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# THE LIFESTREAM LETTER

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The Hsin Hsin Ming  
(The Faith Mind of Sosan)

The Great Way is not difficult for those who have no preferences.

When love and hate are both absent  
everything becomes clear and undisguised.

Make the smallest distinction, however,  
and heaven and earth are set infinitely apart.

If you wish to see the truth  
then hold no opinion for or against.

The struggle of what one likes and what one dislikes  
is the disease of the mind.

When the deep meaning of things is not understood  
the mind's essential peace is disturbed to no avail.

The Way is perfect like vast space  
where nothing is lacking and nothing is in excess.  
Indeed it is due to our choosing to accept or reject  
that we do not see the true nature of things.

Live neither in the entanglements of outer things,  
nor in inner feelings of emptiness

Be serene without striving activity in the oneness of things  
and such erroneous views will disappear by themselves.

When you try to stop activity to achieve passivity  
your very effort fills you with activity.

As long as you remain in one extreme or the other  
you will never know Oneness.

Those who do not live in the single Way  
fail in both activity and passivity,  
assertion and denial.

To deny the reality of things is to miss their reality;  
to assert the emptiness of things is to miss their reality.

The more you talk and think about it,  
the further astray you wander from the truth.

Stop talking and thinking  
and there is nothing you will not be able to know.

To return to the root is to find the meaning,  
but to pursue appearances is to miss the source.

At the moment of inner enlightenment  
there is a going beyond appearances and emptiness.  
The changes that appear to occur in the empty world  
we call real only because of our ignorance.

Do not search for the truth;  
only cease to hold opinions.

Do not remain in the dualistic state;  
avoid such pursuits carefully.

If there is a trace of this and that, right and wrong,  
the Mind-essence will be lost in confusion.

Although all dualities come from the One,  
do not be attached even to this One.

When mind exists undisturbed in the Way,  
nothing in the world can offend,  
it ceases to exist in the old way.

When no discriminating thoughts arise,  
the old mind ceases to exist.

When thought objects vanish, the thinking-subject vanishes,  
as when the mind vanishes, objects vanish.  
Things are objects because of the subject;  
the mind is such because of things.

Understand the relativity of these two and the basic reality:  
the unity of emptiness.

In this emptiness the two are indistinguishable  
and each contains in itself the whole world.  
If you do not distinguish between coarse and fine  
you will not be tempted to prejudice and opinion.

To live in the Great Way is neither easy or difficult,  
but those with limited views are fearful and irresolute.

The faster they hurry, the slower they go,  
and clinging cannot be limited;  
even to be attached to the idea of enlightenment is to go astray.

Just let things be in their own way  
and there will be neither coming nor going.  
Obey the nature of things (your own nature),  
and you will walk freely and undisturbed.  
When thought is in bondage the truth is hidden,  
for everything is murky and unclear,  
and the burdensome practice of judging  
brings annoyance and weariness.

What benefit can be derived from distinctions and separations?

If you wish to move in the One Way  
do not dislike even the world of senses and ideas.  
Indeed, to accept them fully is identical with true Enlightenment.  
The wise man strives to no goals, but the foolish man fetters himself.

There is one Dharma, truth, law, not many;  
distinctions arise from the clinging needs of the ignorant.  
To seek Mind with the discriminating mind  
is the greatest of all mistakes.

Rest and unrest derive from illusion;  
with enlightenment there is no liking and disliking.  
If the mind makes no discriminations,  
the ten thousand things are as they are,  
of single essence.

To understand the mystery of this One-essence  
is to be released from all entanglements.  
When all things are seen equally the timeless Self-essence is reached.  
No comparisons or analogies are possible  
in this causeless, relationless state.

Consider movement stationary and the stationary in motion,  
and both the state of movement and the state of rest disappear.  
When such dualities cease to exist Oneness itself cannot exist.  
To this ultimate finality no law or description applies.

For the unified mind in accord with the Way  
all self-centered striving ceases.  
Doubts and irresolutions vanish and life in true faith is possible.  
With a single stroke we are freed from bondage;  
nothing clings to us and we hold nothing.  
All is clear, empty, self-illuminating,  
with no exertion of the mind's power.  
Here thought, feeling, and imagination are of no value.  
In this world of Suchness  
there is neither self nor other-than-self.

