

LightSong News



Cultivating A Thriving Community of Well Beings



October 2007

Welcome to LightSong News

In This Issue

[Upcoming Events and Happenings](#)

[Possession Illness](#)

Quick Links

www.LightSong.net

[Lightsong Calendar](#)

[LightSong Classes](#)

[Books & CDs](#)

[Sweat Lodge Information](#)

Lodge is held the 3rd Saturday of month at 4 p.m. To receive Sweat Lodge announcements, click on Update Profile link at bottom of this page to join the Prayer Request and Lodge mailing list.

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Upcoming Events and Happenings

• **New Radio Show!** I have a new radio show on the web, covering soul retrieval and shamanism topics. You can tune in at any time at www.iamhealthyradio.com or from my web site, www.lightson.net. Spread the word to your friends around the nation and world! For those of you who tuned in to the launch, there were technical difficulties, and I am sorry for any inconvenience. They have been fixed, and I invite you to come back to listen again!

• **Residential Shamanic Training** - LightSong is offering the first residential training for shamanism for those who want to travel from out of state or those who want the richness of a residential experience. The first class is April 8th - 13th. For more information, go to www.lightson.net/Courses/Residential/21CenturyS.htm

• **Depossession Class** with Betsy Bergstrom, January 17-19th with Session 2, March 27th-29th. In this class, students will learn more about the Middleworld with an emphasis on safe navigation of ordinary and non-ordinary reality. Participants explore beliefs and phenomena of Life, Death, and the Afterworld. Key to this work is empowering ourselves through our Shamanic Allies, personal experience, development of compassion and becoming wellgrounded in our True Self. Students will explore the nature of possession and the beings involved, and learn the fundamentals of Basic Compassionate Shamanic Depossession. For more information, go to www.lightson.net/Courses/Core/depossession.htm

Private sessions and coaching are available. Contact me at

Jan@lightsong.net for more information.



Welcome!

October is here, with Halloween, All Saints day, darkening days, and going within, all a part of the fall energy that's in the air. Shamanically speaking, Halloween and the following day, All Saints Day, have historically been spiritually active. They signify the thinning of the veils and the times that spirits are the most available to us. In shamanism this is celebrated; however, many people have fears associated with these days.

Projections from both traditional religion as well as current culture---for example, movies---make these days seem haunting instead of holy. Depossession is another shamanic practice that can fall into this category. Many people have shied away from a practice and procedure that can bring amazing wellness to both the living and the dead.

I'm excited and pleased to announce that Shamanic practitioner, Betsy Bergstrom, will be teaching depossession for LightSong in January. I hope that you enjoy the article that she submitted, and that you choose to include this healing practice in your medicine bag of remedies. Those who attend will all receive depossessions and experience the incredible feelings that come from this release.

Heart to Heart
Jan

Possession Illness

By Betsy Bergstrom

For centuries spirit possession has been feared and little understood. Thought to be a mystery, an aberration, or an impossibility, possession has always had a frightening reputation. Images of zombies, of demonic possession or entirely losing one's will to the will of another have been the aspects of possession that are foremost in people's minds. In general, possession is actually something quite different.

In truth, spirit possession is natural, occurring more often than

we may want to think about. It's natural, because it follows the already established laws of nature, in a world that has various kinds of situations in which parasitism occurs. Leeches, suckerfish, and internal worms all belong to a group of living creatures who depend upon the resources of others to directly source their livelihood. Possession occurs in much the same way.

Spirit possession is directly related to the death experience. Physical death is not the end for us as humans. Death is a transition in which we drop our bodies and release our spirits. Our bodies are on loan to us from the earth and are returned to the earth, when the spirit disengages. Our spirit continues to exist long after the body is gone and in due time, usually makes a journey to the light. If that journey to the light is not made, because some thing prevents or derails that transition, the spirit of the deceased person may become an earthbound spirit. This state will eventually become unsatisfactory and the earthbound spirit of the person will eventually find itself attracted to the warmth, light, and life force of someone living.

