



Hi there, my name is Lynne, and my business is called AngelSpeak. I refer to myself as a Modern Mystic and I offer a range of services such as Psychic/Energy Readings, Past Life Regressions, Shamanic Journeying, and Energy Healings where I may use Reiki, EDINA Healing Medicine, Australian Bush Flower Essences, Crystals and Tuning Forks. I am also a Paranormal Investigator and conduct House Clearings - where I remove earthbound spirits and negative energies and entities from your home or office or any other environment. I offer a number of courses throughout the year for Reiki Levels I, II, and III, Psychic Development, Spirit Communications, How to do a Card Reading, Ghosts and Entities, and Entity Removal and House Clearings. Basically though everything I do I do with the help and assistance of my spirit team, and we are a team in the respect that I can't do what I do without them and they need me to be the conduit to bring through the information and healing energies for our clients. I hope you enjoy this course and if you would like any further information regarding any other services I provide or if you are interested in any other courses please go to my website:

www.angelspeak.com.au

Ghosts and Entities:

Hi, I'm Lynne and welcome. Thank you for joining me today in this workshop which is all about ghosts and negative energies and entities, and what they are and how they can affect us in our daily lives. In this workshop however, we will not be covering how to remove these beings from yourself, others or your home, as that is a complete workshop all about spirit removal and house clearing.

Points covered in this workshop are:

- *Earthbound Spirits, who are they*
- *Consciousness awareness of earthbound spirits*
- *Where do you find earthbound spirits*
- *Signs of an earthbound spirit attachment*
- *What is an entity*
- *How do entities attach into our energies*
- *Places entities like to hang out*
- *Signs of entity attachment*
- *The difference between entities and energies*
- *What can you do to prevent energies and entities attaching to you or your home*

Earthbound Spirits:

Earthbound spirits, or more commonly known as ghosts, are people who have died and their spirit remains attached to the earthly realms. When the body dies, the spirit of a person crossed over into the light to begin a new existence. The light is also known as a different dimension, the afterlife, or heaven, is very close to our own physical dimension. Sadly, there are spirits who do not realize that their body is dead, or they just refuse to cross over into the light, they may be so traumatized by the death experience, they literally cannot see the light. They continue conscious awareness in their own little world and often linger in earthly locals where they once felt the most comfort and safety. You might encounter these spirits in a previously owned home, a place of business, an old battlefield, or even seen wandering around a property. Unfortunately this then traps the spirit into the lower 4th dimension or the astral plane. Once here, the spirit generally needs assistance to get away from this plane of existence and to continue their soul growth in the higher dimensions. Some spirits can be benign and harmless or very angry and attempt to lash out at the living.

Again, failing to make the natural transition at death can happen for any number of reasons:

- *The death may have been sudden or traumatic causing a highly confused state.*



- *The Spirit exists in a dazed twilight condition and do not know that they are dead, such as those who have died under the influence of drugs and alcohol, including those who have died post-surgery.*
- *Have a fear of how they will be treated on the other side if they were very mean to people during their life.*

Continued...

- *They may have an emotional attachment to those left behind. Some ghosts become stuck when they feel responsible to someone on earth, particularly a baby or child. Often a mother who dies in childbirth may be unable to leave their baby – the maternal instinct can be even more powerful than death – and the deceased mother might want to stay to watch over the baby until she is convinced that her child will be OK. What these ghosts don't realize is that they can still influence, comfort and protect as a Spirit on the other side. Many earthbound spirits are not aware or choose to ignore their guides and loved ones on the other side who have come to escort them back across the veil (another term for entering the higher realms or crossing over). They instead, elect to continue on as before with their emotions and attitudes unchanged.*
- *They may suffer from massive guilt.*
- *They believe they have unfinished business (this seems to be more common with those who die suddenly and those who die young).*
- *They need to get an important message to those left behind.*
- *They want to attach to someone living to continue bad behaviour. Drug addicts, sex addicts, gamblers and alcoholics can often get stuck – because their addictive mindset can be even stronger than death. Many souls come to the schoolhouse that is Earth to conquer addictions that have plagued them for many lifetimes. If they die before they heal, they will most likely carry the addiction into the next lifetime. Their earthbound spirits lurk around other addicts, actually invading their auric field so that they can experience a ghostly version of the high that they couldn't resist in life.*

Conscious Awareness of Earthbound Spirits:

Let's now address the issue of an earthbound spirit's conscious awareness. Most earthbound spirits do have some sort of awareness and we call them "intelligent spirits" because they have the ability to interact with the living in some way. *Residual hauntings are something else entirely and we will discuss that shortly.

