

Beyond Matter: Working with Energies and Entities

A Teaching on Demystifying Energetic Entanglement – with Anna Fornachon LLC

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Opening: Prayer for the Seven Directions

Center yourself. Take a few deep breaths, grounding into your lower dantian, your lower abdomen. Connect with the life force energy all around you. It emanates through each of you outward, just as it is drawn in by your breath.

With this life force, you are part of the circle, part of the cycle of life—yin and yang, feminine and masculine divine, and the spirit energy born from their union.

East – Inspiration and Beginning

Great Spirit of Light, come to us of the East with the power of the rising sun. Let there be light in all woods. Let there be light on our paths. Guide us to the path of wisdom.

South – Growth and Trust

Spirit of Life, come to us out of the South with the warmth of the open heart. Grow in us a garden of peace. May we learn to walk with clarity and grace.

West – Introspection and Reflection

Spirit of water, come to us out of the west, where the sun sets. Help us to let go of our burdens, to forgive ourselves and others, so that we may be refreshed and renewed.

North – Wisdom and Gratitude

Spirit of Earth, come to us from the north with the quiet and strength of the mountains. Grant us the knowledge and patience to endure, and the wisdom to know what's worth enduring for.

Below – Mother Earth

Spirit of our mother who nurtures and sustains all life. Help us to honor and protect your abundance, and walk gently upon you, as we recognize we are all connected.

Above – Father Sky

Spirit of the sky, of the stars, and of the vast that surrounds us. Guide us to see the infinite possibilities, to dream big, and to remember our place within the cosmos.

Within – The Sacred Center

Spirit within, the sacred center. Guide us to connect with our deepest truth, to live with compassion and integrity, and to reflect your light in our everyday actions.

May the spirits of the seven directions be with us today, and guide us as we walk in balance and harmony. May we live with respect for ourselves, each other, and all living things.

The White Buffalo Calf Woman

We invoke the spirit of White Buffalo Calf Woman to hold us in this sacred time together. Her energy brings us into our own state of wisdom, peacefulness, and calmness within.

The Prophecy

Her spirit came as a vision to Lakota people. Two scouts sent to find food encountered the White Buffalo Calf Woman—an emanation, a spirit being.

Afraid, one scout was attracted to her and tried to embrace her. The spirit energy she embodied turned his physical being to dust—only bones remained, because she was of such pure nature, her energy not for sharing in that way.

The other scout was very afraid and wanted to flee. She spoke to him, sharing that she was a being of great importance, healing, and light. She could bring healing to their people, who had been without food for a very long time and were hungry.

She would bring teachings to the Lakota people of this tribe, and they would learn to be connected and communicate in a new way. There were **seven sacred rites** she would teach them. If they enacted and honored those rites, they would be well, have enough food, and be healthy.

The Sacred Pipe

She brought them the Chanupa pipe, which embodies the different aspects of physicality, healing, and connection to the spirit worlds, so it could be utilized for the healing of the people.

The Four Colors and the Prophecy of Unity

- **Black** – Given to Africa, to take care of the energy force for our heart
- **White** – Given to Europe, to take care of the air
- **Yellow** – Given to Asia, to take care of the water, the life's blood
- **Red** – Given to North America, to take care of Mother Earth

When a white buffalo is born into the Buffalo Nation, there will be a coming time of peace for all nations. These nations coming back together again is what we're working on right now, bringing this unity and peace to fruition.

The white buffalo is a very sacred medicine. Several white buffaloes have been born into the physical—the first one in 1959 named Big Medicine, who lived for 36 years, and more recently, one born called Miracle.

Foundation: Nonviolent Communication

Before we look at entity work, I want to bring up this foundational aspect: Marshall Rosenberg's **Nonviolent Communication**. This is how I stay present with what's happening in my own field and respond to situations with very challenging energies.

I find it helpful for difficult energies themselves, so they can come back to balance and transform to the light.

The Core Premises

- Connect with the **emotion** within your body
- The emotion leads us to what our **need** is
- That leads us to what we **value**
- We can then make a **request**

Why This Matters for Entity Work

When a spirit is disembodied or unable to connect to light, there's often emotional content. Though spirits who've passed don't have the same connection to emotions we do in physical bodies, emotional aspects are present when a spirit shows itself to us.