To come directly into harmony with this reality  
just simply say when doubts arise, "Not two."  
In this "Not two" nothing is separate,  
nothing is excluded.  
No matter when or where.  
enlightenment means entering this truth.  
And this truth is beyond extension  
or diminution in time or space;  
in it a single thought is ten thousand years.

Emptiness here, emptiness there,  
but the infinite universe stands always before your eyes.  
Infinitely large and infinitely small;  
no difference, for all definitions have vanished  
and no boundaries are seen.  
So too with Being and non-Being.  
Don't waste time in doubts and arguments  
that have nothing to do with this.

One thing, all things;  
move among and intermingle,  
without distinction.  
To live in this realization  
is to be without anxiety about non-perfection.  
To live in this faith is the road to non-duality,  
because the non-dual is one  
with the trusting mind.

Words!  
The way is beyond language,  
for in it there is  
no yesterday  
no tomorrow  
no today.

## OPENING THE SUBTLE ENERGY CHANNELS

by  
Rumi Da

In many traditions of health and metaphysics there is a teaching about subtle energy channels. Most of us are familiar with the meridians of acupuncture and the nadis of kundalini yoga. A good book on either of these subjects will give you an overview of what these pathways are. Recommended is Vibrational Medicine by Richard Gerber.

Although the methods outlined here do not require detailed knowledge of these subtle energy channels, it can only be helpful to be more informed.

Even though these practices are preliminary in nature they are still quite powerful and it's advisable to proceed with caution and awareness.

These exercises are adapted from the Tibetan tradition. Their purpose is to center, balance, concentrate, and purify the energetic field that you are. As you proceed in this work you will discover for yourself what they're on about as they begin to take affect. Keep in mind that there's no rush required. Hasten slowly...don't force.

There are some very basic preparations that will assist you enormously. As with any practice, it is necessary to clarify your intention. The overall intention of all consciousness work is to explore Awakening, the emergence from the deep spiritual sleep in which we exist. Anything else is a side effect. Contemplate this purpose and then you can specify the particular intent of the practice that you're about to unfold. Always keep in mind, at least initially, what it is that you propose to accomplish. If you don't know where you're going, what the movement of your energy is you may become totally dissipated and exhausted.

The place to begin is with investigating the physical body and its energy channels...the veins and arteries, and more importantly, the nervous system. An anatomy and physiology coloring book can be very helpful. Do the work. Get into the mind of a child...the playful mind. *It's okay to color outside the lines!* Learning a few things about the physical body will help you in your understanding of the more subtle channels, the psychic pathways.

When you've been doing this for awhile, add to your exploration an investigation of the planetary body. Find the circulatory and nervous systems of Gaia, the earth. This will offer up even more clues. See the analogies. As above, so below.

Next, examine the elements...earth, water, fire, air, space, and consciousness. What do they represent? Investigate for yourself. Use the books if you want to, but find out for yourself.

What do these elements mean in YOUR life?  
Ask these questions:

Where does it begin?  
How long does it last?  
How does it decay...die?  
How do these elements inter-relate or interact?

These are the ELEMENTary questions. Keep the mind of question, the opening mind. Look for these elements throughout the day as shapes. Each has its own particular geometry.

EARTH is the square, the four corners of the earth. When in balance, it manifests as support, harmony, equanimity and generosity, or extension. When distorted, the earth element becomes obstruction, pride, and arrogance, rigidity and miserliness.

WATER is circular. It's balanced manifestation -- insight, clarity, and fluidity. When distorted it becomes the violent mind full of hatred, anger and aggression.

FIRE, or radiance, is the upward pointing triangle demonstrating, when balanced, as compassion and discernment. When distorted it is lack of discernment, obsessiveness, compulsiveness, and possessiveness.

AIR is the integration of the upward and downward pointing triangles. It is the six pointed star seen as freedom and spontaneous activity when balanced; anxiety, fear, paranoia, envy and suspicion when distorted.

SPACE, or akasha, is the crescent moon or half circle, manifesting as wisdom and limitless intelligence when in balance, and depression, stupidity and willful ignorance when out of balance. See where these shapes exist in nature...in the physical body. See where the elements manifest within you.

These are the various contemplative practices that you might find fruitful to pursue. Contemplate the impermanence of things...how they change...the comings and goings of life around you. Know that you too will pass away. Who is it that passes?