These are spirits who elect to stay in a particular local which was important to them during life. They may even feel duty bound to stay, or they do not want to let go of life. These are not malicious or mean spirits. They only want to continue doing what was the most important thing to them in life or watch over loved ones left behind. Some of these spirits could include a prison warden still doing their rounds, a matron of a hospital, or someone who just loved their home so much they can't bear to leave it.

Some spirits may appear, to those who witness them, as being vague, uncertain, highly confused, or exhibiting deep sadness. These tragic spirits may have died in an unexpected traumatic way or by their own hand. They exist within a dreamy reality where nothing really changes for them. They often appear as white, grey, dull, and lifeless. They often do not respond when spoken to. However, they do have an awareness of sorts.

Some spirits are very aware of their situation and often exhibit aggressive behaviour. These spirits could be angry, paranoid, cruel, defensive, or want the space they are occupying all to themselves at any cost. They may have of an agenda of hate, vengeance, or wanting to harm others by trying to cause physical harm. Sometimes, when there is more than one spirit occupying a space, these nasty types will bully the other spirits to keep them afraid and to control them.

*Earthbound spirits should not be confused with a residual type haunting or energy imprint (a scene, sounds, talking, or a visual "shell" of a person(s) which are left imprinted on the environment and might replay over and over. If experienced, this type of haunting is repetitive, the ghost repeatedly displaying the exact same actions and never interacting with those who witness them. In such cases, this type of phenomenon might not be the sighting of an actual ghost but the unveiling of a prior event. Some say it is a leftover energy that is somehow released, showing a picture of the past to the viewer. An example would be a battlefield where the soldiers are still in combat, you may see them, but they may not acknowledge you at all. Or another example would be the ghost of Lady Mary who haunts Speke Hall in England. It's said that Lady Mary lived in Speke Hall in the 1730's, but after finding out about her husband's gambling debts she was so overcome with grief that she threw her baby boy out of the Tapestry Room window and into the moat below. So overcome with what she had just done she went on to commit suicide. Many people state they have seen the ghost of Mary wondering the halls and rooms of Speke Hall, but she never reacts to anything. This may just be the residual energy continually playing out day after day. These types of ghosts are considered unintelligent by ghost investigators because they seem to continue to walk the same paths and continue to do the same things - apparitions that have no interaction with the current physical environment or people are also known as energy imprints.

Are Earthbound Spirits Stuck Forever:

Because spirits are outside of our space-time continuum, their incorporeal state of existence could go on for hundreds of years by earth's clock. Usually, spirits of this type have been presented with many opportunities, by other spirits or loved ones, to move on to a much better place. They often refuse to acknowledge any attempts for help. They spurn any advances by other to assist them in escaping their dark world. Over time, regardless of their stubbornness or inability to be aware of their trapped condition, these souls will someday move out of the darkness and into the light of the higher realms.



Where do you find Earthbound Spirits:

Earthbound spirits are literally everywhere, but especially in places where there is a lot of energy around. So basically where ever there are energized situations there will be ghosts. Here are a few places where ghosts like to hang out:

- *Hospitals, in particular operating theatres and accident and emergency areas*
- *Mental institutions or wards, a lot of people with mental health issues also have spirits attached to them*
- *Pubs and bars or where ever there is alcohol and gambling*
- *Nursing homes, some of the elderly tend to get lost or are waiting for their loved ones*
- *Shopping centres, yes you would be surprised*
- *Airports, think of all the different energies in there*
- *Theatres, concerts and sporting arenas*
- *Antique shops, some spirits are very attached to material possessions and you may take them home with you*
- *Emergency services stations, such as fire, police and ambulance (I have worked in a few haunted ambulance stations)*