Behind that emotion, or energetic frequency that comes across as emotion, there's a need—a need that has not been met.

By working with nonviolent communication for ourselves, we become more able to witness another being's challenge or difficulty, allowing it to be revealed for transformation.

Inner Courage and Vulnerability

When we're in a position to connect with our need, our emotions, and our values, we access an inner courage and an inner vulnerability—but the vulnerability doesn't come from a place of weakness. It comes from a place of strength.

This is helpful when working with energies that seem overpowering or try to manipulate your energy. Noticing what emotion you have and what your need is helps you come back into your body and stay centered in any split second.

When you connect with these things inside yourself, you empower the situation. That vibration of inner power and connectedness becomes resonant within the mathematical equation taking place, shifting the energy slightly. **That can be your in.**

Presence Over Answers

When you're present, you don't need answers in that moment. When something seeks something outside itself for an answer and impresses that on you, it can pull us out of center. We lose confidence or our ability to remember our core strength.

Bringing yourself back to presence helps you become more calm, stay grounded, and access peace and joy within. You're reminding the memories in yourself: *I have this power inside me. I have this strength. I can deal with this. This too shall pass.*

The Power of Curiosity

Curiosity is going to be your friend from here on in until the end of your days with this kind of work.

Why Curiosity Protects You

When you have curiosity, there's intrigue, interest. You're bringing energy to that situation, but not from a place of drawing the energy in so it attaches to you. It's more: *Oh, I see this*

thing. This energy is here. Let me have a look at this. Let me be curious—rather than going into fear.

Fear as False Evidence Appearing Real

If you look at the letters of **F.E.A.R.**, it can mean **False Evidence Appearing Real**—thinking something will happen that may or may not happen. It's a protective mechanism to help us survive—why we go into fight or flight when something unfamiliar enters our system.

False Evidence Appearing Real

When we're afraid, we think something is going to happen that may or may not happen. It's a protective mechanism to help us survive—why we go into fight or flight when something unfamiliar enters our system.

By being aware that **fear is an ally** rather than something to disconnect from or avoid, you stay present with what's happening.

Avoiding Avoidance

You want to avoid avoidance. You want to stay present with what is happening.

If you have a sensation where something is trying to impress itself on you—you're feeling low, dirty energy, ickiness, stickiness, something trying to glom onto you, and you feel afraid—**it's okay to feel afraid**. It's okay to feel the fear.

It's what you do with that fear after you've felt it. Do you stay with the fear, or do you recognize it's false evidence appearing real?

I'm thinking something is going to happen with this energy, but that may or may not happen. I have the choice to be in my own sovereignty. I have the choice to be in my own inner strength. I can be neutral to this. I can just be curious: What's this about? Let's look at this. I don't have to run away from this.

Everything is Information

If you embody the understanding that everything is information—whether it feels hard, difficult, challenging, or something you don't want to be around—you're less likely to have attachment happen.

By seeing it as information rather than something good or bad, evil or divine, you're less likely to have attachment happen. When you see it as something to avoid, it embeds in your system more easily and is more challenging to transform.

What's Behind the Energy?

Look at what's behind this energy. The energy is just an expression. If there's energy that's hard, difficult, dense, manipulative, seething, angry, judgmental—there's just an imbalance

that hasn't been dealt with, usually a **need not being met**, or something not being respected or witnessed.

By being curious about what's behind this energy or at its epicenter, you move away from judgment and stay in openness.

Everything is a Mirror

Everything is a mirror. If you experience something difficult coming into your field, it's a mirror of something inside you still needing transformation. Come to it with curiosity to look at what within yourself is being mirrored.

Rather than seeing it as separate and something to avoid, come to it with curiosity to look at what within yourself is being mirrored. That helps you understand and stay connected to that love energy, which is all-pervasive—it's in everything.

The false evidence appearing real, the fear, the challenge, the difficulty, or what feels like separation is actually an illusion.

Key Reminders About Curiosity

- You can have an interest without being attached
- You're looking for what's behind the expression of the energy
- Fear is false evidence appearing real
- Staying neutral allows for clearer perception and understanding
- See all expression as information, not right or wrong, bad or good, evil or divine
- All information is mirroring something for you to work on that can be healed
- There's no separation from this energy expression—fundamentally, we are all connected and all one. Separation is an illusion.

