



*Introducing*  
**Spiritual Rescue  
Technology**

**A  
Practical  
Solution  
for  
Changing  
Your Life**

**Second Edition**

**by David St. Lawrence**

# **Introducing Spiritual Rescue Technology**

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## INTRODUCTION

This book is about the real factors that influence your everyday life. Once you understand what they are, your life will never be the same.

Do you ever catch yourself doing or saying something that you instantly regret? Have you ever felt that you don't belong and there is no one who understands you? Have you ever felt that all of your hard work and sacrifices have led you to a dead end in life? Are you still looking for answers to these questions and others?

You are not alone in feeling this way.

Millions of people in all walks of life are constantly battling fears, anxieties, and negative thoughts, and don't know where these feelings are coming from.

By the time you finish this book, you will know where these feelings originate and how to handle them. Furthermore, you will either be able to do this by yourself or will know where you can find someone to coach you through the simple steps that will set you free from these mysterious fears and inhibitions forever.

If you have been looking for answers, you may have noticed that there are hundreds of different methodologies, therapies and philosophies for dealing with feelings of depression, disappointment, and even

rage. These methods of treatment range from drugs to prayer and spiritual practices of all kinds.

Almost all of them work after a fashion, but we have discovered that most of them, after an initial period of improvement, actually worsen the condition because they are using methods that do not acknowledge or benefit the spiritual beings who surround you. Those practices address the emotional problems as though they were yours alone.

***If you are feeling anger, guilt, or confusion about some situation, the emotions are REAL, but the emotions may be coming from the spirits who accompany you through life.***

***We are surrounded by innumerable spiritual beings who may aid us or interfere with us. Their behavior is triggered by what we are doing and thinking. These spiritual beings and their emotions are the real factors which influence our daily lives.***

People who do not know that they are surrounded by spiritual beings think their success is due to their own heroic efforts and perhaps some luck. They are often quite surprised to find how much of their “good fortune” is aided by the action of helpful spiritual beings.

They also have no idea that much of the “bad luck” they experience is caused by troubled beings in their vicinity. These troubled beings have negative thoughts and energies which affect the person and everything in their lives.

If you have ever seen a person who seemed to be cursed with bad luck such that their cars, phones, and computers break down constantly, catch on fire, or mysteriously get lost, you have seen a person surrounded by disturbed spirits.

There is nothing to believe when you read this book. You only need a willingness to look at the examples and compare them to what you know and have observed in life.

When you start reading this book, you will be joining the SRT users all over the world who are learning about, communicating with, and working with spiritual beings.

If you understand and apply what you read, your life will never be the same.

This book will start you on the road to understanding spirits so you can help the troubled beings and begin working with the helpful beings who want to be your spiritual partners. When you appreciate and acknowledge your spiritual partners, life becomes a joyful experience!

## WHAT IS SPIRITUAL RESCUE TECHNOLOGY?

Spiritual Rescue Technology (abbreviated as SRT) is a way of teaching yourself to recognize the effects of upset spiritual beings on your life. It equips you with the tools to help these troubled beings and allows you to regain a happy and fulfilling existence. More importantly, it gives you the skills to recognize and encourage the helpful beings who are willing to work with you in achieving your objectives.

The term “spiritual beings” refers to immortal spiritual entities of all kinds: spirit guides, angels, demons, ghosts, ancient gods, alien gods, dead relatives, poltergeists, and spiritual teammates.

Their different behaviors have caused them to be called by different names, but they are all immortal spiritual beings and can be addressed in the same way, as you will see.

As you will learn very quickly, we are immortal and were all godlike once and have lost many of our abilities through various mishaps and mistakes. SRT enables us to regain the abilities we lost and to heal the spiritual beings we encounter in life.

You learn to locate spiritual beings that are affecting your life negatively, handle any problems they may have, and

set them free or persuade them to work cooperatively with you.

You can learn to do this on your own or with another person to help you. A number of people have read this material and promptly started using it on themselves, friends, and family with no support from any established group.

Spiritual Rescue Technology is different from many other spiritual practices in that we recognize that spiritual beings are alive, they are intelligent, many of them used to have bodies but don't now, and they have goals and purposes that may or may not be aligned with our own.

You are a spirit and you will be working with other spirits and aligning them toward a goal that you choose. As you might imagine, this can be a challenge, but we have already done the research to make it possible.

The secret of Spiritual Rescue Technology's success and ease of use is in understanding that caring communication is essential in rescuing spiritual beings from the problems they can be stuck in.

This is the whole secret of this technology:

***You communicate in a caring way with spiritual beings, get them to let go of incidents that are***

*affecting them adversely, and set them free to create new futures.*

*The beings who choose to help you will give you greatly expanded abilities if you organize them into a well-drilled team and recognize their abilities and use them.*

*They can give you access to new abilities in fields like: Art, music, engineering, warfare, literature, philosophy, politics, and science.*

## HOW DO SPIRITUAL BEINGS AFFECT YOUR LIFE?

Many people are under the impression that they are only a body and that there is nothing spiritual at all about their life. Others believe that they “have a soul” as though it is a possession that they might lose.

As you will find out, you are an immortal spirit possessing a body. You are surrounded by many immortal spirits who do not have bodies of their own at this time.

This means that you are the unwitting host to many different spirits who have forgotten that they are unique beings with a history of their own. Some of these spirits may even think your body belongs to them while others may not realize they are separate beings with a life of their own.

As you read this book, you will begin to see why these troubled spirits are accompanying you and why their emotions affect you so much.

This confusing situation has been going on for millions of years and is probably what accounts for much of the strife that exists on inhabited planets.

Fortunately you have discovered Spiritual Rescue Technology which can put you back in charge of your life

if you choose to use it. You can handle the beings who have lost their way and you can enlist and organize the helpful beings to achieve abilities that transcend those of any normal individual. You can become a prodigy in your own lifetime.

When people are unaware of the spiritual world and its power, they can feel that all they have to do is get an education, get the right job, find the perfect mate, work hard and—given a few breaks—success and happiness will automatically follow.

This formula for “good fortune” in life is true as far as it goes, but it doesn’t take into account the spiritual beings who share your space and who are able to influence and control you in ways that you could never imagine.

For one reason or another, these spiritual beings do not have bodies but in spite of this, they are able to have a very definite impact on your life. Until you are aware of their presence, you will never understand why things just don’t seem to go the way you planned or why you are so miserable.

Where do these beings come from and why are they connected to us? The answer is quite simple and it has to do with the fact that we are all immortal, but we inhabit bodies that are relatively short-lived. As an immortal spiritual being, you have the choice whether to occupy a body or not.

We normally pick up a body at birth, but it can happen at almost any time the opportunity presents itself, such as during major surgery or in an accident when the original occupant of the body decides she can't take it any more.

When a new being picks up an unconscious body and takes responsibility for it, this is commonly referred to as a walk-in. If the being does a good job of pretending to be the original owner of the body, the family merely observes that Aunt Louise's personality has changed since her surgery or her accident and life goes on.

You are an immortal spirit and you possess a body but you are not the body. If your body were to die, you would become a disembodied spirit until you picked up another body.

There are a lot of reasons a being decides not to pick up another body and you will learn them in this book. Usually, the being feels he has unfinished business to take care of before starting a new life as a different person.

Being disembodied presents a problem because you cannot communicate easily to your old friends and family. When people find themselves in this situation, they often hang around family members for a long time before picking up another body and getting back in the game of life with a body. Others will follow people around in an effort to help them or get even with them.

At any given moment, many of these disembodied spiritual beings are following you around. Some of them want to assist you in some way, and they do so with no prompting from you or any acknowledgment from you.

A lot of the everyday tasks you do without thinking about them are being performed by helpful spirits. You may think of them as habit patterns and they are, but the habitual actions are being performed by helpful beings who delight in simple, repetitive tasks.

If you think about it you will probably see that you do not choose the order in which you put on shoes or sleeves. If you commute regularly, you are somewhat familiar with getting in the car and starting it before putting your attention on the concerns of the day. You will typically surface when you arrive at your destination and have little recall of the trip.

Almost everyone is being helped in some way by spiritual partners. With SRT we can elevate this unconscious activity to a knowing and more effective activity.

These helpful spirits can give you suggestions and warnings and can even send you perceptions of events far away. When we are aware of these spirits and their abilities, we can engage them in ensuring that we get our desired outcomes.

There are many spirits who are not up to being helpful. Their attention is still stuck in some past incident and they can get very grumpy or fearful if you persist in doing things that annoy or frighten them.

