

Energy Clearing - Protecting Yourself

By Mary Kurus

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What Is an Energy Clearing?

An energy clearing involves the removal of negative energies, negative spirits, negative entities and beings, and negative thought forms, from your physical and energy bodies, i.e. your auras. It includes clearing negative energies from your home and personal belongings. Since negative energies transfer from people to homes and belongings it's important that an energy clearing includes clearing everything. Once the clearing is complete, the individual and home receive a great deal of protection and shielding against future negative energies. Then an energy healing is done to close openings, tears, and damage to your auras and chakras.

Negative Energies and Psychic Attack Energy

Psychic attacks are negative energies. They are defined as the manipulation of supernatural energies and forces. Psychic attacks occur when dark and negative energetic vibrations are sent to an individual or place creating disturbances in the energetic and physical bodies of the person or place. This negative energy can be called a spirit, an entity, a thought form or a dark negative energy.

Psychic attacks do happen and they happen more often today than ever before. Problems can and do happen as a result of negative energies and psychic attacks. Recently mothers have contacted me about their teenagers who are practicing bits of black magic wanting to know how to help their children.

Mother Earth and all of us who live on her are surrounded by many mysterious, supernatural and beautiful energies, including intelligent energies, spirits and guides. We are affected by the energies of all the planets including the Sun, the Moon, other planets, asteroids and stars. We are also exposed to many negative energies, entities, spirits and intelligent energies which can affect us in many different ways.

Ancient Societies and Psychic Attacks

Societies from ancient times to the present have worked with psychic attacks and dark negative energies. The African and Haitian people practice voodoo and black magic. North American and European cultures practice black magic and witchcraft. Indian, Chinese and South American tribes have similar practices. Australian Aboriginals practice something called “pointing the bone”.

Psychic Attacks - What Are They?

Psychic attacks involve the manipulation and movement of different types of dark energies, entities, spirits, and beings. They involve the transferring of dark and negative energies into someone’s physical and/or energetic bodies. These dark energies and entities can be sent intentionally or without awareness. Some are sent intentionally to create harm and damage, often to control, manipulate or punish the individual.

It’s difficult for anyone to penetrate an aura that is healthy and strong. Auras are weakened by repressed emotions, negative emotions, through the regular use of drugs and alcohol, through smoking cigarettes and a variety of diseases. The physical presence of fungus, parasites, worms, or metal, chemical or atomic poisons can seriously weaken an aura. It’s important to understand that all illness begins in the aura and then eventually moves into the physical body. Therefore, the care and protection of your energetic body is as important as the physical body so you can repel psychic attacks and stay strong and healthy.

Dark Spirits and Entities

There are dark spirits and entities that can move into physical bodies and auras affecting what people think, speak, do, desire, and feel. The human who is invaded by these spirits or entities can take on the physical attributes, illnesses and behavior of the spirit or entity occupying the person to such a degree that there appears to be a complete personality change.

Negative Thought Forms

Another major type of dark negative energy that can be sent to others is through negative thinking, anger, wishing harm to others, jealousy, animosity, seeking revenge, vindictiveness, or other forms of thought that are based in anger, rage and fear. These are called thought forms and they can be lodged in a person’s body or various layers of their auras causing a wide range of physical, emotional, mental and spiritual difficulties.

Degrees of Strength of Psychic Attacks

Psychic attacks and other dark negative energies, entities and spirits can have a wide range of effect from low to medium to high. The symptoms or changes in health or behavior can also range from low to medium to high. Not all health problems or behavior changes are caused by psychic attacks since there can be so many causes for the same symptoms.

Can We Draw Dark Energies to Ourselves?

We definitely can draw dark energies, entities and spirits into ourselves without any influence whatsoever from external sources. Prolonged states of anger, rage, resentments, bitterness, vindictiveness, and many types of fears, will draw and attract negative energies. It's normal to get angry or fearful when things happen in our lives. These occurrences do not draw the dark side in to us. It's the long-term and prolonged states that set up the energetic attraction. Ongoing repressed negative emotions can eventually turn into a certain type of entity.

All types of violence, physical, emotional and mental, draw negative and dark types of energies. The regular use of drugs and alcohol also draws these types of energies. Now one glass of wine is a social habit and does not affect our energy fields. However, when we become drunk, be it from alcohol or drugs, our auras becoming weakened substantially and negative invaders are attracted to the energy set up by this state.