Integrity: Your Shield and Strength

Integrity is crucial to this work. When you're in your own truth, honest and staying connected with your heart, nothing is masked. Nothing is part of that illusion.

Accessing Spirit Grace

When you come to a situation with that level of integrity, it softens the energy trying to be harsh, hard, or challenging. You enter a place of being able to connect with **spirit grace**.

When you're in a place of being connected with the grace of spirit, nothing can harm you, nothing can take its place, because it is such a powerful emanation of love, compassion, understanding, and purity.

Connecting with the Law of One

By being connected with those aspects of spirit energy, you're connecting with the **Law of One**—that all beings connect through spirit energy, creation energy, and at a fundamental level, something is the same in all of us.

When you're in this state of oneness, there's not really a way for you to be coerced, because you're not in fear. You're not in a place of not knowing yourself or not trusting you're connected to something greater than yourself.

The Challenge of Coercion

One of the most challenging things about manipulative energies is they try to coerce you into resonating at the vibration of the state they're trying to bring into your awareness, usually through something you're unaware of. That's why I've been teaching you about your strengths and weaknesses.

Staying Neutral and Present

When you're neutral and in your integrity, you remain grounded and clear. Spirit can come through you, so you're utilizing the intelligence of that all-oneness pervading everything—rather than using just your own intelligence. You don't get caught in the ego.

When you stay more present and don't get caught in ego, you're less likely to have something coalesce or engage with one of your weaknesses. You can stay in the purity of your own presence, the presence of spirit energy, and your guides and helpers.

Beware of Masks

When dealing with entities that are very manipulative and want power, they'll put all sorts of masks on to appear as something else. They want you to become more trusting or lose your ability to stay in your own strength.

Sometimes You Need to Mask Too

It's sometimes important to mask your own energy—to cloak it. That would only be necessary when working with really malevolent energies.

Keep something in your back pocket as a tool you don't bring out on display as you deal with these energies. Have something you can bring out as a trump card at the right moment, as the energy tries to be stronger and tries to take you over.

Masks can be helpful or unhelpful. It's about navigating what will work for you and what won't.

Types of Entities and Energies

When I say **entity**, it can cover all sorts of different energies. Really, it's just a word to describe something outside the physical realm—an energy usually unseen to the naked eye.

You might sense it, feel it, clairvoyantly see it (get an image), smell it, taste it, or hear it.

These are all connected to the clairs—clairvoyance, clairsentience, clairaudience.

I use this word because it covers all sorts of different energies.

Categories of Energies

- **Disembodied spirits** – Ghosts that have originally been in human form
- **Malicious energies** – Trying to usurp your energy for control and empowerment
- **Entities caught in webs of instruction** – From another being or race of energies, whether planetary from this world or another (alien energies)
- **Location-based energies** – Only stay in one place because they're connected to a building or how the land moves
- **Collective energies** – Groups of spirits bound together by trauma or shared experience
- **Overseer entities** – Beings that harvest energy from trapped spirits or traumas

Disembodied Spirits and Ghosts

The easiest unseen energies that may need help transforming are **disembodied spirits**—things like ghosts that were originally in human form.

How They Appear

Usually, they take a human form in the spirit world. Not always—they may be like a cloud, or just a nebulous shape. But usually they take on some form they had during their life.

- They may take on a form of their younger self, like as a young child
- They may revert back to an earlier stage of their midlife
- Not necessarily how they were when they died
- They may look like they did when they died

It's very varied what they appear like. Even if you don't see anything or sense it visually, that doesn't matter. It doesn't mean you're not connecting with the energy or the energy isn't sharing something with you. There are many different ways this can happen.

Can They Move Objects?

Most disembodied spirits or ghosts don't have the ability to manipulate the third dimension. Some spirits can, and that may be something they had in their living life—they may have been more spiritually advanced, or they may just have an easy way to connect emotively.

If they experienced a lot of anger, frustration, or rage when alive, they may be able to utilize that energetic frequency or vibration to move things. And it can be the other end too—love can move things too. It doesn't have to be anger.

But **most ghosts cannot move or manipulate the third dimension**. When you come across something that does, that usually means the spirit is a bit more advanced in their transformation, or they're a very stuck energy really needing help.