Their fears and their negative emotions spring from events they have experienced, and once these emotions are activated or “restimulated”, you will perceive the emotions and feelings as your own.

For example, you wish to go someplace you have never been, perhaps on a tour of an historic place, and when you arrive, you experience sudden feelings of disorientation or fear and you cannot account for them. Or, you might visit a new friend’s house for dinner and you experience incredible emotional upset and nausea on meeting the person's wife, who you have never seen before.

There is nothing from your personal experiences that would account for these upsets, but once you realize that these feelings are not your own but belong to spiritual entities, everything will begin to make sense.

The disorientation, fear, upset, and nausea you are experiencing are not yours. These emotions and physical reactions are being caused by a spiritual entity whose past experiences are being triggered by what you have just encountered.

***You are being accompanied through life by beings who can have unexpected reactions to the people and places you encounter.***

SRT will allow you to help the beings who are upset.

As you continue to read through this book, you will find explanations for things that may have puzzled you this entire lifetime. By the time you finish this book, you should possess some tools that will allow you to handle these upset beings and change your life in ways you never imagined.

If you wonder why you are being accompanied by these disembodied spiritual entities, this may help you: spiritual beings like to associate with beings who have bodies because people with bodies are playing the game of life.

Beings without bodies are restricted to being observers, but they can get upset at what is happening to someone and their upset is felt by the person running the body. What is often more unsettling is that these spiritual observers have opinions and intentions of their own, and the person running the body can be besieged with thoughts and recriminations that are not his own.

When you have a body, you are constantly making decisions and if your spiritual observers are fretting and worrying about what you are doing, you will have this

constant mind chatter of “This is a mistake!”, “That was stupid!”, “Everybody is looking at me!” and so forth.

People have known about this mind chatter and worried about these voices in their heads for centuries. With SRT, you can do something about these voices once and for all.

On the other hand, you might be afflicted with spiritual beings who have an extreme interest in sexual activity. These are probably the source of legends about succubus and incubus demons. These spirits are stuck in erotic incidents and are constantly directing your attention to persons in your vicinity who they find sexually attractive.

A person with these beings in his or her space is always aware of potential sexual partners, and the person's behavior reflects this constant distraction. It can be very difficult to lead a normal life when you have this kind of being affecting you.

Fortunately SRT allows you to release these sexual demons from the incidents which affect them and their hosts. You can use SRT to help you assume control of your life even if you are the host yourself.

There are spiritual beings who have cravings for sensation, or food, or for drugs and/or liquor that are extremely difficult to resist. Yes, a person can, by strength of will, resist these cravings, but the cravings will never disappear without Spiritual Rescue

Technology processing because the spiritual beings have the cravings and these can be triggered at any time.

Note that people in Alcoholics Anonymous or other programs will give up drinking, drugs, etc., but the *URGE* is still there and they have to avoid any exposure that will trigger their cravings. With SRT processing, these beings and their urges are handled for good. You will no longer be triggered by the presence of the things you were craving.

If you wish to act on your own volition and are being stopped by feelings you cannot resist, handling the spiritual beings responsible will provide permanent relief in a very few sessions.

With SRT, your life can be brought under your control again. You no longer need to struggle to resist destructive or embarrassing impulses, you can be knowingly in charge for the first time.

Here is an important tip about life. You cannot be joyfully enthusiastic about what you are doing and planning unless you have brought your spiritual companions up to a state where they will freely support your actions.

***SRT gives you the tools to help your spiritual companions and free them from the terrors of***

*their pasts. Life is a lot more fun when lived with cheerful spiritual companions.*

## HISTORICAL SUPPORT FOR SPIRITUAL COMMUNICATION

Throughout recorded history, many well-known figures were in communication with and were influenced by spiritual beings.

### The Prophet Amos

“In the *Book of Amos* the prophet speaks of being overwhelmed by God's voice and compelled to speak.” [http://en.wikipedia.org/wiki/Artistic\\_inspiration](http://en.wikipedia.org/wiki/Artistic_inspiration)

### Socrates

“For instance, we know that Socrates possessed a personal daimon. ‘The favor of the gods,’ said Socrates, ‘has given me a marvelous gift, which has never left me since my childhood. It is a voice which, when it makes itself heard, deters me from what I am about to do and never urges me on.’ He spoke familiarly of this daimon, joked about it and obeyed blindly the indications it gave. Eventually, his friends never took an important step without consulting it. But the daimon had its sympathies, and when it was unfavorable to the questioner it remained absolutely silent; in that event it was quite impossible for Socrates to make it speak.” <http://www.alchemylab.com/daimon.htm>

### Joan of Arc

“Around the age of 12 or 13, Joan of Arc apparently began hearing voices and experiencing visions, which she interpreted as signs from God. During her trial, she testified that angels and saints first told her merely to attend church and live piously; later, they began instructing her to deliver France from the invading English and establish Charles VII, the uncrowned heir to the French throne, as the country’s rightful king. The Maid asserted that a bright light often accompanied the visions and that she heard the voices more distinctly when bells sounded.”<http://www.history.com/news/7-things-you-didnt-know-about-joan-of-arc>

## The Romantic Poets

“In the 19th century, Romantic poets such as Coleridge and Shelley believed that inspiration came to a poet because the poet was attuned to the (divine or mystical) ‘winds’ and because the soul of the poet was able to receive such visions.”[http://en.wikipedia.org/wiki/Artistic\\_inspiration](http://en.wikipedia.org/wiki/Artistic_inspiration)

## Edgar Cayce

“He said he could see auras around people, spoke to angels and heard voices of departed relatives.” [http://en.wikipedia.org/wiki/Edgar\\_Cayce](http://en.wikipedia.org/wiki/Edgar_Cayce)

## Gandhi (Father of Indian Independence)

“For me the Voice of God, of Conscience, of Truth, or the Inner Voice or ‘the Still Small Voice’ mean one and the same thing. I saw no form. I have never tried, for I have always believed God to be without form. But what I did hear was like a Voice from afar and yet quite near. It was as unmistakable as some human voice definitely speaking to me, and irresistible. I was not dreaming at the time I heard the Voice. The hearing of the Voice was preceded by a terrific struggle within me. Suddenly the Voice came upon me. I listened, made certain it was the Voice, and the struggle ceased. I was calm. The determination was made accordingly, the date and the hour of the fast were fixed...” <http://www.hearing-voices.org/about-voices/famous-people/>

Anthony Hopkins (Actor)

“I’ve always had a little voice in my head, particularly when I was younger and less assured”, he said. “While onstage, during classical theatre the voice would suddenly say, ‘Oh, you think you can do Shakespeare, do you?’ and he added; “Recently, I was being interviewed on television and the voice inside my head said to me, ‘Who the hell do you think you are. You’re just an actor, what the hell do you know about anything?’”  
”. <http://www.hearing-voices.org/about-voices/famous-people/>

John Frusciante (Guitarist, ex Red Hot Chili Peppers)

“I had just so many mental problems. It wasn’t until I was 28 that my brain actually felt like a spacious place. When I was 18, 19, 22, my brain was just clogged all the time – non-stop voices. I couldn’t figure out what was going on. There was a lot of confusion inside me, this flood of voices, often contradicting each other, often telling me stuff that would happen in the future, and then it would happen, voices insulting me, telling me what to do.” <http://www.hearing-voices.org/about-voices/famous-people/>

Dr. Shakuntala Modi, MD

A respected member of the medical profession, Dr. Shakuntala Modi, MD, has been healing people for 35 years by releasing the spiritual entities which had been the source of her patients’ physical and mental problems. Here is a quote from her book: *Remarkable Healings: A Psychiatrist Discovers Unsuspected Roots of Mental and Physical Illness* by [Shakuntala Modi](#)

“Many people suffer from ailments that have no apparent cause, no obvious cure. Quite by accident, while using hypnotherapy, Dr. Modi discovered that past-life regression can be a beneficial treatment. Many of these patients, under hypnosis, claimed to have spirits attached to their bodies and energy fields, creating psychological and physical problems. Based on years of experience, Dr. Modi describes techniques that release these spirits, revealing how patients can sometimes recover within a few sessions.

“While most doctors would agree that emotional states affect our health, few would give credence to spiritual ‘influences.’ In this truly groundbreaking book, Dr. Modi presents evidence that something beyond the physical affects the health of many people, and urges medical scientists to objectively assess this revolutionary approach to mental and, often, physical illness.” <http://www.amazon.com/Remarkable-Healings-Psychiatrist-Discovers-Unsuspected/dp/1571740791>

***As you can see, you are not the first person to discover that "Spiritual Influences" are exerting control over your life. Fortunately, with SRT you will be able to take back control of your life and enjoy a healthier and happier existence.***

## HISTORY OF SPIRITUAL RESCUE TECHNOLOGY

The history of Spiritual Rescue Technology began in 1975 when I observed a minister of a Spiritualist Church in Ft. Lauderdale, Florida demonstrating advanced spiritual abilities in service after service. She could read minds and foresee future events.