How do earthbound spirits attach to our energy:

It is in essence, very easy to sense an earthbound spirit around you, especially when you are highly sensitive. It's not so easy to have them attach themselves into your energy, and the reason why is your aura. Your aura is like your energetic immune system and when it is strong it will repel lower energies and entities away from you. But on the other hand, if it is weak, damaged or torn then it can be quite easy to have a spirit attach to you. Things that can weaken or damage your aura are things such as drugs and alcohol, poor diet and lack of exercise, surgery, intense emotions, trauma, periods of unconsciousness, and violence. Most of us have quite strong auras though and can come across spirits in our daily lives without them being able to affect us in any way.

But there are several reasons as to why and how spirits do attach into our energy fields. Here are a few of the most common:

When you are on the same frequency:

Like attracts like, and the same goes for the spirit world. Just as we attract similar minded people and situations, we can attract spirits that are on the same frequency. When you are operating on a low frequency such as fear, anger or depression, you might more easily attract and subconsciously allow fearful, angry or depressed spirits into your energy system.

When you are not grounded:

When you are not grounded, and when you are tired, or emotionally and energetically depleted your aura can become weak and tear in places which will allow spirits to attach into your energy.

You allow them in subconsciously:

Sometimes we subconsciously allow earthbound spirits to 'hitch a ride' with us because we have difficulty saying 'no', we may feel sorry for them, or have a subconscious need to help everyone. This is common among sensitive and empathic people who sometimes have difficulties with boundaries and being assertive, also with people who are in caring professions.

Old Programs:

It's not unusual for people who have had many lives in temples, as priests and priestesses, monks or nuns, to have sworn oaths to serve everyone everywhere, and to always help those in need. This can make you subconsciously open up to needy spirits who will latch onto you.

Because you have a personal, Karmic, or family tie to the spirit:

Sometimes people have deceased family members with them who died without being conscious of the fact. Often there is some kind of emotional entanglement, that needs to be resolved before we can let go of the person in a good way.

Because you are a beacon of light:

Earthbound spirits are often, whether they realise it or not looking for a way home, to go to the light. When you are functioning on a high frequency, or if you have mediumship abilities you become a beacon of light for people who have lost their way. They are attracted to your light as they know you can assist them in moving on. But if you are unaware of your light, or the spirit you have attracted is afraid to move into the light because they fear being judged, then that spirit will just hang around you.

Can Earthbound Spirits harm you?

Generally, earthbound spirits are just people who have lost their way, and once you have made them conscious of their situation they can let go and move into the light without any further complications. The greatest way earthbound spirits can affect us is when we allow them into our energy field, as their presence is extremely draining on our energies, we can feel their emotions, and we know their thoughts as if they were our own, and we can feel their pain. Just like we need food and water to survive, earthbound spirits need energy, and after a while with them constantly draining your energy your system becomes so depleted you are no longer able to function and maintain your equilibrium, your physical and mental health will suffer and you will be constantly emotionally drained. And the longer it goes on the worse you will feel.

Signs of an earthbound spirit attachment:

There are a number of symptoms that might point to the presence of an earthbound spirit in your aura.

- *Sudden and random mood changes such as anger, depression or fear*
- *Sudden thoughts that seem alien or inappropriate to your usual way of thinking*
- *Exhaustion, or being fatigued all the time*
- *Acute or chronic illness with no known medical cause*
- *Rashes that appear and disappear with no clear reason*
- *Sudden chills and cold, or the inability to stay warm*



What is an Entity:

