued, she spent increased time in rages or violent outbursts and less and less time coherent. Finally, when she was coherent, she would sob in remorse for her actions and beg us to find somewhere that could help her. By the age of eight, she spent nearly 80% of her time in what the mental health profession deemed "psychotic states." We had turned our home into an acute psychiatric ward, with bars and plexiglass on the windows to keep her from throwing herself out of her third-story window, motion detection video surveillance so we could sleep at night and other safety measures. But, we just could not keep her safe in our home. So finally, with broken hearts, we admitted her to a residential treatment facility for children, one where I had previously worked and knew to be a safe and kind environment. She was relieved to be "kept safe" and be somewhere she knew she could not harm us, herself, or others.

During this time, she was again confirmed to be having "true hallucinations" by the psychiatric professionals. While I am grateful for the facility's safety and peace of mind, they discharged her back into our home after two and a half years of little improvement.

Around-the-clock staffing was necessary for her to exist even somewhat safely in our home. She was still tormented and commanded to cause harm. She did not want to follow through with the commands, but felt helpless to resist. We continued to explore every option, but felt increasingly hopeless.

Through the grace of God and the help of many angels, we were led on a circuitous route that included a lightworker and a skilled animal communicator/Reiki practitioner. I consulted with the animal communicator about difficulties with my horse. She recommended I learn Reiki to support it through some difficulties. When I registered for my first Reiki class, I did not know that it would end up being the answer for our daughter as well. Indeed, Reiki would become a source of deep healing and life path for myself, my husband, mother, and other daughters.

When I initially learned about healing spirit attachments in my Holy Fire® Reiki Master class, I was fearful. I did not want to do "that kind of work." Adding to my fear was my teacher's warning to stay out of "that kind of

thing" until we had more experience and learned additional extraction techniques. I almost did not take Karuna Reiki® feeling fear about covering spirit releases again. Thankfully, Reiki intervened and spurred me forward.

My experience with William Rand in the Karuna Reiki® class could not have been more different from my previous Master class. William spoke of spirit release as a healing and peaceful experience, a gift to both the person and the spirit. His deep peace and calm were contagious. I realized the entire experience was transformed when approaching the process from the perspective of deep love and faith. I felt his love and caring as he spoke the words, and afterward, I felt a lightness. Immediately after the class, I replayed the recording of the release over and over until I felt clearer.

By then, it was late at night, and I left my Reiki space and entered the dark hallway to my bedroom. I felt an unhealed spirit in the hallway in front of me. Before fear could take hold, I felt Jesus' presence standing by my left shoulder, and this was something I had never experienced before! With his support, I did my first spirit release from a place of peace and love. I was standing outside of the door where my daughter was asleep and, at that moment, realized what my daughter needed was spirit release—a lot of them.

While I felt strongly about the message I was receiving, I wanted more experience and confidence before approaching my daughter. So, I practiced with everyone who would let me. I was fortunate to do the release for my Reiki share group, which had several clairvoyant members. One described incredible scenes in which angels negotiated and facilitated the releases. She also conveyed the apologies several entities expressed on their way up into the light. This experience was just the bolstering I needed to try this process with my then 15-year-old daughter.

I set aside time for us to be alone in my Reiki space. I explained my experiences in the class and Reiki share group and that I thought this could help her. Though fearful of angering the Bad Guys, she agreed to allow me to try, though doubtful this would make any more difference than anything else. Being clairvoyant and clairaudient, she gave me a real-time account of the process as it unfolded. She described an epic battle with many angels coming in and much resistance by the Bad Guys. I encouraged her to focus on the angels and simply allow them to do the work, not to engage with the spirits, and to trust, as much as was possible, that the angels would win. My part was to focus on remaining calm and loving and keeping my energy out of the process. One

by one, as the angels worked with the spirits, they agreed to go to the light and be healed. My daughter described many spirits apologizing for the harm they had caused her as they ascended in a column of light. She actually laughed aloud at one point, stating how silly they looked dancing in the light. Finally, after about 45 minutes of continuously repeating the spirit release process, every one of them left. My daughter and I sat awestruck. The Bad Guys had been spirit attachments—and they were ALL GONE! By this time, she had been suffering at their hands with no relief for eleven years. We both knew her life would be forever changed.

Still reeling in amazement, we developed a plan to address any more beings that came. I recorded a spirit release for her and put it on her iPod so she could play it for herself anytime she needed it. We checked in with each other many times a day, and she would give me an account of how many had come and gone via the spirit release recording. I had been a little skeptical about the efficacy of the recording, but through her clairvoyant ability, I could know it worked conclusively. Every so often, one would come that needed me to do the release in person, calling in Archangel Michael for support, but it always worked.

After eleven or more years of living with the constant chatter of thousands of spirits, my daughter was experiencing peace for possibly the first time in her life. We also had the blissful clarity that the Bad Guys were definitely NOT in her mind or some construct of it. In fact, it had not been HER at all, but the dazzling light of her spirit that was acting as a beacon for those needing healing.

Now we could look at the process the way she had years ago. The Bad Guys were simply spirits needing our help, and we truly desired to provide them with that healing and peace. With every spirit release, we became more confident and peaceful with the process. Over the next year, our daughter's behavior became increasingly safe and manageable. She started to know what it was like to feel peaceful and safe. There were still many hurdles and challenges to be met but removing thousands of beings allowed us the energy to address those challenges.

Healing spirit attachments is not a panacea. Every person is unique, as is their optimal path to wellness. Our paths to wellness continue to include a variety of techniques, methods, and therapies, all with something valuable to contribute. In sharing this story, I simply wish to add to the discussion about psychosis, hallucinations, and mental health.

I am encouraged by the National Institute for Health's support of research studies, such as those conducted by the University of Maryland School of Medicine, which state, "We believe that not all voice-hearing is associated with mental illness...Some people are able to channel these unusual experiences in a healthy, productive manner, while others find these experiences to be distressing and feel the need for psychiatric care...Our ultimate goal is to learn how to be more helpful to people who struggle with their voices."¹ I hope one day those studies will include other methods such as compassionately healing spirit attachments with a Reiki spirit release technique.

Our daughter is now seventeen and has earned her Holy Fire® Reiki Master, Animal Reiki I & II certificates and can perform her own spirit releases! She is empowered and happy for the first time in her life and fully supports us in telling her story to help others.

Reiki has become a way of life, a spiritual path, a guiding force, and access to a limitless well of healing within our family. I am now a Holy Fire® Karuna Reiki® Master Teacher and an Animal Reiki Master Teacher with a full-time Reiki and Sound Healing practice. We now have four Reiki Masters in our household. Everyone is attuned to at least Reiki I, even our animals. We have seen firsthand the life-changing effects of healing spirit attachments. We have also experienced the joy that comes from freeing those spirits from their own torment and sending them to the light of eternal peace. Our desire to share this information with others is so all may find this peace for themselves and that the landscape of "mental illness" may be changed forever. ■

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Endnote

¹ University of Maryland, School of Medicine. "Share Your Psychic Experiences." Build Clinical (University of Maryland), <https://www.buildclinical.com/study/umd-psychics>.