

## **ENERGETIC CLEANING**

Just like homes can become infested with mice and cockroaches our energy bodies can suffer a similar fate. There are four types of energetic vermin I would like to mention here. Astral grooves, personality fragments, larva and demonic entities.

### **Astral grooves**

Just like sound an energetic occurrence is a vibration and these vibrations imprint themselves on anything close by. You can witness this for yourself by holding a balloon lightly while speaking, then you can feel the vibration you are causing in the balloon through your fingertips. Some such vibrations simply pass, but others can be imprinted, like by a phonograph on a waxroll. So an astral groove is no more or less than a recording of past events.

Just like a phonograph needle stuck in a groove we can become forced to repeat the same pattern again and again. Everytime we follow the pattern it gets etched in a bit deeper and it becomes harder to change. This is a proces I call crystalization of energy.

The best way to remove these grooves from yourself and your surroundings is by making the energy flexible again by reintegrating them with the flow of your lifeforce and slowly letting them dissolve by digesting the stuck energy. This can be a bitter pill to swallow at first, but it gets easier quickly. Just don't give in to the temptation to carry out the pattern again when you absorb it!

### **Personality fragments**

When someone dies or makes a radical change in their life their conciousness moves on, but energetic parts of their old self are left behind. These old parts seem to be and act like the original, but they lack the conciousness and can only repeat a limited set of actions.

For instance an addict stops drinking and casts out his addicted persona, but depending on how strong this persona is it may survive being cast out. Such a structure naturally attaches itself to a source of lifeforce and being reconnected starts 'living' again.

So it is possible to revert to your old patterns or even someone else's old patterns. This is also how transplanted organs may influence the patient's behaviour. Every such fragment has one or more core emotions or beliefs which keep it intact. By changing these the fragment will lose cohesion and fall apart.

## **Larva**

A larva is a very primitive spirit, who can only work with one type of energy. They are best compared to a virus. Like a virus they stimulate the host to feed it, but they can only do this if the host is spiritually unhealthy.

A larva may be able to work with the energy of fear for instance. If you are infected the larva will stimulate your energy body to create more of this fear energy so it may grow and thrive inside you. This can cause you to develop phobia's or panic disorders or damage your confidence. Larva can move from one host to another and may sometimes be found in places where there is a large amount of background energy available. A larva infection often happens as a result of the weakening of the lifeforce and aura, this can be due to injury, illness, drug use or exhaustion.

Dealing with such an infection can be difficult since it is hard to know why you are being excessive in certain thoughts or emotions. It is your own energy flowing in your own patterns, but more strongly than warranted. To cure it you need to take conscious control over this energy so all energy generated is reabsorbed by you, thus starving the larva.

## **Demonic entities**

This is a catch-all group for spirits who are unable to move to a higher vibration due to their primitive nature, but also do not have a body of their own on our level of existence. Lacking a means to sustain themselves they try to use other bodies, but in doing so lower their host's energies to become more similar to their own.

The actions of these beings can be compared to drowning people who in trying to escape toppling and sinking the lifeboats of others. The entity will often try to cement it's connection to it's host by bringing the host closer to it's own level, since it finds it hard to operate on the host's natural level. The host may experience sudden urges to behave in a very primitive fashion often linked to anger or greed or similar lower vibrations. Because of this these entities are most common among people who have little restrictions on such behaviour such as criminals and sociopaths.

While the aforementioned problems can slow down your progress, the demonic entity can actually cause you to devolve spiritually and is thus a treat to your spiritual evolution. The urges they generate can be quite strong and hard to withstand but you have some advantages:

1. The energy is alien to your energy body and will thus naturally be filtered out over time. Maintain your lifeforce and grounding to optimize this proces.
2. Generating an urge costs them time and energy. So they need time and

place to prepare and if it fails it weakens them. By moving around and sleeping in different rooms you can make it more difficult for them to get to you. You can also disrupt their preparations with blessed candles or similar cleaning techniques.

3. Prevent their urges from affecting you by stabilizing your emotions and thoughts. By simply reading a book, playing a game or watching a movie you are linking your emotions and thoughts to a competing influence which they will have to try to overcome and drown out.
4. There are spirits which hunt these type of entities. Although they are not very common it is possible to find them and ask for help.

I hope this will help you clear the path for your spiritual evolution. For more complex problems such as curses it is best to seek the aid of a talented professional.