



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

Entity Removal, Spirit Releasement, and House Clearing:

Hi, I'm Lynne and welcome. Thank you for joining me today in this course, which is all about spirit releasement and spirit rescue, in other words, how to get rid of ghosts and entities from your own energy system and how to cleanse your home.

*Now a lot of the information regarding what an earthbound spirit is and what an entity is has been discussed in far more detail in the workshop titled *Ghosts and Entities*, so I won't be rehashing it all here. This workshop is more about how to remove them from your energy system and from your environment.*

Points covered in this workshop are:

- *Entities and earthbound spirits, and the difference between the two*
- *Signs of entity attachment*
- *Signs of an earthbound spirit attachment*
- *How to know if your home is haunted*
- *How to remove entities and energies*
- *How to move on an earthbound spirit into the light*
- *Cleansing after removal*
- *Ways to protect your energy and your environment*

Earthbound Spirits:

Earthbound spirits, or more commonly known as ghosts, are people who have had a human life and who have remained attached to the earthly realms after dying. When the body dies, the spirit of a person usually moves into the higher realms (via their astral body) to begin a new existence. These higher realms, also known as dimensions, 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 just refuse to cross over into the light. 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.

What is an Entity:

Is a nonphysical, or supernatural being that has not had a human life. Entity can refer to any being without a physical body but in this instance I am referring to the negative entities around that can dramatically affect us. 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 will cause chaos in your life, ostracize you from your friends and family, drain all your energy and cause sickness, fatigue and in very rare cases possibly even death.

What is the difference between earthbound spirits and entities:

The difference between earthbound spirits and entities is the earthbound spirits have had a human life. They have died and have not crossed over into the light, the reasons as to why may be many, and they are now trapped in the lower 4th dimension. An entity has not had a human life, is of a lower and more negative vibration and is parasitic in nature i.e. it will attach to your energetic system and feed of your life force

There is also 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.

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, sweating
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*



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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*

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 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 unable to find any medical cause.*
- *Rashes that appear and disappear with no clear reason.*
- *Sudden chills and cold.*

When you keep having the feeling that you have thoughts and feelings that do not really belong to you, it might be a good idea to investigate whether you have any earthbound spirits in your energy field.



So how do you know if your home is haunted?

Just as we need to physically clean our home to keep away dust, allergens and mould etc. we also need to clear our homes and work environments energetically.



You may get a build-up of negative energies in your home as previously mentioned, or you may have an energy imprint or there may be residual energy in your space, or you may have a resident ghost or entity living there. If a major negative event such as murder, suicide, sudden death, or acts of violence has happened in an environment, or even if the past tenants were depressed or emotionally unstable it can leave residual energy in your space. This energy can often be felt as soon as you walk into the space and sometimes you may find the event is getting played over and over again. If you are sensitive, you can pick up on these vibrations and negativity as if it were still happening.

What's going on in your environment:

- *Is there a part of your home that feels oppressive, dark, or even sinister*
- *Do you feel cold patches as you walk around your home*
- *Do you hear footsteps when there is no one else around*
- *Do doors bang or drawers open and shut for no apparent reason*
- *Do you see flashes out of the corner of your eye and when you turn around there is nobody or nothing there*
- *Are your children afraid, or are they seeing things they cannot explain*
- *Has your health deteriorated since starting a job or moving to a new home*
- *Have you been arguing with those close to you for no apparent reason*
- *Have you been feeling constantly negative, aggressive, angry, depressed, or sad*
- *Have you experienced any poltergeist activity, such as loud noises, objects being thrown around, knocking especially in three's, disembodied voices, or physical attacks such as being pinched, hit, or have your hair pulled by an unknown source.*

Your home or work environment can hold negative energies that will affect the health and well-being of all those who enter the space. Now that we know what can be around let's look at how to remove these unwanted energies.

How to remove entities and energies:

The process that I am now going to share with you is one I use for both removal of entities and spirits from your energy body or from your environment i.e. a house clearing. I have been using this process for many years now and I have found that as I have developed so has this particular process, and I have experienced some incredible, really positive results. I also believe that listening to your own guides and angels, your spirit team will also help you when doing this type of work. Remember we are all unique in our energies and vibrations and what might work for me may not necessarily work for you, so if your guides ask you to connect with different beings or do to do the process differently, and that information resonates with you, then I would say 'go for it'. This is a foundation to build upon and there is no one way that will fit perfectly for all of us. Get to know your spirit team and put your trust in them, that way you cannot go wrong.