Symptoms of Psychic Attacks and Dark Energies

There are many different symptoms that can indicate negative and dark psychic energies, spirits or entities. The following list identifies a few major symptoms. But these symptoms can also indicate other types of health problems and it's important to investigate all possibilities.

- Suddenly acting totally out of character
- Major changes in behavior for no reason
- A loss of memory
- Major changes in clarity of thinking or analytical ability
- Sudden ongoing fatigue for no apparent reason
- A drained feeling
- Icy cold feeling on part or all of your body
- Hearing someone's voice regularly
- Hearing voices
- Recurrent or frequent nightmares
- Strange or recurring accidents
- Feeling someone is watching you
- A discomfort or fear in a specific room or area in your home or office

- A loss of self-confidence
- A sudden loss of energy
- Sudden illnesses that elude diagnosis
- Sudden illnesses that cannot be explained
- Feeling someone touch you or bump into you when nobody is present
- Sensing a presence
- Sensing a large pair of eyes watching you or following you
- Sudden or irrational difficulties with finances or relationships
- Imagining monsters, animals or frightening shadows
- Sudden depression without an apparent cause
- Seeming ongoing bad luck
- Visions or hallucinations
- Irrational fear, anger or sorrow
- A negative obsessive thought, desire or fetish that won't go away

This is not a complete list but should give you a fairly good idea of areas to look at in the physical, emotional, mental, or spiritual areas. Each person who is on the receiving end of psychic attacks or dark energetic forces will have their own indications and effects. If you are not certain please consult with an experienced energy worker knowledgeable in identifying and clearing energies from different types of psychic attacks and dark energies.

How Do You Pick Up Negative Energies, Entities and Dark Energies?

Negative entities, spirits, and dark energies can be picked up almost anywhere where negative people, emotions or thoughts exist. They are drawn to negatives. Therefore, you can pick these up at meetings, in stores, at any type of gathering, or in your own home. At times when individuals have suffered prolonged pain in a certain place, the energies of this pain can remain there even though a person has left that place.

Negative entities, spirits and dark energies are strongly drawn to individuals who use drugs and alcohol. When people get stoned, their auras get weak and these negative entities and energies can easily penetrate into a person's aura or body. Humans are quite defenseless when they are stoned.

Smoking cigarettes or any other type of drug seriously weakens an individual's aura making them quite vulnerable to the entry of negative entities, spirits, and dark energies. Smoking eventually creates holes in an individual's aura so that their vital energy can seep out making them feel fatigued as well as making them vulnerable to negative energies.

Negative energies can be absorbed or can attach themselves to objects during the process of being made or by resting somewhere where negative energies exist. If you have the opportunity, ask an experienced antique dealer to tell you some of their stories about negative energies in antique furniture.

Negative energies can attach themselves to an object when it's being made or just by where it lives. These can be very difficult to eliminate. This past Christmas I received a gift of a small box as a gift given in love. One day as I was checking my desk I realized that negative energies were attached to this little box. They had attached themselves from dark energies in the store they were sold from. I placed the box in the sun but that was not sufficient to clear the box. I then washed it thoroughly with soap and water and then placed it in the sun again and that finally cleared the box. It is much more difficult to clear old energies from antique pieces.

Sex and Negative Energies, Entities and Spirits

It's important to look at sex as an exchange of energies, entities and potential vulnerability rather than from a moral perspective. When you have sex with another human being you absorb their very essence mixing it with your own essence. You literally absorb their good stuff as well as their bad stuff.

If you have sex with someone who has negative energies, entities or spirits, it is almost guaranteed that some of this negative energy will be transferred into your body and/or aura through the physical act of sex. It's very important to ensure you want to absorb the very essence and energetic elements of the other person before having sex with that person. The more sex partners you have, ensures the greater diffusion of your own very special essence.

A client told me the story of her father who had an affair with a neighbor who happened to be a Wicca witch. This lady conducted many ceremonies and cast many spells. After a period of time, this man, his wife and their children were all invaded by negative energies and entities. Be careful of the company you keep.

How to Eliminate Psychic Energies

There are a variety of methods available for eliminating dark and negative energies, entities, spirits, and thought forms. The following will give you many ideas of things you can do to help yourself. It will also help you to ask an energy worker the right questions if you need help to eliminate energies through psychic attacks.

You will read many different methods and find a wide spectrum of suggestions regarding clearings. Personally, I don't think one needs to spend time identifying the characteristics of the invading energy. What's important is to know how to clear and protect yourself and your home.