I was impressed with what she could do, but at the same time I was disappointed that she was unable to teach others how to achieve the same level of ability. This started me on a quest to see if I could apply my engineering background to discovering how these abilities could be learned by anyone.

It took me 38 years to connect the dots and to realize that my quest, which started with my visits to a Spiritualist Church and then led me through many other spiritual practices, had finally connected me back up with what thousands of people are doing every day, and that is simply talking to spirits.

Tens of thousands of people have worked out ways to communicate effectively with the spiritual beings that surround them. Google “communicating with spirits” to see for yourself that this is a very popular and openly talked about subject. Many books have been written on how to talk to your personal angels and how to recognize your spirit guides. Entire organizations are working to

raise awareness of the importance of working with our spiritual partners.

In the Spiritualist Church, this communication with spiritual beings is viewed as a religious activity and was freely enjoyed by many followers.

Google “spirit guides”, “angels”, or “spiritual entities” and you will find more accurate information about these spiritual beings than most people could imagine.

The weak spot in much of this spirit guide literature is that the major attention is on the helpful spiritual entities who are willing to communicate and help people, while the handling of demonic and upset entities is left to a priest or other professional.

Almost all handlings for angry or demonic spirits are focused on driving them away. This is the approach used by the Catholic Church, Scientology, and some primitive religions.

The Vatican even has a department of Exorcism with a Head Exorcist. These exorcists are trying to drive “evil” entities away and, according to reports, whatever processes they use seem to work after a fashion.

The Church of Scientology has secret upper levels in which parishioners learn to drive away spiritual beings which they call "body thetans". From what I have

observed, these processes also seem to work after a fashion. The parishioners report experiencing relief when the body thetans are driven off.

In the early days of Spiritual Rescue Technology, our attention was initially focused on handling the disturbed beings who made people act in non-survival ways. We found that these beings would respond to caring communication and that it was quite easy to engage them in conversations and bring them to present time and out of the hypnotic state they were usually in.

My focus on handling troubled spirits developed over the course of many years of working as a counselor. I discovered that many people asking me for help with personal or family or even health problems were trying to solve problems that did not resolve with traditional medical or alternative solutions. Occasionally, some of those who did not get their problems handled would mention voices in their heads or thoughts that came unbidden and disrupted their daily lives.

As I started researching spiritual beings, I realized that some of the “unsolvable” cases I had encountered were the result of actions by spiritual beings in the vicinity of the person we had been counseling.

Traditional spiritual counseling deals with the person himself, and only the most advanced kinds of spiritual

counseling, like Spiritual Rescue Technology deals with spiritual beings attached to the person being counseled.

I researched the matter further and found to my surprise that some people can speak with spirits with very little coaching and this ability extended to conversations with disturbed and even hostile spiritual beings.

I studied a number of ways that disturbed spiritual beings could be driven off to provide relief to the afflicted person, and during this period I discovered that almost all spiritual beings, even the disturbed ones, are trying to help in some fashion.

At this point I realized that other counseling methodologies were not being applied for the benefit of all beings involved. *They were only being applied for the benefit of the person afflicted with the problem.*

Helping a person plagued by upset spirits while ignoring the spirits will only make things worse. Everyone contributing to an unhappy situation needs to be involved in the solution or the situation will not resolve.

I combined the technology that I had learned for dealing with disturbed spirits with the compassionate and ethical practices of present day Spiritualists to create a new technology for helping spiritual beings of all types.

This produced immediate positive results in so many cases that I called this new technology “Spiritual Rescue Technology.”

The results have been positive ever since and I have continued to get feedback from my clients, which has expanded our views of what is needed and wanted by these spiritual beings.

This is what we have discovered through actual spiritual rescue sessions:

- Spiritual beings are basically good, even those behaving very badly.
- Spiritual beings are usually trying to help the individual they are attached to.
- Spiritual beings respond to caring communication, and they will communicate freely when acknowledged.
- Communicating with spiritual beings is quite easy and pleasant when the [Spiritual Counselor’s Code](#) is followed, and you let the entities know they are important to you.
- If you approach beings with the idea of helping them, counseling is ever so much easier and the results are satisfying.
- Many disembodied spirits have their attention fixed on past incidents. Freeing them from the incidents they are stuck in and bringing their

attention up to the present moment gives them the option of starting a new life or hanging around and helping you.

- Solo processing can be done easily if you sit down in a quiet place and just mentally communicate with whoever wishes to talk with you. Simple two-way communication will handle 90% of the spiritual beings you encounter. You have to ask questions mentally and then listen to the answers you get without interrupting the beings who are communicating. You also have to be prepared for and willing to receive anything a spiritual being wants to say to you of his own accord. If you can manage to have a friendly conversation with your spiritual beings, you will find that they are very easy to deal with.

Some people are ready to use SRT on their own after reading the information in this book. They apply the technology to themselves and to family members with no further help. The documentation is written for the person who wishes to use a do-it-yourself approach to handling their spiritual companions.

If a person has read the materials and is seriously interested in receiving SRT from a professional counselor, I give them a free introductory session in which we get to see if they are able to help their spiritual entities and see how well they can apply the material I provide them.

In almost all cases, my clients find that they can communicate with the spiritual beings surrounding them

starting with the very first session. They often find that they are able to address long-standing issues which have resisted solution by any other approach.

Many of these clients are able to run Spiritual Rescue Technology on a solo basis after 10 hours of sessions with me. I encourage them to do as many solo sessions as they wish and if they need assistance, I coach them so they become more skilled in using SRT for themselves.

If any reader wishes to receive professional SRT counseling, I will set up a schedule to fit their needs, and will deliver SRT counseling over a high quality Internet video connection, usually Zoom.

My clients enjoy the freedom to receive counseling wherever they are able to access the internet. I have clients who receive sessions on cellphones, tablets as well as on laptops. The size of the screen is not as important as being able to clearly see and hear each other during session.

The current state of technology allows me to speak with you and your spirits no matter where you are located.

I am available seven days a week by appointment and you can always reach me by email at [srtcounseling@gmail.com](mailto:srtcounseling@gmail.com)

***In almost all cases, my clients find that they can communicate with the spiritual beings surrounding them starting with the very first session.***

## A SHORT LIST OF EXAMPLES OF SPIRITUAL ENTITIES AFFECTING YOUR LIFE

A little preamble is in order here. You do not have to believe any of this and should feel free to reject it or use it as you see fit. All of these observations were made by a team of experienced spiritual counselors and clients over a period of many years. You may see these manifestations in yourself or in other people, like your family members, friends, coworkers, and elected officials, to name a few.

Your behavior can be affected by your own painful experiences and decisions, but your behavior **WILL BE AFFECTED** by the painful experiences and decisions of the spiritual beings who are associated with and attached to you.

These disturbed spiritual beings can affect you in so many ways that it will be useful to give you some examples.

This a short list of reliable indications of being under the influence of unhappy or troubled spiritual entities:

1. You find it very difficult to be enthusiastic about anything! You feel hopeless about life and see no way to change things.

2. You are constantly overwhelmed by life and your anger about your situation consumes you.
3. You have disturbing thoughts that you repress, and you are unable to shake them off permanently.
4. You can't seem to finish anything you start or you are constantly interrupting yourself. You pick up the car keys and head for the garage and find yourself reading old magazines in the attic. You start to pay the bills and end up watching "Netflix" with no bills paid.
5. You desire a substance and the craving becomes irresistible when you let down your guard. The substance could be coffee, chocolate, booze, cigarettes, or drugs of every sort. The possibilities are endless, but the manifestation is the same. You may not consider it an addiction, but you keep justifying your actions and you do it for years regardless of the effect on your health.
6. Your desire for sex is so strong it interferes with your social and family commitments. You struggle with it for years and pray and even get counseling with no real change in the compulsion.
7. You CONSTANTLY talk to yourself when working on something like cooking or puttering in the shop. This can even occur at work.
8. You have persistent or recurring body problems that do not surrender to proper medical care and a healthy lifestyle.

9. There are periods when you have extremely destructive thoughts about someone or something, and you toy with various ways to kill them or utterly destroy them.

10. You keep having thoughts of committing suicide.

If you experience any of the points listed above, you might want to learn how SRT addresses them.