Next, contemplate suffering. Don't wear it like a badge. This is part of the cultural and religious programming...to wear your suffering on your sleeve for all to see, as if learning requires suffering. It doesn't! Look into suffering as such, but not as a definition of who you are. This is simply the negative ego. It ultimately has no substance, so why bother with it? Simply see into the nature of suffering. It's been said that suffering is having what you don't want and wanting what you don't have...seeing the impermanent

as permanent and the permanent as impermanent. Look into this.

The next step is to contemplate the extraordinary miracle of your precious human form, the good fortune that you are here, in this realm, with such relative affluence and possibilities. See the great opportunity of human birth..

You can study the mind of compassion...the Heart...loving kindness. What's in it for you? What's in it for anybody? Or everybody?

Contemplate Awakening -- individual, planetary, cosmic - are they separate? Investigate the Bodhisattva being. This is one who is awakening for the sake of all sentient beings. What is that on about? Question, question, question.....and then live the answer.

These investigations need to be done before proceeding to the following phase. As mentioned, hasten slowly. Allow as much time as it takes. There's no need to push. Where do you think you're going anyway?...ultimately. If you think there's somewhere to go, investigate that one. That's a major problem for many of us.

The next step in this process is what's called the Hollow Body Practice.

Sit in a cross legged position if at all possible. This helps to close the body's energy circuit. If this is too difficult, sit in a chair. It's better to be able to sit comfortably than to be focused on pain the entire time.

Let your right hand rest in the left, spine straight but not rigid. Curl your tongue back against the roof of the mouth. This stimulates the higher energy centers in the head. Let the eyes focus about ten inches beyond the tip of your nose.

Visualize your body as being that of any Buddha with whom you feel a resonance. If you're Christian, you might see your body as the body of Christ. See this being as being you in meditation. Have the thought, "My body is now the body of \_\_\_\_\_ (Buddha, Christ...) and it is hollow and clear within."

Beginning at the head and moving downward, develop the feeling sense and visual sense that the body is hollow...like a balloon. To move from the head downward is important as it will allow the experience of the descending energies of Baptism.

You may find it easier to do only one body part at a time. Begin with the head...add the neck at the next sitting...then the shoulders...then the arms...and so on until you are able to move down through the entire body. Remember, you're not going anywhere. Hasten slowly. Cut yourself some slack and take it easy. No urgency -- there's no need to push.

Once you're able to be the hollow body of Christ or Buddha, see the body as being various sizes from the microscopic to the cosmic. Throughout, maintain the

sense of hollowness. Stay with this stage for some time, perhaps weeks, until you really get a *felt* sense of what this meditation is on about.

When you feel ready, ;move on to this next phase: visualize the central channel (sushumna) within the spine as if the spinal canal were hollow and clear. Imagine the left and right channel (ida and pingala) on either side about half the width of the central channel. See them ascending from the nostrils, inside the forehead to the top of the head and then down either side of the sushumna like two shepherd's crooks. The right side is red with a little white...the left is white with a little red. All three channels are hollow.

The next step is to visualize the chakras. Some teachings indicate only four chakras, but we're going to suggest the standard seven. Imagine them...one at the base of the spine;...one just above the genitals...one at the solar plexus...another at the heart...next at the throat...up to the brow, slightly above and between the eyes...and finally at the crown. All of these centers are the criss-crossing of nadis...more hollow tubes! The entire body is a network of hollow tubes, all pulsating and ALIVE...all essentially empty.

All form is essentially emptiness.

To supplement this work, draw pictures of the nadis and chakras. Find some books on the subtle channels and see how others have depicted them. Use colored pencils or crayons and be creatively playful, like a child. These are important practices, but not necessarily so serious.

### VASE BREATHING

So far we have investigated the body, our own and that of the earth. We have looked into the nature of the six elements and their relationship to each other. Next is the five contem- plations: impermanence, suffering, the miracle of embodi- ment, loving kindness, and finally Awakening. Continue to explore and investigate these energies.

For the next practice it is important to first stabilize the breath, to let it be flowing evenly through both nostrils. Usually the breath flows more easily through one nostril than the other and this changes about every two hours or so throughout the day. To experience this difference in the flow through each nostril may be a practice in itself. Develop this sensitivity. Sit and observe your breathing. By noticing the air as it passes through the nostrils you can feel which is open more, the left side or the right.