The problem with removing entities is they can be embedded into many layers of your energy system and consciousness. Some entities are generational, where they have been passed down through your family, and some you may have picked up from your childhood or teenage years. You may have superficial ones which have recently attached to you from negative places or people you have had contact with, or the entities can be so entangled in your energetic system their energy may run very deeply into your own. The worse type is obviously the intelligent, ancient entities such as demons, shadow beings and the djinn.

Entities can try to stop you from receiving the help you need such as draining your energy so you lack motivation and direction in your life, they will stop you from exercising, give you cravings for unhealthy food, or put thoughts into your head that a specific healer you have wanted to see is wrong for you (they may actually be the one who can actually get rid of the entities).

Before we start the process of releasing entities there are a few do's and don'ts we need to go over first and then we can talk about setting up our space. And don't forget – very important, your thoughts and intentions can create your reality. If you believe in what you are doing, and if you trust in your guides and angels the results can be amazing.

- *Always stay in your integrity. Please don't do this kind of work just because you think it's cool, or it might make you popular. Entities are real, and if this work isn't taken seriously it can have very serious and detrimental effects not only to yourself, but to those who you are supposed to be helping.*
- *Don't attempt entity removal if you are feeling sick, run down or under the weather in any way. This includes physically, emotionally, mentally, and spiritually. Otherwise you run the risk of removing the entity and having it attach into your energy, or you may be affected with the dark energetic debris that comes out of a person once the entity leaves the energy body of the client.*
- *You need to have a strong and well-established connection with your spirit team. This work should never be done with you and you alone, it is imperative that you are able to connect in with high vibrational beings from the light.*
- *Know how to clear your own energy after doing this type of work.*

Warning:

This work should not be taken lightly. Participating in this type of work can be extremely dangerous not only to yourself but to those around you, including family, friends, and clients etc. If this process is not done properly you may end up with more entities/spirits around you than you did before which may be detrimental to your physical, emotional, mental, and spiritual health. You must take full responsibility for all your actions during the process of removing the entities and earthbound spirits, and if you have any doubt whatsoever around your ability to connect with your own spirit team, or with completing this process, do not proceed!!!

I repeat, if you do not have a strong connection with your own spiritual team, if you feel unwell, have been taking drugs or alcohol, have mental health issues or do not understand the process – do not continue.

By continuing onto the process you are now taking full responsibility for your actions during this process and the results that come from completing this section. Please note: no liability will be accepted by the course providers if this subject is not taken seriously and completed by using all the steps outlined in the process.

The Process:

- *Always start by creating your space. The first thing that I do is set up vortexes of white and gold light. I love to work in three's so I will set up three vortexes. One around the room I am working in, one around the whole house and one around the surrounding property.*
- *Call in Saint Germain, as he holds the violet flame of transmutation. Ask him to surround yourself, your client and the house and property with his violet flame. This will start the process of transmuting some of the lower and negative energies.*
- *Now call on Archangel Metatron and ask him to surround you with his beautiful energies, they are green and purple, then ask him to clear all your chakra's with his sacred geometric shapes. You can visualise this at the same time or you may even feel the subtle energy shifts as he clears out your chakra's. Then ask him to help you to ground your energy. I generally visualise all my energy swirling around the centre of my body, then I send it into the core of the planet and I anchor it in, then send your energies up to the central sun and anchor your energies in there, and then connect to divine energies, or cosmic energies or whatever you wish to call them. See them swirling down from the central sun right into the core of the planet with you in between. Feel those energies as they are very powerful and will protect you whilst doing this work,*



- *Now connect with your own spiritual team. For me I ask to connect to my higher self and soul, my guides and angels, my healing team and animal totems. Once again feel the energies as they enter your space, you will generally feel their loving, warm and compassionate energies fill your energy field.*
- *Now call in the earth energies to assist. Because I have done shamanic work I like to call in the directions (north, south, east, west, above and below), the elements (earth, air, fire, water and ethers), the Peruvian's (hummingbird, serpent, condor and jaguar), and the benevolent extra-terrestrials such as the Pleiadians, Arcturians, Sirians and Andromedans to name a few.*

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- *I then connect with 13 powerful Archangels and they are:*

Michael for protection, his colour is blue/purple

Raphael for healing, his colour is emerald green

Metatron to clear away negative energies, his colours are purple and violet

Azrael as he is the angel of death and will assist lost souls to go to the light, his colour is creamy yellow

Raziel brings magic and unlocks secrets, he has all the colours of the rainbow

Gabriel helps with communication, her colour is copper

Uriel assists with removing unwanted emotional energies, his colour is a dark yellow