How Quickly Do They Transform?

Most of the time—probably 97% or 98%—these disembodied spirits will go to the light almost immediately as you offer them the option to have help from their spirit guides and move to the light.

Most of the time when I'm dealing with these kinds of energies and spirits, it's an almost immediate change or shift. That spirit is totally ready to move to the light. It's very quick. It doesn't take long.

For spirits that have more intense energy vibration needing transformation, it will take longer. Sometimes these energies take multiple times of addressing and working with them, because we're only able to transform or heal whatever we're able to witness or be privy to.

That's why it's important to learn how to question these energies so the place needing balance is found.

Where They Can Be Found

Many of these spirits can be lost, wandering. They may be in a house, on land, or go to a place with collective energy—places where lots of people move through, like churches, graveyards, temple spaces.

When there's lots of movement of physical humans, usually there's connection to different types of entities or disembodied spirits that are part of their family, lineage, or maybe an energy from where they're from.

Collective Energies and Group Trauma

There are groups and collective spirit energies that can have a unified or collective vibration of an emotion or experience—a trauma that binds them together.

Examples of Collective Trauma

- People who went through the Holocaust—in Auschwitz or other places where many, many people died in the same place at the same time
- Wars and battlefields where many were killed
- Any place where large numbers of people experienced the same trauma simultaneously

Why This Happens

Often this happens because the person wasn't in control of how they left their body. They were killed—in incinerators, on battlefields with a sword, their body blown to pieces by cannon. They didn't have the ability or chance to move their spirit from the physical body into the light when they died.

When there's a collective experience of energy—the trauma of starvation, the Holocaust, being incinerated, lots of people experiencing the same thing—these beings, these spirits, have been collected together.

Harvesting of Collective Pain

I've quite a few times come across collective energies where the trauma energy is being utilized by an overarching other being that is **harvesting energy from their collective stuckness, their collective entrapment in that trauma.**

Sometimes you can come across this even connecting to a person's body. I've come across this many times when working with someone in a healing session, where there's collective trauma that needs to be released, witnessed, seen, respected, and shared love with, so that information and energy can transform and move to the light.

The Blessing of Witnessing

It can be a really amazing experience to be part of this, because so many souls are returning to the light all at once. It's a win-win-win situation for you, because you're witnessing the transformation of many beings moving to this state of love and connection, going back to their soul families.

You'll receive energy and an upgrade yourself at that time as well. When you're witnessing any kind of energy that's moving and transforming and has change of its own because you're witnessing it, that mathematical equation affects your vibration too.

Understanding Possession

When an energy possesses another being—whether it's manipulative or just by circumstance (such heavy density that it infiltrates a person's light even if it isn't manipulative)—this could be in a cloud form, with a hook, or some kind of connecting point.

When it overtakes someone's body completely, this is called possession.

Symptoms and Signals of Possession

When someone's fully possessed, they don't have access to their own cognizance. They don't have a way to understand their own sense of connection to power, their own sense of self. It's completely usurped by the other being.

Physical Signs:

- **Shifty eyes** – They keep looking around, won't hold your gaze, look up, just not able to focus (eyes keep moving)
- **Receded or very black eyes** – The pupils and irises are very receded, or the pupil becomes so enlarged it almost totally ensconces the iris area (you can't see the color of their eyes anymore, just black)
- **Sullen or pasty appearance** – Their skin will be light white or even green color sometimes
- **Clammy or cold body** – Sweaty clammy or cold to the touch

Behavioral Signs:

- **Erratic behavior** – All over the place with different kinds of emotions, one minute high, one minute really low
- **Sunken demeanor** – If really possessed and most life force energy is being taken, their demeanor will be sullen or just quiet, won't want to say anything, won't want to do anything, lethargic
- **Or the opposite** – Extremely angry, frustrated, breaking things, causing a ruckus
- **Shadowy feeling** – Their life force energy is so drained it can feel like it's almost not there, like there's no light in them, or they feel very dense
- **Severe addiction** – Addiction is a way where energies can completely usurp a person's energy through drug taking or even plant medicines if utilized too much on a regular basis

Addiction and Entity Attachment

I was privy to a man who used to do out-of-body experiences and traveling. He said once, he went into a space where there was a bar with a line of people drinking. Behind each person, there was an entity tapping into that addiction to utilize that energy.