The following are a number of methods you can use, normally in combination, to ensure you get clear and remain clear. There is no perfect solution that can be applied to every psychic attack. What someone could need would depend on the power and strength of the psychic attack or dark energy, and the present state of the individual who has absorbed this energy.

An Energy Practitioner Experienced in Psychic Attack Clearing

If you believe you are absorbing negative energies or are the recipient of psychic attacks, you should seriously consider asking for the help of an energy practitioner who is **experienced in the identification, clearing and elimination of psychic dark energies, entities and spirits**. If you believe that spirits, entities or hard dark energies have penetrated your body or aura, please ask an energy worker for help. Many dowsers are quite knowledgeable on reading energy fields and can be very helpful in identifying if you have different energies in your auras, body or home. It's important to identify and eliminate these as soon as possible but please don't try to do this yourself. You might even draw more negative energies to yourself if you attempt the clearing yourself and exacerbate the situation.

There is always a strong need to protect a home and individuals close to the person who's been invaded. Someone experienced in clearing will know how to protect everyone, including themselves.

Smudging with White Sage

Smudging with white sage is an ancient custom of North American Indians who have used and continue to use this method for clearing unwanted energies. You can purchase dried white sage in a variety of shops today or you can grow and dry your own white sage.

People who work in close quarters with others, and this includes teachers, nurses, physicians, therapists, factory workers, energy workers, office workers etc., need to smudge and clear regularly. Some of the negative energy carried in one aura can easily flip into your own aura, eventually causing illness. Smudging is a powerful clearing tool to use on yourself and your office to keep your energy field clear of "accidental" energy transfers. Unfortunately, this is normally insufficient for "intentional" psychic attacks.

To smudge just do the following. Take a bowl about 4 or 5 inches in diameter and place a few inches of sand to cover the bottom of the bowl and to protect the bowl from heat. Place a few leaves of white sage on the sand and light the ends or edges of the leaves. Once the leaf is flaming well, blow out the flame and leave the leaf to smoke. This smoke is what is called smudging.

Pass the smoke over your head and all around you a number of times. If you are smudging your home, close all the windows and doors and pass the bowl with leaves smoking around each room, into corners, up to ceiling corners, and into closets and cupboards. Leave the doors and windows closed for a few hours. This smudging can dissolve or eliminate many negative and dark energies, entities and spirits from your home.

A Rock Shop Owner's Story

The owner of a rock shop recently told me a story about her experience with black tourmaline. She had been having many individuals with dark energies coming into her shop and decided to use black tourmaline to keep them out. She placed a grid using black tourmaline in her shop doorway to keep out these negative energies. Well not only did the negative energies not enter her shop that day, but she found that nobody entered her shop that day at all. She learned an important lesson about black tourmaline. But it's a powerful gem for keeping negative energies and beings away from you.

Black Obsidian and pyrite are just as powerful as black tourmaline but are more porous and allow good and loving energies to flow both ways, while protecting and keeping all negative energies away. Black Tourmaline tends to keep everything away. Mahogany and Rainbow Obsidian Gem Essences are powerful in eliminating negative energies caused by jealousy.

Black Obsidian and Black Tourmaline Gemstones

These gems are protection to use just by carrying them in your hand or pocket. If you are going to be in environments where there is much tension, conflict, anger, manipulation or control, it's a good idea to keep one of these stones in your pocket.

Remember that if you keep it in your right hand or pocket, you are releasing and helping to release negative and dark energies. If you keep it in your left pocket you are drawing in energy to help you eliminate negative and dark energies. Anything held on the left side draws energy and anything on the right side releases energy.

If you carry these gemstones daily, they need to be reenergized regularly. About every third day, **place the stone in the sunshine and moonlight for 48 hours so that the gem can be re-energized.** This is essential for the stone to continue working effectively. Gems are energized under the sun and moon.

Tibetan Incense (made in Nepalese monasteries)

There is an incense made today in the monasteries of Nepal by Tibetans that is so pure that it can dissolve some negative energies in your auras and home. This incense is made by hand in accordance with Tibetan traditions preserved through the centuries within the monastic orders of Tibet. It's made in the traditional Tibetan manner with 35 different spices and aromatic substances including nagi, saffron, and red and white sandalwood.

It's important to know that incense, essences essentially anything made by machine loses much of its vibratory healing power and does not produce the same clearing or healing effect as incense or anything else made by hand.

