

WEEK THREE

Strategies to Mitigate Potentially Harmful Influences

How Interference May Present

Like normal 3D communication, non-linear communication can be both helpful and unhelpful. Developing the capacity to sense or intuit the source of information is important. Even if you cannot tell where the information is coming from, sensing or intuiting its validity and frequency will help you know whether to allow it in your healing space or not. Each of these experiences can either feel like an attack or a blessing, create a potential dependency or possession, or offer freedom.

The most common types of interference in healing work are:

- souls attached to the client,
- addicted souls of all types
- lost souls seeking healing

If the non-linear other is an addicted soul that has not crossed over, it may draw upon the practitioner's and client's energy. It may attempt to prevent healing if it means it will get sent away from the client.

In the case of a substance-addicted soul, it can possibly cause them to crave the same substance as the addicted soul. The practitioner can also pick up on the non-linear other's unhealed traumas, emotional wounds, or fears.

If the practitioner is not aware of the possibility that a non-linear other is involved, it's possible they may notice a disturbance in their emotions and thoughts and even experience physical symptoms, personalizing the emotional states and taking them on as their own. It's not uncommon for the practitioner to identify with the pain of the soul. This causes the practitioner to do emotional and shadow work that is not theirs and wastes the practitioner's time and energy.

- Interdimensional beings who can either be helpful or unhelpful

These interdimensional beings can present as angels, aliens, teachers or guides from this planet or other planets, ancestors, nature spirits, spiritual counsels, planets, and stars. Even when helpful, they can become unhelpful for a person's development when the person they are helping becomes dependent on them, outgrows them but still clings to them, or if their messages are misunderstood. Most misunderstandings happen because the person isn't ready to let go of something they are receiving guidance to release due to an unmet need.

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How Interference May Present, Continued

There comes a time in a person's spiritual development when it's time to let these support systems go and seek higher, more helpful information and guidance. The helpful interdimensional beings will not interfere with a client's free will and will easily stand down when a person asks them to leave or to ask for a new being. This is the main difference between helpful and unhelpful non-linear others. Unhelpful others will not stand down without a fight and often cause a person to question their abilities and commitments to their values and well-being.

Both the client and the practitioner may see them in the session. It is not uncommon to hear a crashing noise or glass breaking. These sounds occur when someone moves from one dimension to another. The sound will happen regardless of whether it is a higher or lower-dimensional being.

When working in the non-linear realms, it's important to develop courage and move with caution and respect, and not be afraid of a lower-energy form's lack of empathy.

- Lower astral or dark energies and entities either attached to the client, attempting connection, or energies stuck in the body

The lower astral interdimensional beings are experienced as dark souls, dark energies, dark forces, satanic, demonic, or other lower-level life forms that feel like creatures.

Recognizing their presence may not be as forthright as a helpful interdimensional being, but some signs are as follows,

- Strong cravings of any kind, including sexual sensations in the body
- Temperature changes
- Physical heaviness
- Sudden strong emotions, usually grief, anger, guilt, or shame
- A felt sense of evil
- Uncontrollable, unpleasant thoughts
- Sudden exhaustion
- Missing items

Actual cases of full possession are not common, but attempted possession is, unfortunately, more common. We will discuss ways to prevent possession in Week four.

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How Interference May Present, Continued

- Psychic attacks

Psychic attacks can come from those in and out of the body, both intentional and unintentional. The information is transmitted via thought forms (packets of bio-photons) or energetic thought waves. The more intense the emotions of the person attacking you, the more likely they will influence you if you do not have a strong Arcana. Even when someone does not intentionally intend to cause you harm, having any of the following strong feelings toward another can create a psychic attack. Psychic attacks can occur when someone feels the following towards another:

- Jealousy
- Hatred
- Vindictiveness
- Addictions
- Fear

When working in the non-linear realms, seek supervision and mentorship from mental health professionals, spiritual guidance directors, and professionals who work in the non-linear realms.

The potential symptoms of psychic attacks are as follows:

- Sudden exhaustion and fatigue
- Physical illness
- Heaviness in the body
- Loss of mental clarity
- Fearful dreams and nightmares - often dreams of being attacked
- Unfounded fears
- Uncontrollable cravings
- Sudden unexplained physical pain, often in the head especially at the top of the head and temples, but can be felt anywhere in the body
- Strange physical symptoms after receiving a gift. The gift can be food or an object.
- Loss of income
- Relationship problems
- Public personal attacks on your character

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This week, we examine ways to work with potentially distracting or harmful energies. If we cannot answer all your questions in class, please be sure to address any concerns in the secure Signal group.

Consciousness exists in various species at varying levels of cognition and not just on the earth plane. Whether you believe in past lives, parallel lives, future lives, lives between lives, etc., you will be working with people who do. For this reason, it's vital to understand these belief systems and experiences to examine how you feel about working with these beliefs in others and determine if you want to work with that population. Commonly experienced in psychedelic settings is the appearance of non-linear souls and entities. The most common types are:

- Souls attached to the client and addicted souls of all types
- Lost souls seeking healing
- Entities that want to interfere with the healing process
- Departed loved ones
- The client's angels and guides

If you or the client become aware of these souls in the session, treat these souls gently and respectfully (except for malevolent entities). For the first three types, invoke the clearing statement at the end of this chapter to help the soul move forward. Any work they need to do can be supported by their helpers instead of you working with them in the healing session with your client.