You can also accomplish this by blocking one nostril and breathing. After several seconds block the other nostril. Through which side is it easier to breathe? Their is a period of time, a transition time, in which

both nostrils are open equally. If this is the case for you, do this again in fifteen minutes and you will find a change. During the two hour cycle there is a period of approximately fifteen minutes during which the flow of breath is changing from the left to the right or vice versa.

When the breath is flowing more through one nostril than the other, there is a simple method to bring it into balance.

Rest the ring finger of your right hand on the center of the forehead and close the clear nostril with the right thumb. Exhale, releasing the breath through the open nostril and then inhale gently, slowly, and deeply. Repeat this three times and then switch nostrils, repeating the process in its entirety with the other nostril. When the breath flow is balanced take a few moments to breathe deeply and feel how this is different.

There is another, more subtle way to bring the breath into balance. Noticing which nostril is most open, slowly and gently exhale, as if only through that nostril. As you slowly inhale through the same nostril imagine a blue/white light flowing in and reaching a point in the center of your forehead. Exhale this light slowly from the center of the forehead and out through the same nostril. Repeat this for two or three minutes or until you feel the nostril to be completely open.

The next step is to now exhale through the other nostril. Do this in the same way. Imagine that a blue/white light is being exhaled. As you inhale bring this light in through the nostril to the center of the forehead. Gently exhale, the light moving from the center of the forehead and out through the nostril. Continue this for two or three minutes or until you feel the nostril to be completely open.

At this point both nostrils should be equally open and the flow of breath and light balanced. With your next inhalation, imagine the breath and light reaching the center of the forehead and as you exhale let the energy flow out through the other nostril. If, for example you have breathed in through the right nostril, exhale through the left. Inhale through the left and exhale through the right. Inhale through the right and exhale through the left. Continue this pattern for several minutes, using the center of the forehead as a kind of bridge.

Why is it important to work with this practice?

There are two reasons:

Studies have shown that this technique will synchronize the hemispheres of the brain. (Laskow) This affords us optimal functioning and balance between our linear and non-linear selves.

Secondly, according to yoga teachings, we consist a system of non-physical energy channels. Primary among these are two that are placed on either side of the spine.

These conduits conduct or transport the solar and lunar currents along the vertical axis of the body. The origin of the two primary channels is at the base of the spine; their termination is at the nostrils. Their path is like a shepherd's crook that follows from the base of the spine, up over the crown of the head, flowing down over the forehead and ending at the center of the forehead or third eye area. When the subtle energy channels are not in balance it manifests in our breathing. Consequently, we can have a degree of control over the flow of energy, or prana, through our subtle selves by adopting a certain degree of control over the breath. This form of alternate nostril breathing will bring balance to us both physically and non-physically and balance is the precursor to any kind of healing



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## CE-VI: CLOSE ENCOUNTERS OF THE POSSESSION KIND

by

William J. Baldwin Ph.D.

The technique of Spirit Releasement Therapy can assist a client in an altered state consciousness in discovering attaching entities. Many clients find dark force entities as well as earthbound spirits of deceased humans. The attached entities can speak through the voice mechanism of the client.



The dark beings are extremely hostile, arrogant, aggressive, egotistical, and controlling, and can influence the behavior and attitudes of the client. Discovery of such an attached being often disgusts, surprises and frightens the host. The dark being will describe its mission as some form of interference, interruption, or disruption of the life and purposes of the individual, the family, an organization, or members of his/her profession.

It is not unusual to discover an attached entity which turns out to be an extraterrestrial. This is not the spirit of a deceased ET, but an alien in its normal form; non-physical. Usually, they are not hostile, aggressive, nor threatening. They are intrusive secretive, and do not like to be disturbed in their work. Once discovered, however, they will speak freely.

The extraterrestrials have no compunction about the invasion, no hesitation regarding the violation of the free will of the affected human. Basically, there is no concern for the Prime Directive of non-interference, to borrow a notion from Star Trek.

Attached extraterrestrials may be lost, marooned or simply in residence here on earth. (see ENCOUNTERS by Edith Fiore) They may be associated with a nearby spacecraft which is on a "scientific" mission. Through the voice of the client the ship commander will speak. They may reveal that they are part of a fleet of such craft on similar missions around the earth. They can connect with base headquarters, either on a space station on the homeworld. The client can repeat the words of the base commander. In the altered state, this kind of "channeling" is quite easily accomplished. As a precaution, the client establishes the boundary and refuse permission for the other being to control voice, mind, or body. This is more like simultaneous translation than channeling.