Grounding - Being Fully Present in the Moment

Whenever you are thinking or trying to cleanse yourself of negative and dark energies, first ground yourself so you are deeply connected with Mother Earth. Sit down comfortably with both feet planted on the floor, and if possible, right on the earth. Imagine a thin silver cord that runs from the center of your being or from each of your ankles, way down to the center of the earth, right into the middle of Mother Earth. Hold this visualization until you feel deeply connected with Mother earth. This is an important beginning to many types of energy work.

Certain gem essences are very effective in helping you stay grounded, centered and connected to the present moment. For purposes around psychic attacks I recommend Amber, Hematite or Zincite Gem Essences(www.mkprojects.com). Of course, I consider **Choming Essences** that I make myself to be most effective.

Prayer and Connecting with Other Loving Spirits

People get very frightened when they believe they have been attacked psychically. They feel helpless and violated and without the necessary knowledge or skills to help or protect themselves. Fear is one of the greatest problems associated with psychic attacks since fear tends to magnify and intensify the experience of the person.

Prayer is so powerful and can help immensely when dealing with psychic attacks. If the person who has been attacked can pray to the God of their understanding for strength and courage, their fear should slowly abate and they will be better able to concentrate in applying a number of the suggestions for clearing that I make in this article. Positive prayer in love strengthens individuals to deal with their issues. Ask others to pray for you also as you go through this difficult experience. There are special convents and monasteries with sisters who do nothing but pray each day. Call them and ask them to pray for you as a special intention. Believe me, prayer works and needs to be part of the healing process.

For those who believe in the spirit world, ask those who are in other dimensions to guide you and help you through this experience. They are there and just need to be asked. Ask the highest of spirits and guardian angels to help you as part of this healing process for you.

Releasing Fear

Those who have been attacked need to release their fear and prayer and meditation is one of the simplest and most powerful supports for releasing this fear. It is much easier to get clear and stay clear when the fear is diminished.

Deep Breathing: Another simpler way of relaxing and releasing fear is through deep breathing. Sit or lie down so that you are relaxed. Begin by inhaling on a count of 8 then hold this breath to the count of 8 and then release this breath to the count of 8. Take a short break and begin the inhalation again. Do this slowly and you should find that you begin to relax after about the sixth or seventh breath. If possible, continue this exercise for 10 minutes to achieve deep relaxation.

Protecting Visualization Techniques from Anger or Revenge

This technique works particularly well when others are angry with you and are sending you angry or vengeful thought forms. The person can be very angry, cursing you and wishing you harm. They probably do not realize that they are sending you these thought forms that can lodge in your body or aura. You may hear their voice in your mind, see a blurry vision of them speaking to you in anger, or just be feeling very uncomfortable. Do you remember the many times when you had angry conversations with someone who was not present? You may have thought you were talking to yourself but in reality, you were sending out angry thought forms when you did this.

The following is a visualization I have used many times that has worked well when used properly. Visualize that you are where you are and this other person is about 100 yards away from you. Then visualize a Plexiglas wall that

drops between the two of you. This glass wall is about four to six inches thick and is such that anything loving can penetrate this wall easily, while negative images or thoughts cannot be heard through this wall or in any way penetrate this wall. Hold the image of this wall and I guarantee you that the angry voices and images will disappear almost immediately. This will give you real protection from angry thought forms so they cannot penetrate or lodge in your body or aura.

Surrounding Yourself in White Light

White light is the light of love and using this practice can help with minor negative energies. You can surround yourself with white light and feel the presence of a Loving Universe. However, this white light often does not keep out the heavier dark energies and normally does not keep out entities and spirits. It's a good practice to connect with the Universe but not very powerful in protecting you from certain energetic practices.

Cleansing and Rebalancing of Auras and Chakras

You will need to ask an Energy Worker to do this for you, but if you have been on the receiving end of a psychic attack, your chakras will be distorted by these energies and no longer working properly. You will also have holes in your auras. Ask an Energy Worker to bring your chakras back to their perfect shape, to ensure they are spinning properly and at the perfect speed and to close the holes in your aura.

At times part of a psychic attack could include attaching cords, hooks and even placing nails in the midriff area. Ask the Energy Worker to clear all hooks, attachments, markings, and any negative energy rays that might have become attached to you.

Ask the Energy Worker to seal your aura, to eliminate all holes in your aura, and to make certain your aura is not leaking in any way. They should be checking you at a distance for two or three days after the sealing to ensure there are no leakages.

Personal Affirmations

As you think so you will behave - that's so accurate. You need to adjust your belief system so that you will believe that you will be safe and have the overall feeling of the love and protection of the Universe. An affirmation is a statement you make from the bottom of your heart, with deep felt emotions, stating the effect you wish to experience. For safety from psychic attacks you could say "I am safe and totally protected by the Universe from all energy that

is not for my highest good”. Or you could say “I will draw to myself today the powerful loving and protecting energies of the Universe”.