***SRT processing provides speedy permanent relief for lifelong spiritual problems like these.***

## HOW DOES SPIRITUAL RESCUE TECHNOLOGY (SRT) WORK?

Once you become aware that you are not alone, your next question is usually, "What do I have to do to stop all of the craziness?"

The answer is simpler than you might imagine. All of the phenomena listed above are caused by disturbed spiritual entities. These spiritual beings are still stuck in some traumatic incident involving death, betrayal, unbelievable loss, and worse. They have lost their bodies and may have also lost their sanity as a result of what they have been through.

Their attention is on the past and they are not seeing what is happening at the present moment. They are living in a past time and not in present time. This concept of present time is more important than it may appear because a person who is in present time sees what is happening right now, while a person who is living in a past moment sees a version of the environment which is populated by vivid memories of the past. SRT brings a being from living in the past to living in present time.

If you personally are stuck in a past traumatic incident and it is affecting your life, SRT processing can safely bring you to present time in a single session. SRT works on all spiritual beings, including you.

SRT is a caring way of locating and communicating with spiritual beings to gently bring their attention out of incidents they are fixated on and to bring them into present time so that they are aware of their environment and are ready and willing to participate in life again.

All beings can get fixated in incidents that overwhelm them. Some examples of this are: dying in a plane crash, dying in an explosion, or some other such disaster. The being's attention is fixed on the moment of overwhelm and they are actually not fully aware of present time. Anything in the present time environment that approximates the moment of destructive overwhelm will trigger responses appropriate to the disaster but not appropriate to present time.

SRT is a technology whereby a person wishing to help these beings can help them recover from the incidents they are stuck in and bring them gently to a full realization of who they really are. It uses caring communication to get a spiritual entity to look at what has happened to it and what the entity did to precipitate the incident that they are fixated on.

Most of the spiritual beings who surround us are trying to be helpful. You will discover this in your very early sessions using this technology.

On the other hand, you will also encounter some spiritual beings who have painful memories which they are

constantly reliving. This can be a serious problem for you because you will normally not be able to distinguish their thoughts and emotions from your own.

Many people have found that their free floating anxieties and bouts of depression or guilt lifted miraculously once they got in communication with the disturbed spiritual beings that were generating these emotions and disturbing thoughts.

I make no claims that SRT is the only way to rehabilitate spiritual beings. I can only state that this process represents field-tested ways of identifying, contacting and rehabilitating these beings in a very short time. You can begin rehabilitating spiritual beings by reading this book and doing the actions as described or receiving sessions from a trained SRT practitioner.

Your spiritual beings are affected by everything that you do. This is why you and your spiritual beings benefit from a relaxing massage or a hot bath or a walk in pleasant surroundings.

There are many pleasant and uplifting things you can do to relax your body and to calm your spiritual companions. Chanting mantras, burning incense, standing barefoot on the earth, are just a few of the innumerable ways people have found that calm troubled spirits.

SRT is merely a faster and more effective way of permanently handling the travails that troubled spirits find themselves in.

Feel free to do any of the rituals that give you comfort. When you communicate with your spiritual companions in a SRT session they will let you know which rituals and regimes are most helpful.

They will also let you know what diets and exercises are most helpful to them.

Daily use of SRT caring communication will keep your spiritual companions happy and productive.

Many of my clients and students have found that sitting down with a pen and a sheet of paper and asking spirits for advice is one of the best ways to open communication with the spirits who want to help them. This practice is not new and has been called "spirit writing" for hundreds of years. Many authors and artists rely on this method of getting advice from their friendly spirits.

## SOME USEFUL DEFINITIONS

For the sake of clarity, let us define the terms used in contacting and handling spiritual beings (entities).

**ENTITY:** A living spiritual being, generally without a body. It has volition, memory, goals, painful memories, and all of the complexities of any spiritual being. It can present itself as anything from a thought to a complete personality or from a pain to a full blown illness.

A spiritual being (or entity) is the general name we use in SRT to identify a disembodied spirit of any kind, whether a ghost, a spirit guide, an angel, a mental circuit, or a demon. These are all different names for a spiritual being who does not have a body but who may have at one time possessed and controlled one. When fully recovered, these beings can and will pick up new bodies and carry on in a new life.

**ENERGY OR LIFE ENERGY, CHI, QI:** All life possesses energy which can be detected by other spiritual beings. Spirits can be perceived by their life energy. In some situations, life energy can be detected even when individual spirits cannot be perceived. All body cells have life energy as do plants. Anyone who does spiritual healing is able to detect and encourage the rehabilitation of life energy in injured and sick bodies.

**INCIDENT:** Some happening of great violence like a natural or man-made disaster that results in a loss of life and spiritual destruction.

**CLUSTER:** A group of spiritual entities bound together by their mutual involvement in a destructive incident or several incidents. The group can be of any size. Their thoughts and confusions affect the person they are connected to.

**MASS or MASSES:** These are usually perceived as an area in the body or in space that does not seem to be alive and appears opaque to your spiritual perceptions. They are composed of unconscious spiritual beings and are actually clusters in a very low state of awareness. They can be handled with a variation of the SRT techniques used on clusters, but their state of unawareness makes it very difficult to communicate with them.

**SPIRITUAL RESCUE TECHNOLOGY (Spiritual Rescue Technology or SRT):** SRT is performed with the [Spiritual Counselor's Code](#) fully in mind so that spiritual beings are treated the same as any other counseling client. These spiritual beings are disembodied, but they are truly living beings with intelligence and purposes and even a sense of humor at times.

SRT is used to free spiritual beings from the memories and painful incidents they are stuck in and get them to

self-determinedly participate in life again. These painful incidents act as hypnotic suggestions.

SRT processing can be performed by a person as a solo action or with an SRT practitioner supervising and coaching the person as he contacts and handles spiritual entities.

**SOLO PROCESSING:** This means handling spiritual entities with SRT without the supervision of a practitioner. It is similar to learning to fly solo in a plane as you see someone else doing it and then you are encouraged to do it on your own.

Solo processing can be done successfully after receiving enough sessions from a trained SRT practitioner. Many clients will run SRT solo for extended periods and then get a session from me to brush up on techniques or to handle difficult and complex situations.

There is no limit to the amount of support that a solo client can request, and he can get it whenever he needs it at the standard session rate. In this way, a solo client is able to do extended amounts of spiritual rescue actions on a limited budget.

SRT processing is performed without the use of any electronic meters or biofeedback devices as these are a distraction to spiritual communication which is telepathic.

SRT students and clients are trained to use their telepathic ability from the very first sessions because that is how they communicate with their spiritual companions.

**SRT PRACTITIONER:** The person who manages the rescue activity by coaching the client through the steps of identifying, contacting, and rehabilitating spiritual entities.

**CLIENT:** This is the person who receives SRT counseling and later performs as a solo client when he has attained sufficient training and confidence to do so. He may be referred to as the **SOLO CLIENT** for clarity when discussing solo SRT procedures.

***Understanding these terms is essential to successfully applying Spiritual Rescue Technology to the spiritual beings you wish to help. Any confusion you have on spiritual beings and what they are capable of can deprive you of the incredible gains to be had from this technology***

# BASIC STEPS OF A SPIRITUAL RESCUE TECHNOLOGY PROCESS

This is an outline for use as a memory tool. The complete procedure is shown further on in the **STEP BY STEP INSTRUCTIONS FOR RESCUING SPIRITUAL ENTITIES.**

Spiritual Rescue Technology (SRT) rescues spiritual entities from incidents they are stuck in and brings them smoothly to present time where they can create new futures for themselves and work with you as a spiritual teammate if they so desire.

There are thousands of words written about the SRT philosophy and the process steps, but these basic steps will help you handle all of the entities you encounter.

## *PREPARATION*

1. Orient yourself in the present moment. Calm yourself and concentrate on the task to be done. Continue this step until you are ready to care for the beings you are about to rescue.
2. If you have spiritual teammates who are willing and able to help you rescue other beings, let them know they should observe and help you communicate during the session.

## *CONTACTING SPIRITUAL BEINGS*

3. If your attention is being drawn to a particular location, move into that location and determine whether you are dealing with a single being or a cluster of beings.
4. Find out whether they are willing to let you help and what kind of help they want.

Note: all communication with an entity or cluster is done mentally. *By simply thinking*, “Are you willing to let me help you?” or “What kind of help do you want?” and directing this thought to the entity or cluster, you will be in communication with the being or beings whom you have contacted. Their communication to you will be in the form of “concepts” or “thoughts” or “images” or “impressions” that usually come instantly into your mind. Accept whatever you get and make sure that you let the being(s) know that you have received their answer to your question. A mental “Okay” or “I understand” from you to them will let them know that you have received their communication.