We know from quantum physics that humans with bodies are also largely energetic and vibrational beings. A deceased person, now only an energetic being, is able to attach to a living person with a physical body through vibrational resonance in an effort to gain some of that light and warmth and life force.

Once a deceased person has gravitated to and attached to a living person, the deceased may find that they may experience a sense of rejuvenation or reanimation of personality. They may find that they experience a limited aspect or amount of what the host person experiences, especially in terms of food, alcohol, and sensual experience. The deceased person may or may not know what has happened to them. They may be unaware of their own death and status as a deceased person. They may also be unaware of their attachment to a living person. They may even feel that the body they are attached to is theirs. Alternately, some deceased people are aware of their state and may be determined to make the most of it. They may find that they are able to influence their host to make choices that are more representative of what the deceased person wants. They may find that they are able to experience what their host is doing to a limited degree. They may then try to influence their host to do more, in an effort to have a more fulfilling experience for themselves. This can lead to addictive behavior for the host, driven by the demands and desire of the deceased to do more of a substance or activity. The deceased person influencing them is only ever going to be able to experience a portion of the substance or activity, because they are experiencing through another person, and thus is rarely satiated.

Possession illness occurs when a deceased person attaches to the energetic body of a living person. The nature of the illness can then take on many different permutations. Usually, there is some level of depletion that the host person experiences. The depletion can become something that cannot be satisfactorily addressed by conventional means. The host person may begin to be influenced by the cravings or desires of the deceased person, which can lead to addictions of different sorts. The draining and depletion may spark a variety of illnesses that the host person is predisposed to, or they may manifest symptoms of illness that directly relate to the illness experienced by the deceased person before death. The host person may find themselves emotionally or mentally compromised, a product of the overshadowing of their mind and emotions by the deceased person. Some experience possession by having a strong sense of someone or something additional being present. Most possession is first experienced as problems or issues that are undifferentiated from the self. In other words, a host person may experience feelings or illnesses that are directly related to the deceased person, but which are experienced as entirely personal to the host. This can make initial diagnosis difficult, especially because not much is known about possession illness as a disease.

Possession has been known for centuries. Different cultures around the globe have recognized this form of illness and have created various methods for treating this problem. Exorcism practices and depossession methods vary from culture to culture. Because it has been little regarded in this culture as a potential reason for illness, the west is drawing on the experience of other cultures to teach us how to deal with this illness.

In other cultures, possession illness has been recognized and often greatly feared. Because of this fear, some of the methods of depossession have been rather violent and hard on the host. The emphasis has been on driving the possessing spirit from the host. Although these methods may be effective, there is an alternative that may be more conducive to healing and more compassionate in general.

Possession takes place when another person, usually a human being, does not make the journey to the light after his or her own death. That person then becomes enmeshed with a living, breathing person in an effort to get their needs met. By regarding this possessing spirit as a deceased person suffering in their own right, the quest for healing can open to include the healing of the host *and* the deceased person. Clearing the suffering being from the host can become a compassionate win-win. By helping the suffering spirit to the light using compassionate means, the client is helped by methods that are respectful to them, as well. The host is cleared in a non-violent

manner and the suffering possessing spirit is where they need to be for their own soul's growth. In addition, some cultures believe that the state of the emotions and awareness at the time of death may profoundly influence the next rebirth. If this is the case, then helping a suffering person to cross to the light in a compassionate manner may potentially create a better life for the person in their future. This may be a way that we can influence the future in positive ways for our own descendents.

Possession illness may account for some of the more persistent forms of illness or problems that people suffer from. Learning how to identify it and treat it may help many individuals resume their lives. Treating it compassionately and effectively may help to insure a brighter future for those of our own generation and for our own descendents.

Next part:
Compassionate Depossession

I welcome any comments you might have regarding the content or format of the LightSong Newsletter.

Heart to Heart!

Jan Engels-Smith
LightSong School

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