Often, these entities may have been addicted themselves in their own lives, so they're just looking for that jack-in, looking for the high they experienced when alive. They suck the energy out of the person drinking or taking drugs, and they convince them to keep doing it.

When I see people who are addicted, there's a back and forth between them continuing to take in the substance whilst that being is being extracted, so they stop doing it. It can take time with severe addiction and severe entity involvement for a person to be fully released, because you're dealing with the patterning and habits connected to that mental plane too.

Narcissism and Possession

Often—in fact, most of the time—when there's a narcissist involved, that narcissist is totally taken over by some kind of other energy.

The challenge with narcissism is the person doesn't believe there's anything wrong with them. They need to be one up, in control, empowered over something or somebody else. They won't usually allow themselves to be in a position of weakness or vulnerability with someone like a healer.

It's very challenging to work with narcissistic people in general. It can be done, but it's very involved, very long-winded. You're in it for the long haul if you're dealing with that.

Curses, Spells, and Manipulation

Regarding curses and spells, I want to talk about other types of energies that aren't necessarily malevolent but are part of curse or spell energy.

Everyday Curses

Things like **jealousy, envy, or anger**—sending some kind of discontent toward somebody else—you could consider that a form of curse or spell, because it has an energetic quality that's manipulative. It's intending to try and usurp or take something from somebody else, even if it's unconscious or a subconscious patterning. It's still part of that vibration.

- **Gaslighting** – You could consider that spell-like as well
- **Collective energetics** – How a group of people thinks about something or judges another person who can't be in that field of understanding or connectivity (ostracizing or not accepting that person, trying to change them so they come into that collective field)
- **Uncontrolled emotions** – Someone very emotional and unable to control their emotions could create spell-like energies coming out of their vibration, just with the potency of those kinds of emotions
- **Mental-plane dominance** – People consistently in the mental plane rather than being in the heart will often create curse-like energy

- **Backstabbing** – Talking about someone behind their back sends an energy or vibration their way

In the end, these energies only come back to us, so it behooves us to try and stay in the heart and only work with how we're being affected by someone's energy, how we're in a state of what has arisen for us, how we're responding to that.

Intentional Curses and Spells

There are also more real spells—curses where there's intent, where there's malintent from a human being. Or it could be of an alien nature, or from an entity that doesn't have a human physical form.

Characteristics of Intentional Curses:

- Often **cloaked** – If you think about a curse or spell as information, it's coded. The information has a format. The coding and format will vary depending on where this spell came from.
- **Indigenous-based** – May be connected to the belief system or spirits/deities utilized or connected to by that Indigenous tribe. There may be specific protocols that only that tribe knows about—in the form of words, songs, or specific enactments.
- **Blood sacrifice** – Often with really strong curses and spells, there's a blood sacrifice (could be animal, bird, or human nature). When blood is involved, there's a stronger bond to the coating being protected and remaining of its own ilk.
- **Epicenter** – There's always some form of epicenter. The body of the curse or spell will begin, then there'll be a middle, then an ending. The epicenter is somewhere in the state of it.
- **Weakness** – There's always a weakness attached to that curse or spell.

Finding the Weakness

A curse or spell requires energy to be siphoned off of another being of love and light. There's a weakness there where that being doesn't either accept it has its own light, or it's deciding it wants more power so it can be more powerful.

Somewhere along the lines, there's a weakness that's out of balance. To find the weakness or the imbalance is how you break the spell.

You do that by staying in your own strengths and noticing what's being affected in your own field. That's why it's so important to be present and know your strengths.

Most of the time, these spells and curses attach to the mental or emotional field. That's why it's important to keep your mental and emotional field clear.

Story: Philemon the Donkey and the Stolen Skull

I'd like to share a story that's part of my history—one of many different aspects of how I began learning to have discernment around energetics that were other than my own.

The Curse in Mexico

My journey with this began around 2001. In 2000, I moved to Mexico for a volunteer project with the Wixárika, or Huichol Indians, part of a spinning and weaving project, spending time up in the Sierra Madre Mountains in different times through a 6-month period.

I was staying in a place that was pretty remote, quite small, very close to one of their sacred centers. This place was known for not wanting outside connection with people not Indigenous to their tribe. I wasn't aware of this when I went there.