## *RESCUING SPIRITUAL BEINGS*

5. When the entities or clusters of entities are willing to be helped, you need enough information so you can know how to help them. Here are some of the questions that have been most useful. Feel free to alter the sequence as appropriate, but remember to acknowledge every answer you receive to these questions:

a. How long have you been with this person? (In this body, in this place, )

b. Was there some incident that caused you to end up here?

c. (For beings) Do you have a name we can use for this conversation? (Some beings have a consideration about giving their true names, so any name you can use as an identifier is fine.)

d. (For beings) Is there an incident you still have attention on?

e. (For beings) Was there an incident that caused you to lose your body?

f. (For clusters) Was there an incident that caused you to become a cluster?

g. (For beings) Were you given a compulsion or hypnotic suggestion?

If you fail to acknowledge what the entity is saying, you can upset the entity and this will cause the communication to stop.

Listen carefully and acknowledge their answers. Let the beings tell you everything they wish to say. **DO NOT CUT THEIR COMMUNICATION.**

6. After the beings have told you everything they wish to say and you have located the incident that made them into a disembodied being or a cluster, gently ask what they did, or failed to do, that might have precipitated the incident that they are stuck in.

Some of the questions that have been most useful are:

- a. What were you doing just before the incident occurred?
- b. Did you upset some powerful person or group?
- c. Did you ignore any warnings about what you were doing?
- d. Were you someplace you were not supposed to be?

7. When they have communicated to you what they did and they are experiencing some relief, get their justifications for what they did.

Asking for justifications produces more relief than almost any other action. These are the questions that have been most useful:

a. How did you justify doing (what they said in #6 above)?

b. Why was it OK to do that?

c. Were there any other reasons it was necessary to do that?

Keep asking for justifications until the being breaks into laughter and realizes how he caused the incident to occur.

At this point you should ordinarily welcome the newly freed entities and give them a new game.

***The process is not complete until the being or beings are cheerfully ready to create a new life for themselves. They should have no attention on the past or on cycles that are incomplete.***

## THEORY BEHIND THE SRT PROCESS STEPS

Let's review some basic principles first. If these are not in place, dealing with spiritual entities may be very frustrating and the results will be disappointing.

You are dealing with living beings and any effort to depersonalize them will make communicating with them almost impossible. Spiritual entities are intelligent and many have been with you for years, so they know what you know, but they may have never been able to contact you. This lack of communication alone can make the spiritual entities irascible.

Approaching the spiritual entities in a confrontational or oppositional manner may make it even harder to work with them and rescue them from whatever painful memories they are still carrying around. They can also have a sense of humor which can be quite biting and sarcastic at first. Even so, most of them are actually trying to help in some way and I will cover that in detail further on.

These beings can have painful memories that are reactivated when you interact with your environment and the people you deal with. **You will not be able to distinguish their memories and emotions from your own.**

These painful memories get revived and then go dormant after a while which is why you have thoughts and emotions which seem to come and go randomly even when you cannot see any possible reason.

These memories are not yours so they do not surrender to most other therapies or even to mood-altering drugs.

You become the effect of these painful memories through the mechanism of MISOWNERSHIP. These memories contain attitudes, emotions, sensations and pains, and YOU experience these attitudes, emotions, sensations and pains AS THOUGH THEY WERE YOUR OWN.

You experience the painful memory of a spiritual being and you misidentify it as your own, but as soon as you spot that the painful memory isn't yours, the attitude, emotion, sensation or pain is immediately reduced and may even disappear entirely.

If the bad effect disappears as soon as the being causing it has been spotted, this is what we call "blowing by inspection". This "Blowing by inspection" means that something "blew" or "vanished" simply by "looking at it" and not doing anything else to make it go away. An experienced solo client is able to blow a negative attitude, emotion, sensation or pain by inspection whenever he or she chooses.

This occurs after the client has had enough sessions with an SRT practitioner. Experienced SRT practitioners and clients can see the pictures of the painful memories that the spiritual beings project.

Spiritual entities are living beings who can manifest themselves in many different ways: As pains, evil thoughts, warning messages, voices in your head, thoughts that randomly pop up when least expected, hallucinations, and a thousand other manifestations that can interfere with your life.

If you understand SRT, you should not be worried at any manifestation. The solution is pretty standard: You get in communication with the spiritual entity, rescue him from his painful memories and bring him up to awareness of present time.

Spiritual entities can be found as individual beings or clustered together, thinking they're a single being. This should be determined when they are first contacted because the initial handlings for each situation have different steps. The final objective is always the same: to bring the spiritual beings to present time and out of the incidents or memories they are stuck in.

The optimum handling of all spiritual entities is to bring them to present time using friendly and compassionate communication, and then let them decide whether they wish to stay and help or wish to be off and about their business.

## SPECIAL NOTE

*In extreme cases, a disturbed being can take control of the person's body. As an observer, you will see the person presenting a completely different personality when another being has taken control.*

*A temporary state of possession by a disturbed being can be helped by a professional SRT counselor if the being is willing to communicate. SRT has been used to bring understanding to the owner of the body and to calm the activities of the being attempting to take control.*

*Permanent possession by an invading spirit is a matter for organizations equipped to restrain the afflicted individual to prevent them from harming selves and others.*

*Your knowledge of SRT will provide insight into what is going on, but you should not attempt an intervention or any remedial action without involving an organization equipped to handle the situation. Recognizing a state of spiritual possession does not equip you to handle it.*

*The spirit now possessing the body does not recognize any of the normal restraints or social conventions applying to the original host. Be very cautious when encountering this situation.*

In order to have a successful counseling session, the client and his spiritual entities must be interested in what is happening to them and willing to talk to the practitioner. If you are a practitioner planning on helping a client or rescuing spiritual entities, you must be willing and able to put your client and his spiritual entities at ease and bring them to a point where they are willing to communicate with you. The client must develop the same ability if he hopes to have a successful solo session with his spiritual entities.

All communication with spiritual beings is done mentally. You direct your thoughts toward a specific area in space with an intention to reach the being that is there. You do not have to form sentences. A simple concept will do the job nicely. After you have asked a question, such as “Who are you?”, you may get a single word response or you may get a burst of concepts that will take you several minutes to digest. Make sure you acknowledge every response or origination made by an entity.

If you wish to rescue spiritual entities, you must be willing to treat them as you would treat any other person by making them know they are important in your eyes. If you try to help anyone while treating him or her as a tedious job to be done, you are not making them feel important. You are invalidating them and their worth as beings.

If you treat every spiritual entity as an important living being and possible future friend, you will find that your sessions will go very smoothly.

I cannot emphasize this enough:

***A spiritual must be treated as a friend who needs help. The being must be given all of the courtesy and service any potential ally deserves.***

For best results, these following points should be kept firmly in mind:

- You must follow the [Spiritual Counselor's Code](#) when dealing with spiritual entities. This is a code that has been written for the benefit of the client and his spiritual entities rather than for the benefit of the practitioner or any organization.
- If you are in pain or out of sorts because of what a spiritual being is doing, I suggest you meditate or just sit quietly and calm yourself before beginning session. You must be calm and focused if you expect to handle spiritual entities successfully.
- If you are looking for spiritual entities for the purpose of getting rid of them, I suggest you re-read the earlier parts of these basics until you understand why that purpose is counter-productive. If you cannot abandon the idea that getting rid of spiritual entities is your highest priority, I suggest that you get sessions from an SRT practitioner until

you understand the importance of working constructively with your spiritual entities.

- If you have destructive intentions in session, this will upset your entities and can have detrimental effects on your body and your general health. Upset spiritual entities can cause all sorts of serious problems.
- Smooth handling of spiritual entities with your [Spiritual Counselor's Code](#) fully in place will produce hours of winning sessions that will not require any repairs by a practitioner. You will experience life-changing wins in almost every session because you are handling the hidden factors that control your behavior and limit your abilities.
- A natural and easy communication cycle with the right amount of *attention* and *intention* will go a long way toward putting the spiritual entities at ease. Acknowledgment is extremely important for every answer and communication originated by an entity, possibly because they have been unacknowledged or have been made nothing of for so long.

***If you wish to succeed in using SRT, you have to remember is that Spiritual Rescue Technology gives you the tools to perform a rescue mission, not a search-and-destroy mission.***

## STEP BY STEP INSTRUCTIONS FOR RESCUING SPIRITUAL ENTITIES

If you understand what you have read so far, using SRT becomes an entertaining challenge because your mission is to contact spiritual entities which are experiencing difficulty and to bring them to present time.