Traditionally an entity refers to any being that is nonphysical, or supernatural. This can include demons, fairies, and angels, but in this session I am referring to entities as the negative beings that are around and can dramatically affect us. Remember, everything is energy, and entities are conscious beings that have never had a human life and they do not have a physical body, they are etheric. They live in the lower 4th dimension or the astral plane (also known as the middle world). They can be very small, like bacteria or an insect or they can be huge, being meters high. They can also come in various shapes and sizes, they can look like an animal such as a dog or octopus, an insect like a spider or fly, or they may look like a worm or a snake, they may even show themselves in a human form, or they may appear as a mass of dark energy. The main thing these beings have in common is that they feed off of our energies i.e. they are parasitic. They seem to like the lower emotions of **anger, fear, depression, loneliness, or grief** to name a few, and they will do things to you to trigger that response in you. For example they can surround you in a heavy oppressive energy, this energy can block you from receiving the light that we all need to survive. Over time this energy becomes all-consuming and try as you might, you just can't seem to get out of it. You become very depressed and lonely and the entity will feed off that energy. So in essence they are vampires, or a parasite where they are feeding directly off your energy. The problem with this is then you will not have enough energy to sustain your system. You become fatigued and drained, you lose all motivation and find it increasingly difficult to operate on a day to day level, and you can become very sick, and usually this **sickness** is something the doctors have a hard time recognizing or diagnosing, and treatments seem to do absolutely nothing for you but make the situation worse. Most of them are generally not very intelligent and they look at us purely as a food source. On the other hand there are some extremely intelligent entities around that not only want to feed upon your energy, but they also like to cause chaos in your life and bring you harm. These beings are known as the demons, shadow beings and djinn and can be more difficult to remove. They will cause chaos in your life, ostracize you from your friends and family, drain all your energy and cause sickness, fatigue and in rare cases even death.



How do Entities attach into your energies:

Entities are very common and because we are taught in Western society that the supernatural does not exist, so that gives these beings a lot of room to run amuck in our lives. There are many reasons as to why people have entities attached to them and you can have one or many entities in your energy field. There is also a variety of ways in which entities can attach into our auric field.

A weakened or damaged aura is how entities initially attach into our energy system. The aura is like your spiritual immune system and when it becomes weak it can tear which creates access points allowing entities to get into your space. This can be caused from any of the reasons mentioned below but can also be caused by incisions in your skin, particularly from surgery as you are unconscious as well.

Trauma, emotional problems, or insufficiently developed chakras. Sometimes the energy body may be damaged or incomplete from birth due to past life issues that have been brought through into this life.

Extremes in emotions or physical reactions such as anger and violence, deep depression and withdrawal, anxiety and being overly argumentative, hatred towards self and others, resentment and revenge can increase your chances of falling prey to entities.

Drugs and alcohol weaken and tear the aura making you more susceptible to entity attachment, especially if you become drunk or unconscious.

Soul fragmentation can leave you more vulnerable, for example if you experience a traumatic event or suffer from extended periods of grief/depression/sadness or loss etc. you can fragment a part of your soul. This can really weaken your aura and put large holes in it. You can reconnect and bring back the fragmented parts of the soul by having a soul retrieval session, but while fragmented it can make you more susceptible and vulnerable to entity attachment.

Any periods of ***unconsciousness***. This can be caused by anaesthesia, trauma, severe illness, drugs or alcohol, or even simply by fainting. When you are unconscious you are not in your physical body and your energy field is open and more susceptible to entities getting in.

Black Magic: Entities can be sent to you via black magic, hexes or curses. These entities seem to be a lot more persistent than the ones who are opportunists. If a person has done some black ritualistic magic and sent an entity to you generally it will keep at you, and at you, and at you, till it totally wears you down. It has been summoned and it is on a mission and its mission is to make your life hell, so that's exactly what it's going to do. I have come across quite a few people who have been the target of black magic rituals and by the time they have got to me they have been absolutely worn down, physically, emotionally, mentally and spiritually. Sometimes it's takes a few attempts to get rid of these particular entities as it can depend of the magic that was used to send it. If you suspect this has happened to you then please get the assistance you require from a professional such as a shaman, white witch or an experienced energy worker.

Sex can cause entity attachment via your root chakra if you are not discerning with your choice of partner. By agreeing to have sex with someone is also like saying I'm happy to share whatever it is they have in their energy system. For example, if your partner has entities themselves they can pass them on to you, if they are narcissistic or don't respect you, or if they are using you for their own gratification, if they are a psychic vampire or are abusive, or if they are a drug addict or alcoholic, then you can be inviting their entities into your energetic system.

Places entities like to hang out:

Where ever there is a lot of lower, heavy, dense, stagnant, and lower vibrational energy.