<sup>1</sup> Alien drawings by Karen Ryan, PO Box 9306, Niskayuna, NY 12309

These ET's claim to be conducting experiments. They have implanted physical and non-physical probes and various types of devices into humans for purposes of communication, location, and control of the person. Some experiments involve the emotions or the sex drive which can be increased or decreased. The results of these manipulations are gathered as "scientific" data. The resulting emotional anguish of the human "subjects" is gathered as an energy source by the dark being in charge behind the scenes.

In rare cases, the base commander will acknowledge the intrusions and will agree to remove the implants or whatever invasive mechanisms have been placed. They claim that they did not realize that humans would either be aware of the intrusion or object to the work. They give the appearance of genuine concern and quickly cooperate with the request to disengage.

Some of these aliens are quite arrogant and hostile, assert flatly that they are taking over the world in this manner, and there is nothing we can do about it. They plan to simply suppress the human will, control human bodies and live here in these physical biological vehicles. Further probing reveals that these aggressive ET's are under the influence of dark force beings. This over-powering behavior is a universal sign of demonic intrusion.

In these cases the ship commander or the base commander may refuse to remove the intrusive devices and the attached alien technicians or operatives. He will usually divulge the information that there is a high dark being who controls him and all others of his homeworld, and we had better watch out! The therapist demands, in the name of the Light, to speak to the highest in command of this group of dark or demonic beings. Shades of Darth Vader!



The high commander will grudgingly come through. This one normally remains on the homeworld, near the ruling council. They are truly the "power behind the throne." (Could this be what is happening in own circles of government?) Though very powerful, these errant beings are in terror of Lucifer and his ostensible might. They are jealous of his power and envious of his legions. They attempt to establish their own kingdom of dark force beings. Somehow these dark "Princelings" have convinced, induced, or coerced groups of extraterrestrials to serve with them.

Many humans have made pacts with the devil, in this life or prior lifetimes, for various self-serving purposes such as wealth, power, or the favors of a beautiful woman. Once these contracts are established,



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dark entities assigned and the human servant of the dark forces continues his work through his own physical body, in bondage to, and totally controlled by the dark forces for a very long time. the Dark One delights in offering such transient rewards in return for the eternal soul of the bargainer.



Similar contracts have apparently been made in the past between the leaders of alien civilizations and the dark forces. The members of the ruling council of an alien civilization agree to a pact with the dark forces, and an entire race of extraterrestrials comes under subjugation. Once this is accomplished, the dark underlings, the minor demons, are assigned and attached to the extraterrestrials. The extraterrestrials are then motivated by greed, power, domination, aggression, antagonism, and their vocation becomes exploitation without compassion. The inhabitants of earth becomes a target of this assault.

If this condition of attached extraterrestrial being with nested demonic is discovered in a therapy session, the process of releasing nested demonic beings is initiated. The legions of dark force entities and their superiors of every rank are taken to their appointed places in the Light. The aliens are freed of their dark burden. The demonic beings are the same on this planet and any other where the Lucifer energy has penetrated. The SRT procedures are effective.

The next step is to release the attached and interfering aliens and send home any ET teams or spacecraft nearby. The ship commander will cross-connect with the homeworld ruling council. The council leader will speak.

They freely acknowledge the long-standing bargain with the dark forces in return for power over their own citizens and expansion into the universe. The actual power was wielded by the dark force leader, but once established, the pact held the entire civilization, including the ruling council of leaders, in dark bondage. The council members did not know how to get out of the bargain. They are always terribly relieved to receive this assistance.



They agree to withdraw their operatives attached to humans, recall their fleet of craft, and cease their intrusions on our planet. With this release of the dark forces, an entire alien civilization can also be liberated and turned toward their path of evolution in the Light.

There is one power in the universe. It is the Power of the Light; it is Flow, not Force. It is the power of love, healing, and spiritual evolution. The power of the Light can be distorted and misused by any being with such miscreant intention to damage, control, or destroy others. This abuse is a violation of the free will of the victim, the person who is the object of the distorted force. It also violates the basic nature of the perpetrator; misuse of the Power of the Light is a step backward in spiritual evolution.