You need to recognize that this is a rescue mission in order to put yourself in the proper frame of mind to succeed every time. In most cases, the rescue can be accomplished in one session. On the other hand, if you view this as some sort of search and destroy mission, you will meet opposition from these spiritual entities at every step of the way, and they will eventually refuse to communicate with you.

*This is the stunning simplicity of Spiritual Rescue Technology: you locate and contact spiritual entities, rescue them by unsticking them from whatever incidents they are fixated on, and then bring them to present time.*

Most of the time, they will quickly get in communication with you and will be willing to work with you in a harmonious relationship.

We are looking for spiritual entities who are affecting the client's mood, behavior, attitude, health, or relationships with others. Spiritual entities that are disturbed are a

common cause of body pains. If the client is experiencing aches and pains that do not reduce with rest and normal medical treatment, it is prudent to investigate the problem area and see if there are energy masses or spiritual entities with attention on the area.

## 1. PREREQUISITES

The person wishing to take advantage of this technology needs to be in fairly good shape mentally and physically, or he will be unable to do this as a do-it-yourself activity. If he is not in good shape, he should not attempt to do it on his own but should get sessions from me or another professional counselor until he is in good enough shape to manage on his own.

Someone who has had an extensive drug history or who has been unable to get their life together will require spiritual assistance of a different sort before they are ready to tackle entities. There are other practitioners who offer services such as a Detox Program or a customized therapy program tailor-made to assist a person through the specific difficulties he is encountering in life. Both of these services help boost a person's spiritual horsepower so he is less likely to be overwhelmed by spiritual entities.

When the person is healthy, able to be aware of present time, and is doing better in life, he can then start receiving Spiritual Rescue Technology from a

practitioner like myself and will get the expected results of increased vitality and a new sense of purpose.

He will need to be doing even better in life before he should consider any solo SRT sessions. Failure to get one's life together will make do-it-yourself spiritual exercises difficult, if not impossible, and may result in heavy emotional losses and possible illness.

Getting one's life together involves handling most communications issues, continuing problems, upsets, and regrets.

Once this is done, people can benefit from this powerful new material and can experience rapid changes in the quality of their lives. It quickly increases one's ability to spot spiritual entities, masses, and spiritual energy.

## 2. PREPARING YOURSELF TO USE SRT IN SESSION

I suggest you meditate or just sit quietly and calm yourself before beginning session. You must be calm and focused if you expect to handle spiritual entities successfully. This is especially important if the entity is doing something that is causing you pain or is upsetting you. You will know when you are ready to care for the being you are about to address because you will be calm and focused without effort.

### 3. FINDING ENTITIES TO HANDLE

We find spiritual entities or clusters of spiritual entities by asking the client, “What is your attention on?” or “What do you want to handle?”

A solo client needs only to notice where his attention is being drawn. Some practitioners are able to see spiritual entities as shimmering areas of energy. Others see no visible evidence but find that their attention is being attracted to a particular area in space or in their body. This is an ability that improves with practice. Receiving SRT services from a trained SRT practitioner will rapidly increase one’s ability to spot spiritual entities, masses, and spiritual energy.

### 4. CHOOSING ENTITIES TO HANDLE

*The caring attitude with which SRT processes are used is what makes them so powerful. These processes were designed and tested to detect and handle spiritual entities who are available to be addressed. This is the key to our success: addressing only those entities that are trying to communicate.*

At any given time, you are surrounded by spiritual beings with a wide range of awareness and an interest in what you are doing. Many are asleep, while others are happily accompanying you through your day. Some, however, still have attention on old injuries and humiliating defeats

and their memories will close in on you when you encounter a situation similar to theirs.

You want to choose those entities who are making themselves known to you by their emotions or thoughts. Some will produce voices in your head, but most will appear as thoughts breaking into your own thoughts.

Here is a simple example: think of a task you have been avoiding and notice the thought or feeling that appears. Locate where the thought or feeling is coming from and your entity will be there.

You will be successful in choosing entities if you select those who are already communicating with you. Whether you work with a counseling partner or a professional practitioner, you will find that entities are much easier to spot because there are two of you looking for the entity.

## 5. OPENING COMMUNICATION WITH THE ENTITY

Once you have spotted something in your space that is causing you a physical or emotional reaction, you need to determine if it is a single entity or a group of entities (a cluster).

Ask if you can help the being or cluster. Acknowledge its response. Continue to find out about it if it is willing to communicate.

If it is avoiding or refusing communication, do not be discouraged. Tell it you want to help it and are willing to do whatever is necessary to do so. This will usually cause it to begin communicating, and it may even scold you for not paying attention to it before this time. You may find that a lot of entities in your vicinity are upset at not being acknowledged for what they have done to help you. Handle their upset before trying to continue with the rescue.

When the beings are communicating freely with you and you do not feel any resistance or resentment from them, you are ready to proceed with the next steps.

## 6. FINDING THE INCIDENT THEY ARE STUCK IN

Almost all spiritual beings are stuck in an old incident; otherwise, they would be playing the body game, running a body, doing work, raising children, and activities of that nature.

Being stuck in an incident means that almost all of their attention is fixated on a moment in the past. Present time, which is very real to you, is only a dream to them. They are still fighting off invading hordes, being thrown off cliffs, or being poisoned by family members, and they cannot take their attention off the loss and betrayal of these long ago incidents.

Your job is to get them to spot the incident they have their attention on and to tell you about it. This may be easy, or it may take some lengthy conversation to get them unstuck from the incident enough to recognize that there is one.

I usually start by asking the being how long he has been here with me or with the client I am helping. This has the advantage of letting him see that he is not me or the client. Many beings think they are you or the person they are attached to. It is often a shock for them to realize that they are only observers and not the being running the body. Some of them have been trying to BE the person running the body for many years and have been frustrated at the lack of success they have had in controlling things or warding off danger.

Once they know they are a separate being, I ask, “Was there some incident that caused you to lose your body?” At this point you will notice an interesting phenomenon. The being may have been stuck in grief or anger or even boredom, but when you ask about the incident that caused them to lose their body, they become noticeably interested and quite rational about it!

We call this state “being in session” which means “being interested in their own condition and willing to discuss it with the SRT practitioner.” They are finally participating in their own rescue at this point. Their willingness to communicate skyrockets, and they will often begin

volunteering information almost faster than you can comprehend it.

Get the beings to tell you everything they wish to say about the incident that made them into a disembodied being or a cluster. Listen carefully and acknowledge their answers. Let the beings tell you everything they wish to say. *Do not cut their communication or attempt to do anything except acknowledge what they say.*

## 7. RAISING THEIR RESPONSIBILITY LEVEL

After the beings have told you everything they wish to say, gently find out what they did or failed to do that might have precipitated the incident that they are stuck in.

This is an essential step because the prior step lets them say what was done to them but does not bring about a recognition of any responsibility for what happened.

You have to get them to tell you what they did or failed to do that caused the incident to occur to them. This may be hard for some of you to grasp, but it is almost impossible for something to happen to a being or a person unless he has ignored warnings, been careless, defied authority, or trusted someone who had a hidden agenda.

You do not ask questions in an accusing way.

You *gently* ask:

- What were you doing just before the incident occurred?
- Did you upset some powerful person or group?
- Did you ignore any warnings about what you were doing?
- Were you someplace you were not supposed to be?

If the being or beings are in session, they will answer readily and will discover that they were actually the cause of the incident that destroyed them. This will give them some real relief and the next step will complete the job of rescuing them.

## 8. HELPING THEM DISCOVER WHY THEY DID WHAT THEY DID

This can be the biggest mystery of all for many beings—and for people with bodies, too. The answer to the mystery of why something destructive or shameful was done is that *at that moment, there was no other possible alternative*, as far as the being or person was concerned. The situation was so extreme that it justified doing something that they never would have considered in any other circumstances.

Once they have told you what they did and they are experiencing some relief, get their *justifications* for what

they did. Asking for *justifications* produces more relief than almost any other action.

These are the questions that have been most useful. You ask them over and over until they run out of answers and are laughing:

- How did you justify doing (what they did)?
- Why was it OK to do that?
- Were there any other reasons it was necessary to do that?

## 9. BRINGING THE RESCUED BEINGS TO PRESENT TIME

By the time the beings have communicated all of their justifications, they will be cheerful and ready to move on with life. There are a few more steps which will give them a good start in creating a new future.

They move up from apathy and grief and fear and become interested in life again and can be cheerful about it as they have realizations about what has happened and their role in causing it to happen. They may begin to volunteer information that will lead you to ask more questions until they finally feel they are ready to get on with their lives.