Jophiel surrounds everything with the energies of unconditional love, her colour is a deep pink

Jeremiel assists souls with their life review, his colour is a deep purple

Haniel helps you connect your own psychic abilities, her colour is bluish white

Ariel helps with spirit releasement, motivation and determination, her colour is light pink

Chamuel brings peace and harmony to any situation and his colour is pale green

Sandalphon answers your prayers and brings harmony, his colour is dark green

- *Once connected to the archangels I will then connect to Jesus and Mother Mary. Jesus is a wonderful being who will surround entities and earthbound souls with loving and forgiving energy and will assist them in moving on to where they need to be for their highest good and greatest purpose. Mother Mary brings kindness and compassion into every situation.*
- *Since I have been initiated into the EDINA energy medicine I open that portal now. Don't worry if you have never even heard of the EDINA energy medicine as your spirit team is still guiding you along the way. If any of the beings that I have mentioned do not resonate with you then please do not use them. Find beings who are willing to work with your energies, just always check that you are working with beings of light and love.*
- *Last of all connect in with your clients higher self and soul, and if you are doing a house clearing then also connect with the Deva's of the land (these are the divine beings that oversee the land in which you are working). Once you have connected with the clients higher self and soul ask if you have permission to do some energy work with them today. If you get a yes then you may go ahead, if you get a no then double check you are actually connected with their soul. I have only had a no a few times since I started doing this work. If you confirm and it is still a no then please respect their wishes.*
- *Now you are connected to a very powerful team of spiritual beings and you are an integral part of that team. You are the conduit in which the energies flow and the link to this third dimensional reality. Let's start the actual process.*
- *First thing I do is ask the directions, elements, Peruvians and benevolent extra-terrestrials to start to clear up the energies around the person or place (or both). I ask them to assist the client for their highest good and greatest purpose and also to bring balance and harmony into their life. I may also ask the Arcturians to fill and surround the client or place with their light blue healing energy with the silver energy around that. I find the silver energy acts kind of like a mirror and can assist when negativity is sent to that person or place it will bounce off the silver energy and be returned to the sender as pure unconditional love.*

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- *Because I am a Reiki Master at this point I will draw all of the symbols into the clients crown chakra and/or onto the floor.*
- *I now ask Archangel Michael to cut all cords of attachment from the person/place and while he's doing that see those attachments being severed, then ask that all the energies to be taken up, cleansed and brought back down as pure white/gold light. I then ask him to surround the client/space with his blue/purple energies of protection, this I visualise as the client/space being totally encased in a huge bubble of blue/purple energies. So if it's a client the bubble extends about 20 meters around them, if it's a home or business the bubble goes out approximately 2kms around the premises, it goes deep into the earth and high into the sky above. Because Michael also has a team of warriors, I ask that they protect the person to their left, right, front, back, above and below. The home or office I ask the warriors to work with the directions and the Deva's of the land and to protect the space from the north, south, east, west, above and below.*
- *Next ask Archangel Raphael to cleanse the person or space then fill and surround them with his emerald green healing energies.*
- *I then ask Archangel Metatron to fill and surround the person/space with his beautiful green and violet light and if you are working on a client, ask him to cleanse all their chakra's, with his sacred geometric shapes and to ground and connect them to mother earth central sun and the divine energies just like you did on yourself right at the beginning. Also ask Metatron to start to clear away the lower, negative energies with the spirit of jaguar, they do this together really well.*
- *Now that we have started to clear away the energies, we will now ask Archangel Azrael if there are any entities around, if Azrael gives you a yes then ask if you have permission to remove them, if you also receive a yes then we can call a few of the Archangels and Ascended Masters to form a circle around the entities. For this I will ask Archangel Michael and Metatron to stand in front of us, Azrael, and Jesus to stand behind us and Sekhmet and Maat to stand on either side. (Egyptian Goddesses, Sekhmet is a warrior goddess depicted with the head of a lion, and Maat is said to carry the scales of justice and protects against the lower and dark energies). I then ask these six beings to disconnect the person/place from the Archon network (or the lower vibrational network that may be draining their energies.). Then ask they be connected to the earth light network and the cosmic light network (I generally see this as light energy coming up from the planet and light energy coming down from the cosmos, when the two light networks connect they have a blasting effect which clears away many of the old, dense and negative energies). Then I'll ask Sekhmet and Maat to clear away any Artificially Intelligent Entities that may be around.*