At the core of every God-created being is a spark of the God consciousness. Denial and defiance of this spiritual heritage is a denial and defiance of God. At the innermost core, each being knows the truth of its identity. This cannot be denied. It is the way Home.

For further information about this work, trainings or *Free Spirit, the Newsletter of Spirit Releasement Therapy*, contact:

The Center for Human Relations

P.O. Box 4061

Enterprise

FL 32725

Tel/Fax: 407-322-2086

The 488 page book, *Spirit Releasement Therapy: A Technique Manual* by William J. Baldwin Ph.D. is available from Lifestream Associates (see the order form).



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- Founding membership \$45 per year, married couple, \$75
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**DATE**

March 21,22, 23, 1997 --- Friday through Sunday afternoon

**LOCATION:**

Holiday Inn Select, Orlando FL International Airport, 800-206-2747  
\$79 per night with reservation by February 15 and mention **ASRT**

**CONFERENCE FEE**

Early registration \$195 until February 1, \$215 after  
(less 10% for **ASRT** members.)

**SCHEDULED PRESENTERS**

William J. Baldwin, D.D.S., Ph.D., Rev. Judith A. Baldwin,  
Adam Crabtree, Ph.D., Edith Fiore, Ph.D., Stanley Krippner, Ph.D., Stephen Larsen, Ph.D.,  
Oscar Mireo Quesada, Ph.D., Jason Parker, Bob Teets, Mark Woodhouse, Ph.D.,  
Ron Carson (Rumi Da), and others.

**FORMAT**

Lectures, pre-conference institutes, workshops, and a panel discussion on Spirit Releasement Therapy in the larger healing context. Tapes of presentations and a proceedings of the conference will be available.

**For Conference Information Contact:**

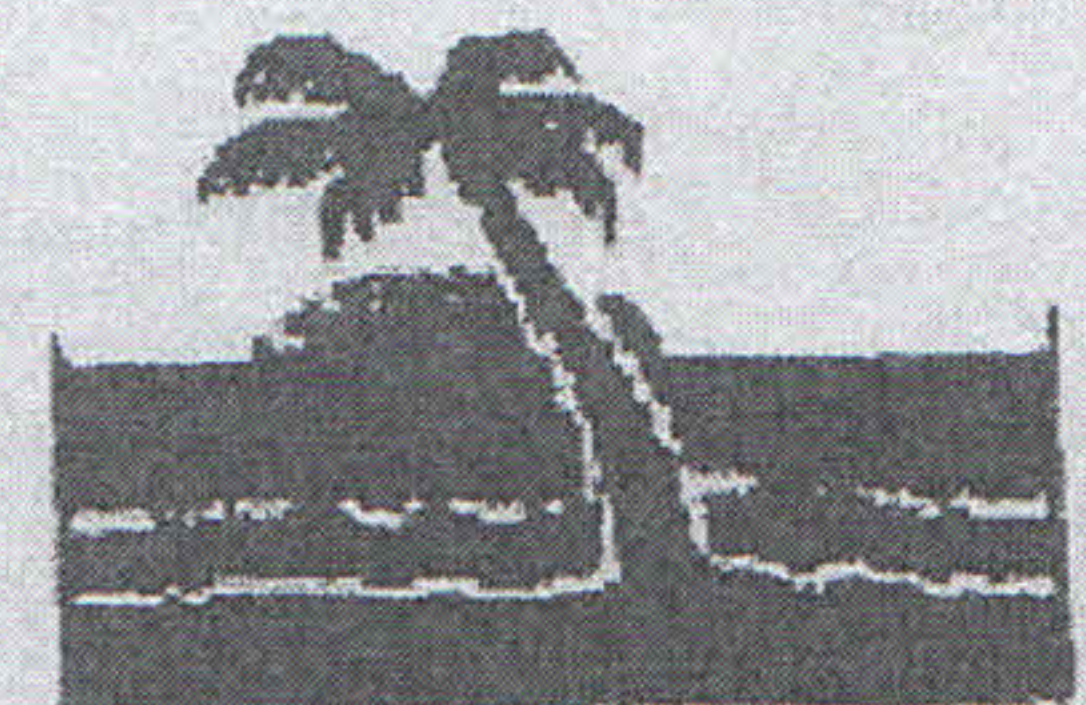
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