You might want to see if they know what year it is. Some will need orienting as they were last awake many

centuries ago. Once they start looking around, you can ask them what they would like to do now.

You can get them to experience present time by sending them to a quiet beach or to a busy mall, depending on their situation. Sending them to a mall to go window shopping usually makes them quite happy, and they will come back to you with all sorts of observations. At that point, they are often ready to help you in some capacity or to pick up a new body.

## 10. SUMMARY OF SKILLS NEEDED TO RUN SRT SUCCESSFULLY

*If you know how to strike up a conversation with someone in Starbucks and get them to tell you about important things in their life, you already have most of the skills required to help spiritual entities.*

*The simple steps that you would use in conversing with a stranger in a coffee shop are the same ones that will work when talking to a spiritual being who is ready to be rescued.*

# SOME EXAMPLES OF HANDLING ENTITIES WITH SRT

## 1– Entities Eager To Communicate

This is the most common situation. The client becomes aware of an entity or mass in his space and attempts to communicate with it. The entity responds with a burst of surprise and seems to vanish.

A slight variation on this theme is communicating with an entity and asking him who he is, and he responds with the client's name. He usually has been under the impression that he was the client and was managing the body all this time. Asking when he joined the body will often help him sort the matter out. He will often experience relief once he knows why his commands were not being executed properly. Many spiritual entities in this situation are unaware that there is a “big” entity running the body and that they were separate spiritual entities.

Spiritual entities in this situation are easy to handle as they have been trying to make things go right for a long time. Once you communicate with them, they are eager to stay and help out.

## 2– Entities Causing Compulsive Behavior

One client complained, “I have this compulsive desire to organize things and tidy up places no matter where I am!”

Another client complained, “I have this problem with men. Once I get emotionally close to a man, I can’t seem to stop pursuing him. I have to have him! I lose all restraint. It is ruining my life and nothing has handled it.”

A little discussion in either case brought out the fact that there is a definite point where the compulsion takes over and the client feels helpless to resist it.

We find that the compulsion seems to emanate from a particular point in space near the client each time it occurs.

The client is asked to locate the exact point where the compulsion comes from and to describe the size of the area involved.

Once the client gets the location and size, he can be asked if it is a cluster of spiritual entities or a single entity. Even a first-time client seems to be able to tell if it is one being or many jammed together.

If it is determined that it is a cluster, we get the client to ask the cluster how many beings are in the cluster, and it usually begins to break apart as individual spiritual entities recognize their unique status. We get the client to

pervade the cluster and see what picture is held in common. This is usually an incident related to the compulsion felt by the client.

The cluster will begin breaking up as the picture is recognized as such and acknowledged. It may vanish completely or a few individual beings may remain and need to be handled as single spiritual entities.

Asking when the incident occurred will often cause the cluster of entities to dissipate. If it doesn't dissipate, you might ask what they were doing or not doing before the incident. This will usually reveal that they were ignoring danger signals of some sort or that they were annoying someone and got zapped. At this point, the entities start showing some amusement and most will come up to awareness of present time.

If the client has been exhibiting obsessive-compulsive behavior regarding organizing everything, there will usually be an incident where the spiritual entity was severely punished for not doing something right.

If the client has been experiencing lust, as in the second example, the spiritual entity's incident may contain strong sexual images and impulses which have acted upon the client at inappropriate times. Getting the entity to tell what was done that caused the painful incident to occur will usually free the entity from the incident, and he will wake up and be in present time.

Once the client frees the entity from the incident it feels stuck in, the client's compulsions drop away.

### 3 – A Pain Or Sensation In The Body

You ask what the client's attention is on and their response is, "I have this pain in my stomach (or head, or some other body part)".

You get them to locate the cluster of entities or the single entity that is connected to the pain. Then you can ask who it is and what it is.

On the other hand, merely asking an entity, "Are you doing this to help in some way?" or "What are you trying to help?" will often get the entity to immediately begin open communication.

Occasionally the entity may say, "Go away!" and you need to use a different approach. (They do get quite rude at times, so you need to maintain your good manners and remember that you are there to help this being and rescue him.)

You can ask, "Has your help not been acknowledged?" and that will often open the doors to an extended rant, but the entity will now talk with you.

Remember that acknowledgments are VITAL when you are handling an upset entity.

Your communication with the entity needs to be as smooth and as pleasant as possible, and you must not allow yourself to get irritated or angry when your offer of help is refused and you are called rude names. Patience and a calm demeanor will go a long way toward smoothing out an upset between you and an entity.

You need to understand why the entity is angry and do whatever is necessary to handle his upset. Sometimes just acknowledging the fact that the entity is upset is all that is required to get him to calm down. The upset may even be with you, so be prepared to take responsibility for whatever you did to create the upset. Be prepared to admit that you caused the problem, if that is the case.

You can ask, “What have I done wrong?” or something similar. Then just listen and let him know that you understand what he is saying.

Take responsibility for whatever you did or didn't do, and then stay in communication with the entity and bring him out of the incident and into present time with good two-way communication. Make sure that you let the entity say what he wants to say and that you understand him. Then acknowledge him so that he knows that you got what he said and that you did indeed understand him. If you don't get what he is saying at first, make sure that you keep listening until you get it all.

4 – Entity Being Controlled By Another Entity

You locate and begin to handle an entity and he communicates all sorts of things, but he doesn't seem to have any realizations and there is no change in him or in his willingness to wake up. He may stop making sense and he may seem to go silent at different times.

Ask the entity if he is "connected" to something or someone in a different location. If he is, you will get an immediate reaction and you must begin handling the connection in order to sever it.

The connection will seem to be from the entity in the client's space or on the client's body to another entity far away. There may be a connection from the being running the body (the client) to a distant location, but this situation seems to be less common.

The connection may be "visible" to the client or solo client as a line stretching off in some direction, or it may be totally invisible and exist only as a concept. Either way, your objective is to find what is at the other end of this connection.

The connection is usually two-way. Commands come down the connection and data flows upward to a monitoring system. The purpose usually seems to be to track and control the person to whom the entity is attached. Sometimes the person has agreed to be tracked and controlled because of his past misdeeds.

This can be handled by having the person—not the entity—sever the line going to the remote location or send a destructive impulse through the connection until something breaks the connection.

Getting the person to pervade the situation and talk about it will eventually unravel the agreement that is holding this communication line in place if actively disrupting the connection does not seem to work.

There are many different connection situations. Some spiritual entities are connected to a network of higher level spiritual entities who monitor spiritual entities on various clients. Some spiritual entities seem to be connected to machines located elsewhere.

Once the connection is broken, the entity needs to be brought to awareness of present time so he can either be released or be recruited as part of the client's team of entities who want to stick around and be helpful.

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These are just a few of hundreds of examples. They all can be viewed as rescue missions with the object of bringing a spiritual entity or entities out of fixed attention on the past to full awareness of present time.

*Unsticking the spiritual entities from past incidents can take many forms, but the easiest way is to get in good communication with the entity and show it that you care for it and get it to communicate about what its attention is stuck on.*

If you, as a solo client, do that with compassion and a desire to help, you will be as successful as any professional Spiritual Rescue Tech counselor.

## SUCSESSES FROM USING SRT ON SELF OR ON OTHERS

### *The Technology Works*

A couple of days ago I read your site and started working with my spirits.

I'm amazed at the results of the first sessions: moving away from my body and aware of myself as independent of my body and able to "see", "hear", etc. as a spirit and not as a body; uncontrolled laughter as a result of getting rid of so much long-term upset; the rapid disappearance of aches, pains and other unwanted body sensations, etc.

This can have quite some effect on my life, and I'll let you know how it goes or when I may need your help.

### *Body Problem*

I have had a lower back problem for 60 years, ever since I jumped off an armored vehicle in cold weather. It usually runs for a week or two, and I hobble around until it subsides. When I was receiving spiritual counseling in a church, I realized it could be psychosomatic, and that caused it to disappear completely for many years.

Recently it has returned and I finally realized it was not mine! Getting in communication with entities in the area has enabled me to relieve the pain within minutes. There seems to be many entities in this area that go into action

and turn on my pain in cold weather (something about being injured in a really cold environment), but I now feel confident that I can keep this under control and will eventually handle all of the entities involved.

### *Moving into My Own Identity*

I hardly know where to begin on describing what has occurred in my latest sessions! I will attempt to put it into human words.