Protecting Yourself Against Psychic Attacks

The following is a summary list of things you can do to protect yourself from psychic attack.

- Clear your aura with white sage or Tibetan incense on a daily basis.
- Regularly spray your home with Black Tourmaline or Black Obsidian Spray Concentrates made by me.
- Keep a loving and caring attitude towards others.
- Keep yourself grounded with cords to the center of Mother Earth or use Gem Essences to keep yourself grounded. Amber, Hematite and Zincite Essences and gemstones are powerful for grounding.
- Include time for prayer and meditation on a daily basis.
- In your daily spiritual practices, include positive personal affirmations for your overall comfort and safety.
- On a regular basis, ask an Energy Worker to clear all attachments, markings, or negative rays that have become attached to you. Also ask this person to ensure your chakras are operating at optimum efficiency.
- When required to spend time with individuals who are in conflict, make a practice of keeping a black obsidian, black tourmaline or pyrite gemstones in your right-hand pocket. Be certain to cleanse and re-energize the stones.
- Practice deep breathing exercises when you become fearful and anxious.
- When in doubt, call an Energy Worker to work with you to help you clear negative and dark energies and psychic spells.

A Friend's Story

I'll like to tell you a story about a friend of mine who had a serious psychic attack directed at her intentionally. Two years prior she had experienced many difficulties including the death of her partner, financial problems, and difficulties at work. At about the same time her health began to deteriorate very quickly. Her physician sent her to at least 20 different specialists and nobody could tell her what was wrong with her. Her physician finally told her to go home and rest since there was nothing else he could do. She sat and stared out of a window for six to seven hours each day for a year, seriously depressed, never having suffered depression before. She knew her mind was working, even though her thinking process had slowed down substantially, but somehow, she could not complete her sentences or even say what she wanted to say. Her fatigue was huge and she had become quite listless and inactive.

She visited a mystic who informed her that she had been invaded by very dark energies, that someone had intentionally cast spells on her, and that her aura had been broken into in a number of places leaving large holes. There were many holes in her aura and many negative and dark energies, entities and spirits in her body, aura and home. For two weeks she cleansed her home daily with white sage and obsidian spray. She cleansed her aura daily. She held a very large piece of black tourmaline gem in her right hand to help release these energies. She was quite terrified of the energies that had invaded her and created havoc with her health. For the following 5 days she held the black tourmaline in her left-hand drawing in the healing energies and protection she required within. She held this piece even during her sleep. She had been experiencing very strange headaches and pains around her heart which lasted for days. As soon as one of these headaches started she held the black tourmaline harder and the headache left her immediately. Some of the dark energies must have lodged in her brain and the black tourmaline released and eliminated these harmful energies.

This lady has a deep faith and belief in family and friends who have passed over and believed that they were present with her and giving her strength and comfort throughout her clearing and healing. She worked very hard to maintain her connection with the spirit world and received much courage and strength from them.

I repeatedly cleansed her doing distance energy work with her aura and body to help release the energies she had absorbed as well as the markings and other connections. Once many of these energies were released I sealed her aura with special protections so these negative energies could no longer find her or invade her. Her chakras had become distorted from these energies and these were cleansed and rebalanced.

Within two weeks the majority of her depression was gone. Her energy began to return immediately. She now had the opportunity to deal with her life issues. For the past year she had not been able to sleep normally and she began to sleep relatively normally again once the clearing process was underway.

Subsequent to the clearings she remembered that the last people who had lived in the home she was living in had been in the drug business. Please be aware that drug use and excessive alcohol consumption leave your energetic body totally unprotected so that dark energies, entities and spirits can enter and stay there very easily. Places where drugs are sold and consumed, where addicts are present, are filled with dark and negative energies.

She is living a healthy and vibrant life today.

Ordering a Negative Energy Clearing for Psychic Attacks:

If you believe that you are under psychic attack and need help in clearing the psychic attacks, negative and dark energies, please [contact me](#) at mary@mkprojects.com. I always include an energy healing once the clearing is completed since psychic attacks cause damage to your energy field and systems. I do Negative Energy Clearings and Healings for individuals, homes, vehicles, offices, etc. My prices can be viewed under Pricing on my website at www.mkprojects.com.

With Love and Caring,
Mary Buchowski-Kurus