Think of yourself as a grandmother or grandfather tree, thousands of years old, unmoving, virtually indestructible, standing between the client and the soul. Gentle and loving but very firm. Think of the attached soul as a precious soul of Light looking for comfort, safety, and peace as you communicate with them. These visualizations help you to maintain the appropriate frequency. Souls can be terrified and confused and do not need a lecture or to be forced out. They need guidance, support, and direction.

The last two types are usually there to provide support, forgiveness, and understanding. Occasionally, departed loved ones may hold resentment and anger and need to be cleared using the clearing statement.

NOTES



Strategies to Mitigate Potentially Harmful Influences, Continued

- Interdimensional beings who can either be helpful or unhelpful

Both the client and the practitioner may see or intuit their presence in the session. If you and/or the client intuit that the being is helpful, ask the client if they want the being there and support them in connecting with the being to get the information that is in the client's highest and best interest and then ask the being to leave the ceremony when complete. If you notice the being but the client does not, handle it on your own without disturbing the client. If it is helpful, you can ask for the information. If the being is unhelpful, invoke the clearing statement at the end of this section.

- Lower astral or dark energies and entities either attached to the client, attempting connection, or energies stuck in the body

These entities are the entities that attempt to possess or influence a person in some way. The possession can occur in the aura, the mind, and/or the physical body. This is most common for people addicted to substances. It is not uncommon for someone with a drug or sex addiction to have hundreds or thousands of substance-addicted souls attached to them, influencing their energy fields to increase the craving of the addicted person in their body. If you are a plant medicine practitioner who offers a ceremony for the recovery of drug addiction, it is vital that you know what you are opening your mind, body, and Spirit to and take your protection seriously.

When a person goes into recovery, many of the attached souls, both lost, substance-addicted souls and lower astral and dark entities, leave and feed on someone actively using, but others wait around to see how long it will take the person to relapse. They may mentally torture them or increase their cravings. They get very angry that their source of supply is no longer complying. Do not fear them; respect their veracity, use your protection, and set strong boundaries for your well-being.

These entities require the practitioner to have a strong mind and the capacity to take complete authority and control of the session and healing space. As a plant medicine practitioner, you agree to be the client's temporary guardian. When setting up your Arcana, keep this in mind, and if you do not have a power animal totem, you may consider working with a shaman to find your animal for you. You must command they leave. You can use the clearing statement at this chapter's end or another prayer or invocation from your tradition.

Be sure to clear all patterns, programs, imprints, implants, and shadows from the client, yourself, and the healing space if you use another form of banishment.

As a plant medicine practitioner, you become your client's temporary guardian.

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Strategies to Mitigate Potentially Harmful Influences, Continued

- Psychic attacks

To prevent psychic attacks from taking you down, do your shadow work, paying close attention to self-punishment programs, feelings of unworthiness, and fear of failure. Remember, it is one thing to experience an attempted psychic attack or attempted possession, and something entirely different to succumb to it.

Pay attention if you notice any funny energies in or around your head, especially at the temples, top of your head, back of the neck, and the heart. The temples are the most common entry point for both linear and non-linear interference, but the other areas are also susceptible. The energy at the top of the head could indicate a psychic wound that has been activated and needs to be cleared for you or the client. You might also hear sounds or hear voices. If you notice any of these, you must immediately clear the space and the point of your body where you feel the energies. Be sure to clear them for both you and the client because you may be picking up an attack on the client somatically

The following clearing statement can be printed out and had on hand. The only work your conscious mind does is to claim emotional, mental, physical, and spiritual authority over you and temporarily for your clients while they are in your care. Programming your super and subconscious minds to do this work for you strengthens your auric and etheric fields so you don't have to be consciously on all the time and risk becoming hypervigilant.

To program your super and subconscious minds, tell them to perform the following clearing anytime energy or information that doesn't belong to the healing process attempts to enter into the healing space and into your or your client's field.

Clearing and Cleaning Invocation

"I _____ (your name) now command and demand all separate, discarnates, extras, and others to be removed from this space, myself, and my client _____ (name). I demand they be cleared and removed from our physical, mental, emotional, auric, and etheric bodies. I command and demand all patterns, programs, imprints, shadows, and implants left behind to be removed and cleared. I ask their angels and ancestors to take them to the next level of learning in a manner appropriate for their souls. I ask their sins be forgiven and to be washed in God's Love. If any dark, satanic, or demonic forces are present, I ask _____ (any saint or aspect of Divinity from your faith tradition) and my high self to do this work for me. In the name of _____ I pray. Amen. So it is.
So mote it be."

It is recommended to commit this statement to memory so you can invoke it when necessary.

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