The feeling that I have always had that I could not have success in life is lifting. I am truly moving into my own identity. My admiration for life is at an all-time high. I have this feeling of expansiveness that I have not felt in a long, long time. I am once again becoming indestructible and invincible. I can more and more be the person who I really am. This is so spiritual that I do not have a datum of comparable magnitude to compare it with.

I had a very interesting realization that we are really composite beings. You are you, plus your entities. You are the master of your harem. You can be the effect of your entities, or you can be cause and grant them the respect that they deserve as real beings and acknowledge them. I like the cause viewpoint. It is much more fun—not only for you, but for them.

You have no idea how much affinity was flowed back to me from my entities from my last session. It was like a

gush of water from a river. My space got cleaned up, and my entities were so happy to be in such a clean space. Also the relief that they experienced from the incident was just absolutely overwhelming to me. It actually brought tears of joy. That is what they flowed at me—simple joy and relief!

### *Shift in Viewpoint*

Just thought I should mention a win that I had today after session:

I feel as though I have actually joined the human race. I am not sure what that all means, but I felt as though I have been somewhat disconnected from humanity for some time now—like I just did not quite fit in. I'm not sure when it began, but it was a long time ago. I now feel as though I am actually part of the human race. I can have so much more affinity for the rest of us, and I am sure that will increase as time goes by.

I am not quite sure how to communicate fully how, because of today's session, I feel as though I have allowed myself to be part of this group known as mankind. I was holding myself back, not wanting to “infect” others. I can now experience all the joy and pain of being human.

WOW! Sometimes these Earth words do not do justice to the wins and realizations that you can have in session.

## ***Becoming Oneself***

So here are my latest wins. Things that used to be on automatic, I am now aware of actually doing. I am becoming cause over my life and existence. I am actually aware of being aware. May not sound like much to you, but seems big to me.

Then, I am getting more and more in control of my emotions and thoughts—like I can really just be ME.

## ***Mitigating a Serious Physical Condition***

I have had back surgery and have more problems than I should: several ruptured discs, compression fracture, broken hip that took 18 months to almost heal. Around the house, I use a cane. Out and about, I use a fancy walker with big tires, brakes, basket, and a seat—just like old people use. LOL! I am old. I was certain this would be my life from now on. I had done other spiritual counseling and had gotten better to a degree that amazed me; only I still hurt most of the time.

David had me take a look and found a cluster of entities in my spine. I had not found it before and did not even suspect it. David saw it and got me to spot it and handle it. It is gone and I have not used my walker or cane for a week now. I suspect it will continue.

The pain in my spine is less than it has been in 30 years. Oh, I am not going to run a marathon, yet!

I have admired and liked David for 33 years. Now I think he is magic. He knows the technology and how to apply it to the beings he is helping. That is a good thing, Martha. Peace Love & Harmony. RB

### ***Overcoming Fears of Not Getting Out in Time***

I'm new to SRT. I discovered it last week and did a few solo sessions. Then I had an intro session from David St. Lawrence which knocked my socks off, and I got a really good idea how to do this and how uncomplicated and how fast this can be. It's conceptual. Thoughts are instantaneous.

Yesterday we woke up to find that we had wildfires raging away on three sides of us but far enough away so we weren't in immediate danger. I started to get "nervous" but realized that this was not my feeling so I got it under control. Or thought I did. A motorcycle policeman came and told us to evacuate. That was when I kind of lost it—or someone did.

I knew we HAD to leave RIGHT NOW or it would be too late. I just KNEW it would be too late. My daughter was packing all this pointless stuff, and I kept thinking, "She's like the Jews who didn't get out of Germany in time because they felt they had time to pack and that

nothing bad was going to happen." I put my stuff and my dog in my car and I went and sat in a Home Depot until we got the all clear.

I have this "thing" about Nazi concentration camps and what was done to the Jews during WWII. I know I wasn't there at that time because I am able to remember my past lifetime, and I know I was safely living in southeastern Pennsylvania at that time. However, I have thoughts about Nazi concentration camps ALL THE TIME.

It finally hit me! I have a group of entities who have been with me since 1945 when they died in a Nazi concentration camp! I acknowledged them and their relief was incredible. We ran SRT on the incident, and they said what happened was they didn't listen to the warnings. Instead they listened to their beloved Rabbi who told them, "God will take care of us. He won't let anything happen to us."

Anyway, my new/old friends are now enjoying themselves in northern California somewhere in a redwood forest. They're up there where it's very peaceful, mingling with all the tourists, and I don't feel this irrational urgency about "getting out before it's too late."

***Handling Entities Connected to a Person Who is Not Present***

SRT is amazing. I had a session with David last week, and he helped me to crack a "trauma" of long duration in this lifetime of mine. Sure enough, an entity was involved and traumatized my relationship with my mother and my older brother.

Soon after the session, I talked to my mother (I called her) to see how she's doing, and it was the calmest conversation for years. And yesterday my older brother contacted me and asked for some help (he very seldom calls and even less asks for help or a favor).

When you love someone but it is somehow impossible for you to project this love or establish positive communication lines and understanding, it may have to do with some entities at play.

It is really interesting to find out, time and time again, that the entities are trying, in their own way of thinking, to help.

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When you start using SRT on yourself and others, you may wish to read the stories being shared in a group established for students and users of Spiritual Rescue Technology.

<https://www.facebook.com/groups/spiritualrescuetechnology/>

## SPIRITUAL COUNSELOR'S CODE

I hereby promise as a Spiritual Rescue Technology Practitioner to follow the Counselor's Code as it is written here.

1. I promise to deliver Spiritual Rescue Technology only to clients who are ready for this technology and will benefit from it.
2. I will make every effort to meet my client's expectations.
3. I will promise only those results I can reasonably expect to deliver.
4. I promise not to tell the client what he should think about his spiritual or mental state in or out of session.
5. I promise not to make less of the client's spiritual or mental state or gains in or out of session.
6. I promise to keep all counseling appointments once made.
7. I promise not to process a client who has not had sufficient rest and who is physically tired.

8. I promise not to process a client who is improperly fed or hungry.

9. I promise never to abandon a client in session.

10. I promise never to get angry with a client in session.

11. I promise to run every major spiritual counseling action to a satisfactory resolution.

12. I promise to recognize the importance of the client and his spiritual entities in session and in all my dealings with him.

13. I promise not to enter comments, expressions or any disturbance into a session that could distract a client or his spiritual entities from addressing their spiritual or mental concerns.

14. I promise to accept whatever the client or his spiritual entities say without expressing doubt or trying to get them to change their statements to something I can accept. When the client or his entities originate a realization or answer a question, I will acknowledge that I have heard it and acknowledge it without altering it in any way.

15. I promise never to use the secrets of a client divulged in or out of session for any purpose other than to apply the correct process for achieving spiritual gain.

16. I promise not to advocate spiritual counseling as a cure for illness or insanity, knowing well that mitigation is possible only if the client truly wants to get well and is willing to accept spiritual assistance and is willing to accept the spiritual assistance as complementary to any existing medical treatment they may be receiving.

17. I promise to safeguard the ethical use and practice of Spiritual Rescue Technology.

This Counselor's Code is an integral part of every Spiritual Rescue Technology counseling agreement.



## ABOUT THE AUTHOR

David St. Lawrence lives in a small mountain town in Southwest Virginia, with his wife Gretchen and four cats. He manages a worldwide personal and business counseling practice using the techniques described in this book.

David spent 48 years in high tech industries as a designer, executive and consultant, and he observed that most business problems occurred because of personal and spiritual factors affecting management personnel and their ability to make sound decisions.

Upon entering post-corporate life, he started researching in earnest for the basic factors underlying a person's inability to make rational decisions under stressful circumstances, and this research culminated in the development of Spiritual Rescue Technology.

With the aid of a team of volunteers, he has been able to continue research and to document the discoveries that were made when applying Spiritual Rescue Technology to situations as diverse as: inability to manage; “unsolvable” health problems; curses; behavioral problems and lack of self-esteem.

You can reach David for questions, interviews and counseling suggestions at: [srtcounseling@gmail.com](mailto:srtcounseling@gmail.com)

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I could not have done this research without the incredible support you all provided.

## ADDITIONAL BOOKS IN THE SERIES

This book is the first of several Spiritual Rescue Technology volumes, and if you enjoy this one and find it useful, you should read "[Using Spiritual Rescue Technology](#)" which provides do-it-yourself advice for those who wish to work by themselves or with a twin to address more challenging issues that spiritual beings can present.

Our research continues today and you are invited to contribute to the expansion of Spiritual Rescue Technology by joining our online discussion group at: <https://www.facebook.com/groups/spiritualrescuetechnology/>