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- *This is where it gets interesting. You now are ready to know what entities are in the client or space. Never connect directly into an entity's energy, always ask your guides and Archangel Azrael what the entity or entities look like, what type of energy it is feeding off, where did it come from etc, but never ever "tune into" their energy. It may end up being very detrimental to your own energy. You want to find out what they are, and that's fine, but leave the "tuning in" for when you are connecting with the earthbound spirits. So during this part your guides will show you what and how many entities are there. Don't be surprised if you see (physically or in your mind's eye) dark beings, they may look like animals such as dogs or the hounds of hell with glowing red eyes, they may look like insects such as spiders or flies, they may be really small or massive, they may even come in a human form such as an old hag or a shadow man. You may also feel the heavy, negative emotions, you may feel physically sick or smell awful smells at this time, and you may also get a sense of how these beings have been effecting your client or the family who resides in the home you are cleansing, but don't worry as you are surrounded by many powerful beings of light. The beings of light will allow you to get a sense of what's there and what the agenda is before you remove it all so that you can explain all this to your client.*



- *Once you are aware of what has been residing in the client or space we will now remove it. So ask Michael, Metatron, Azrael, Jesus, Sekhmet, and Maat to bind all the lower, heavy, dense, or negative energies and entities in gold. This doesn't hurt them but assists with the removal process. I then send all the entities love and forgiveness and ask that be taken to where they need to be for their own highest good and greatest purpose. I am never nasty towards the entities and never banish anything to hell as I believe at the end of the day we are all one, and I wouldn't like to have that sort of treatment myself. I then recite the Lord's Prayer and the Prayer of St Michael. No I'm not religious but I do find saying the prayers feels empowering and it definitely helps with removing the entities. You may like to choose your own prayers here or improvise with what feels right for you and your team. I will sometimes use the Lord's prayer with a feminine aspect instead of masculine, but I am always guided by my spirit team. As I am reciting the prayer's I am visualizing the beings all bound up in gold and being gently taken away, usually in an upwards direction, and I will keep reciting the prayer's until I feel the shift in energy that tells me all the entities have been removed (sometimes this may take a little while and I may have to recite the prayer's up to 7 times each). Once you feel that shift in energy ask Archangel Azrael if all of the entities have been removed. If he gives you a no keep reciting the prayer's, if he gives you a yes then we can now move on to the earthbound spirits.*

The Lord's Prayer

*Our father, who art in heaven
Hallowed be thy name
Thy kingdom come, thy will be done
On earth as it is in Heaven
Give us this day our daily bread
And forgive us our trespasses as we forgive those who trespass
against us
And lead us not into temptation but deliver us from evil
For thine is the kingdom
The power and the glory
Forever and ever
Amen*

St Michael's Prayer

*Saint Michael the Archangel defend us in battle
Be our protection against the wickedness and snares of
the devil
May God rebuke him we humbly pray
As do Thou, O prince of the Heavenly Host
And by Divine power and will
Cast into hell
Satan and all evil spirits
Who wander throughout the earth
Seeking the ruin of souls
Amen*

How do we assist earthbound spirits to cross over?

When moving on earthbound spirits you first need to connect into their energy i.e. tap into your own psychic faculties and then you really need to trust your instincts and intuition. Connecting with the energy of these spirits can be very subtle and once you made the intention to connect with them you need to be aware of your thoughts, emotions and bodily sensations as most of it will now be coming from the spirit or spirits you are connected with.

