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I was midway through a course on healing when the group leader leapt on me and held me down – before the whole class joined him!

I was screaming in terror. It was only afterwards they explained why. They believed there was an evil spirit in me. I'd never heard of spirits attaching themselves to people. And the group hadn't been able to explain who it was, let alone remove it.

'It's frightening,' I told my partner, Riccardo Cuminetti, back at home. 'Is there really a spirit attached to me?'

Unable to find anyone to help, Riccardo and I did some research and tried to contact the spirit ourselves.

Luckily, we discovered that Riccardo had a real talent for spirit communication.

The spirit turned out to be a drug addict who'd died in a robbery. He'd broken his leg in the same place I had leg trouble, which was what had attracted him to me. He wasn't evil, just scared. I was amazed. I'd had no idea he was attached to me. Thankfully, we were able to help him move on.

After that experience, I formally trained in spirit release – but my very first client wasn't a person but my own horse, Zipper!

One day, I noticed him shaking his head and repeatedly stamping the ground with his

hooves. A quick check soon revealed a spirit attached to him. I led the soul, who'd died in a riding accident, to the other side, making sure they were met by a loved one.

But it wasn't the last time I found Zipper with a spooky new 'companion'. Apparently, Zipper saw himself as a bit of a healer. He'd 'host' spirits that had attached themselves to other horses in his field, knowing I'd be able to deal with them later.

It turned out to be good practice because I was soon noticing spirit attachments on other people's animals.

One time I was called out to heal a local horse using reiki. The horse shared a barn with a sheep – which turned out to have a spirit dog attached to it!

You see, all sorts of animals can be victims. Cats in particular pick up negative energy very easily.

If I feel an animal's owner might be spooked by me doing a spirit release in front of them, I allow the spirit to use me as a host so I can deal with it later, once I've left.

It can be unpleasant. Ninety per cent of attachments result from traumatic deaths, and I often experience the last thoughts and feelings the spirit had as they died.

A few years ago, a dog was brought to see me. He'd been in a car crash, and although physically unharmed, his behaviour had changed.

It turned out the accident had occurred at the exact same spot where another dog had died in a crash some time earlier – and its spirit had attached to this dog.

That's often the case with attachments. The spirit will attach to an animal or human it feels it has something in common with.

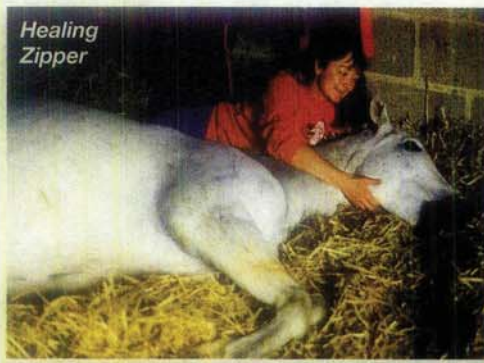
The spirit dog felt guilty he hadn't seen the accident coming and warned his owner, who'd been badly hurt.

'You've been a good boy,' I told the spirit dog. 'But it's time to go now. Don't worry. It's nice where you're heading and you'll be well looked after.'

Sadly, I lost Zipper a few years ago. But I know he'd be happy that my work with other four-legged creatures goes on.

• For more details about Tina's work, visit www.spiritsfree.com

A magnet for lost souls



Healing Zipper

ZIPPER SAW HIMSELF AS A BIT OF A HEALER



Zipper



Me and Riccardo