Pubs and where people regularly take drugs can be favourite haunts for negative spirits, mental health institutions or wards, and in particular hospitals as there is a lot of surgery, aesthetics, unconsciousness, trauma, illness, and death. So there are many earthbound spirits and entities residing there.

Crowded places can attract earthbound spirits and entities and can be a great way for them to pick up. It's a bit like a dog with fleas. If that dog hangs out with a group of other dogs they will probably all get fleas, but if one of the dogs has a flea collar on it will repel the fleas. Same thing happens when you have a strong auric field, you will repel earthbound spirits and entities

If your home is very dirty or messy it can create an environment where the entities feel right at home.

Anywhere where satanic rituals have been performed, or where there has been a lot of negative energies such as a war zone, murder scene, prisons, places such as Alcatraz, or concentration camps such as Auschwitz and the site of 911 all carry negative vibrations so will attract any number of entities to them.

Oh and never get into a conversation with your entities as this gives them power over you and you may end up in a co-dependant relationship with them.



Signs of Entity Attachment:

- Physical:*** *Low energy levels and feeling chronically tired and drained
Acute aches and pains in the body
Feeling cold all the time, even in the summer months
Scratches, bruises and marks suddenly appearing on the body
Strange sensations such as pins and needles, pains, crawling sensation under the skin
Hearing negative or conflicting voices, low buzzing in the ears
Physical pain or discomfort where the entity is attached, such as in the neck, shoulder, back etc, or a constant feeling of nausea if it is attached into your solar plexus*
- Emotional:*** *Sudden onset of anxiety, fear, guilt or panic attacks
Depression, low mood, persistent sadness
Relationship conflict, fighting and arguing
Gut feeling that something isn't quite right*
- Mental:*** *Brain fog and the inability to focus, feelings of confusion
Extremely intense nightmares
Seeing shadows or faces etc
Manifesting negative behaviours
Feeling detached, dissociated or distant from friends, family etc*
- Psychic:*** *Feeling like you are being watched or touched
Seeing shadows, orbs, mists, figures or silhouettes, creatures*
- Environmental:*** *Cold to freezing areas in your home or office
Noises such as footsteps, tapping or knocking (sometimes 3 times) disembodied voices
Pets growling or hissing or just watching something that you can't see
Bad smells that come and go randomly but can never be located
Electrics or plumbing malfunctions such as lights flickering, TV turning on and off, garage doors suddenly opening/closing, taps turning on and off, flooding and appliances breaking*
- Life:*** *No energy or motivation
Feeling drained and unable to move forward
Difficulties with those around you
Sickness or accident prone
Feeling blocked, unlucky or stuck
Many challenges and setbacks
Everything requiring so much effort for little in return*

The difference between energies and entities:

There is a difference between negative energies and entities. Now negative energies are simply that, there is no intelligence there whatsoever. For example, if you have an argument with someone you will release angry energy into your environment, and it can look like a little blob sitting in the atmosphere. If you continue to argue in that area and you don't regularly cleanse your environment then it tends to build up. Over time you will feel that energy as soon as you walk into that space. But the same thing goes if you create a space for meditation or prayer, the energy also builds up over time but with this type of energy the space ends up feeling really good. Spirit intrusion is a term used to describe foreign energies entering your auric field and can include energies, earthbound spirits, entities, past life blockages, AI entities and so on. Generally entities can be the most damaging.



What can you do to prevent energies and entities attaching to you or your home?



- *Ground yourself and know your own energy*
- *Raise your awareness, don't forget like attracts like*
- *Keep your space clear by smudging, space clearing essence, prayer, or frequency music etc.*
- *Healthy life style choices such as diet and exercise*
- *Everything in moderation, excess of alcohol, drugs or negative people can weaken your aura enough to allow entities in*
- *Use crystals around you home*
- *Meditate and connect with your spirit team daily*
- *Ask for assistance, if you don't ask you don't get*
- *Always stay in your integrity*
- *Protect yourself if you are going into a negative environment, being around negative people, or having surgery in hospital (angels, guides, bubbles of light etc)*
- *If you feel you have negative energies around you then take a salt bath*
- *Candles are a nice way to burn away excess negative energy*