- *Before I move on an earthbound spirit I will connect to Archangel Azrael's energy, as he is the angel of death and he is responsible for escorting the souls of the deceased back to the spiritual realms. His primary function is to assist people in making the transition from the physical world back to the afterlife. Because Azrael acts as a bridge between this world and the next, I always ask him if there is an earthbound spirit in the space I am clearing or attached to a client.*
- *If Azrael gives me a yes, that there are earthbound spirits around then I will create the light. I got this technique from Mary Ann Winkowski, the original ghost whisperer and it works really well. You visualise a doorway of light in your mind and project it onto a surface such as a wall, or door etc. If you are no good at visualizing then draw a circle 3 times with your hand against a surface. Remember intention is everything, know that the light is there for the spirits to cross over.*
- *Tune in! This is where you use your psychic faculties to gain as much information as possible about the spirit. Try to get a sense of whether they are male or female, old or young, their name, what year is it. When I get to this stage I usually get physical sensations in my body as to how the person died, such as chest pain if they suffered from a heart attack, I may feel short of breath if they had lung problems, or start coughing if they were a smoker. I have also felt my neck snap from hanging, massive trauma from car accidents and the panic from drowning or suffocating. Don't worry though, these feelings don't usually last very long, it's generally just enough time for you understand and acknowledge how these people died then the feelings go away. You may also pick up on their emotions and thoughts and these can be extremely strong, such as grief, anger, depression, suicidal tendencies to name a few. Once again don't panic as these thoughts and emotions will not stay with you. While communicating with them, if they are not yet aware that their physical body is dead, you will need to let them know. Some people die quite suddenly and unexpectedly and this may come as quite a surprise to them, but they do need to know as this knowledge will help them to pass.*
- *If you haven't been already, it now time to talk to the spirits. When I say talk to them you can do this out loud or in your head (they can hear you either way), we want to find out why they haven't yet crossed over. This part is really important as some spirits are really scared or confused, they may not even know that they are dead yet. Some may be mean and nasty and know that they are dead but are enjoying persecuting the living. Some may have addictions such as drugs, alcohol and gambling and are not ready to move into the light as yet. Some may be relatives who love that person and don't want to let them go, and others may be very attached to the residence you are clearing. Whatever their reasons always be respectful, even if they are not nice as they are about to be moved on.*
- *Trust all the information that is coming through no matter how strange or bizarre it may seem to you, and please, always be respectful towards the spirits you are communicating with.*

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- *Now you should have an understanding of who they are, how they died, and why they are still here. It's time to assist them in moving on into the light. You have already created the light for them, now you can ask them to step through into the light. Some may be hesitant and unsure but please reassure them that this is where they are supposed to be. They won't feel pain or suffering anymore and if they are worried about leaving loved ones behind, just let them know that once they have crossed over they are free to pop back whenever they like (which they can't do at the moment). Also ask them to look into the light as their loved ones who have already crossed over will be there waiting for them. If they are really nasty and mean and don't want to cross over into the light ask Archangel Azrael to take them somewhere else for their highest good and greatest purpose until they are ready to go to the light. They can't stay connected with your client or their home.*

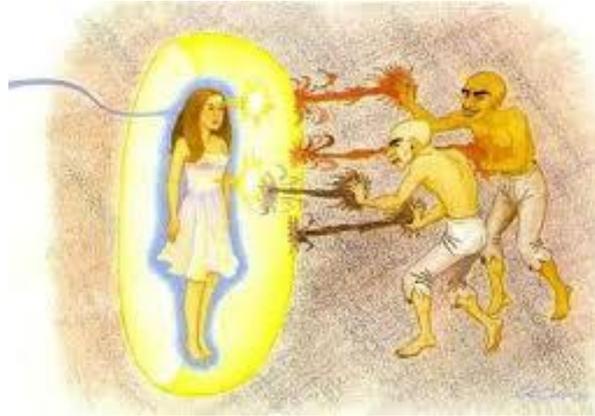


- *When they cross over you will feel a distinct shift in the surrounding energies. The atmosphere feels lighter and actually looks brighter.*
- *Always confirm with Archangel Azrael if the earthbound spirits have all left.*
- *Once this is complete ask your team to cleanse your energies and your environment (this is if you are doing a cleansing on a client, if you are doing a house clearing then the environment should already be clear.*

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- *Then thank your team and disconnect with them all. I usually start with the last beings I connected with and work my way backwards giving thanks to them all. You opened the circle to do this work and now it needs to be closed and gratitude shown to all the amazing spirits who assisted with this process.*
- *And that's it, the process is now complete and the difference in the energies should be felt around the person or place immediately. Let your client's know exactly what you found, if you discovered entities or earthbound spirits (or both) which is not that uncommon, what they felt like, where they came from, and why they were there. You may not have been able to get some of the information but as long as the client and environment is clear, that's what really matters. After the session you should also be feeling quite good, if you're not I would suspect you may have some energies still attached to you. Once again ask your team to cleanse your energy and when you get home it may be a good idea to have a salt bath to remove any residual energies.*

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*
- *Everything in moderation, excess of alcohol, drugs or negative people can weaken your aura enough to allow entities in*
- *Use crystals around your home*
- *Meditate and connect with your spirit team daily*
- *Always ask for assistance, if you don't ask you don't get*
- *Keep your environment clean and clear*
- *Stay in your integrity*
- *Protect yourself if you are going into a negative environment, being around negative people, having surgery or visiting someone in hospital or a mental institution*
- *Salt baths work great especially if you have recently acquired an entity*

Always remember that you are a being of light, and that we all carry the light within us, and we are far more powerful than we realize. You can always walk into a dark room and turn on the light, but you can never walk into a light room and turn on the dark!!