

Some thoughts on Entities/Energies/Voices/Soul Intrusions/Etc.

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Hello,

As an increasing percentage of the people who are contacting me with respect to healing work seem to be hearing voices, sensing presences, etc., I thought it would be useful to put some thoughts down on paper and make these available.

Basically every culture, religion or spiritual tradition has some term to describe or acknowledge the hearing of voices, sensing of other presences, intrusions of energies of the dark, unhealed or unsupportive kind.

- Sometimes these are felt to be malevolent or evil
- some might be spurned friends, lovers or strangers who haven't "cut the cord" with you and remain intertwined in your energy field
- these could be perceived as lost or unhealed souls simply looking to work out their "joneses" through you, or possibly looking to be facilitated to "the Light" by you
- and they could also be bits of your own personality splitting off as a protective measure, due to whatever stress or pressure in your life.

Whatever the case, I believe anything which presents itself can be worked with.

To remove entities which have attached to you, or energies intentionally sent through sorcery, is called soul extraction in the world of core shamanism. By other means, in other traditions, such can be called exorcism, removal of spells, etc. It isn't always a guarantee that the entities will leave by way of a certain healing session or modality, but in the case they don't leave, you can work with how you assign them power or not (like in the movie "A Beautiful Mind" and other references). The upshot here: however you perceive what might be happening to you, it is all workable. So-- keep up hope.

I believe it is **important to NOT get too attached to your STORY of how whatever is happening, is happening**. I advise you to not begin to further entrench yourself in the situation by naming it, and thus beginning to-- wittingly or unwittingly-- take hold more deeply than it has to. In other words, make your best attempt at non-attachment, or detaching from the immediacy of the situation such as it is.

The fact that you are out looking for answers says that you are standing in your power to some degree, perhaps on the way to taking a further act of power in scheduling a session with a competent healer/facilitator. You haven't lost hope. You believe there must be a solution. You believe you deserve to be at peace, and there is a solution out there for you. Another good thing that is happening in this moment is-- that you are recognizing the separation between these entities/energies and You. This is the start point for any work we would do. Whatever is healed in us or the universe... can be holding the space for that which is unhealed in this instance.

There is a certain amount of discipline that needs to be invoked in any of these cases, and a daily spiritual practice of some type (which, in my opinion, ought to begin with a type of meditation of your choosing) is most helpful. **One has to begin to be able to assign thoughts their correct importance, and to see them as coming from the "maya" or illusion**, and not a part of one's true essence. It seems to me that an increasing number of people who are finding me, are having voices, entities, sensitivities to other spirits or energies, etc., so you are not alone. My opinion is that the more sensitive ones are just experiencing what might be in store for increasing numbers of people, and that as the ones working with this stuff early on, these people (you?) will be able to help others. Perhaps this is your role-- part of that which you signed on for.

I can work with you if you want to schedule a session. Let me know where you are. This will determine-- should you choose to move forward with this-- whether we work in person, over the phone, on Skype or whatever.

The main thing is to breathe and not worry. You will find the support you need. And if it is not me, we will get you to someone or some resource. Take heart. The universe is conspiring in your favor.

Nothing of our truest Self can be taken or messed with. Any soul loss can be retrieved, and truly-- all remains intact somewhere deep within you. As you can think of this situation more along the lines of some weird adventure and bring some humor and perspective to it, you will help relieve yourself of some of the fear/pressure.

A cardinal rule of mine, which you might wish to consider, and take on if it feels right for you: speak to the highest in another and that is what will respond. To the degree that you converse with or address any voices or entities, speak to their highest from your highest. You also might consider them as wounded or unhealed in some way, and that you have been chosen and/or contracted to be available to help facilitate them to Light, Truth, etc. There are really only 3 options that occur from here:

1. as you hold firm in the highest degree of Light and connection to Spirit (by whatever name you feel comfortable) you can offer to facilitate these to the Light
2. they can leave, because you are leaving them no opening to remain and play from a lesser/lower/darker place than you maintain
3. or they can fight-- the angels, guardians, etc. which support you.

There really are no other options.

If you have created holes in your energy or etheric field for them to enter, you must close these. Addictions, tripping for recreational purposes, etc., create holes in our etheric field, and allow entities to enter without our expressed permission. You need to close those holes and withdraw any permission for them to remain, whether you believe you originally consented to their presence or not. As you get a sense that there are repercussions to any playing that you have been doing, without having acknowledged the need to be careful, protected and supervised... you will be that much more discerning moving forward from here.

I will work with you if you are serious; but if you would indulge in continued unsupervised, unconscious, unnecessary *messing around* in any way, this would negate anything I could help with and would not be worth my time. There are plenty of others who are seeking assistance at this time-- people who are in a bad way. All can be reclaimed and all boundaries can be set... but this is a process in which you are a participant and not just a spectator, and you need to be working this hard from your end. In short-- (pardon my language) if you've been "fucking around", it is time to stop... before it gets out of hand. There are areas in which we ought not play. If you are a bit scared, good; it will keep you that much clearer on the need for mindfulness in, and dedication toward, any work we do.

Let me know what you want to do. Be smart. Protect your self. Breathe.

David