The project I was on was being led by a young woman who was under communications with the man I was working with. She was very feisty, had had a number of children (some out of wedlock), and was a powerhouse.

There was a man very interested in being her partner, who happened to be the son of a very strong shaman in that area. Unfortunately, he had turned to the dark side of magic and connecting to spirit, was of a manipulative nature, and wanted to marry my friend Alma. He was already married (they are able to have more than one wife).

She was not interested, and she shamed him in a public space on a bus. For this, and probably other reasons, he decided to put a spell and curse on the project I was on and on her.

The Aftermath

She became violently ill overnight and was inconsolable. We had to take her to one of the other shamans in the village, who was actually one of the only female shamans there—a very powerful woman, very humble and quiet, who certainly didn't like me being around.

Whilst my friend was being treated by this woman to help with the curse, I was standing by witnessing all of this. Unbeknownst to me, aspects of that energy being released came into my field. I ended up with an element of this curse in my field.

After I left the place where I was staying, I came down from the mountains. I had no idea this energy had come into me. At that time in my life, I was very naive, very open like a sponge. I had no connection to any of the information I'm sharing with you now.

I started to have all sorts of different accidents, including falling out of the back of a truck and hitting my head on the tarmac of the road. Lots of different things happened to me in a short space of time, over about a year. I kept getting sick, had an accident where I cut the bottom of my foot very badly and almost didn't make it.

Finding Help

I came across somebody who was from America, a botanist who had studied in that area and learned and become a shaman in the Huichol tradition. He said I was lucky I had even gotten out alive from this place, because of the number of shamans up there and the fact that they didn't really want people from outside coming and being there.

I was quite concerned and very afraid. I ended up doing a bunch of different healings to try and work with the curse, but it didn't work.

Finally, I met somebody in a ceremony (one of my first Grandmother Ayahuasca ceremonies). There was a man there who had been studying with another Huichol shaman, working with the light, learning how to transmute energies and heal with the spirits the Huichol shamans connect to.

I was praying by the sea after the ceremony, asking what to do. As I was praying, right in front of me, this huge whale burst out of the sea and plunged back into the sea. That's probably one of the strongest indications I've had from nature as to what to do.

I immediately got on the phone and said, "I need your help. I need some kind of assistance with this." He said, "Okay, leave it in my hands. I'm going to fast with my teacher up in the Sierra Madre Mountains. We'll be fasting for a week. You should not have problems after that."

Sure enough, that's exactly what happened. The curse and spell was lifted, and I didn't have issues with accidents or ailments after that. It was a huge relief.

The Lesson

That's just one example of how important it is to be aware of what's happening in your field, and how challenging sometimes things of an Indigenous nature can be. Curses and spells of that nature tend to be from practices learned to be done in a certain and specific way. They have a way of shielding, cloaking, or hiding the spell in a really strong way, so it can be quite difficult to decipher those kinds of spells and curses.

Philemon's Skull

This brings me to the skull—the bottom jaw of a donkey I knew named Philemon. He was in my possession when I was working as a manager of a construction site for a very amazing project on the coast of Mexico. He died in my presence because he broke one of his back legs, and we had to put him down. I was quite attached to him.

Later on, after his body had been left to be digested by natural elements, I went back and got his skull. Originally, I had the top part of his skull as well as the bottom. This beadwork is Huichol beadwork I had put on his skull.

I took 3 months off my time working so I could clear my energy and become more centered and aligned. I was working with crystals and with Philemon's full skull. I had a huge download of information that came through—light frequencies, colored lights connecting me to the angelic realms, helping me understand there are a lot more chakras in our system, going up to the 15 that Lisa Renee talks about. I actually experienced even a sixteenth.

That completely cleared my whole system, and I became a new person. During this time, I had these really incredible experiences with the light frequencies coming through.

The Shaman's Interest

At that time, I was hosting different kinds of Huichol people in my house when they would come down to Puerto Vallarta to sell their wares on the streets. They would stay at my house overnight, I would give them food, and then they'd go off in the day and sell their artwork.

One of these people that came and stayed with me was a shaman and one of his wives. He was very interested in my skull. I did not protect it. I didn't cover it. I didn't know about taking care of myself energetically by shielding what is true and very close to my own inner power and strength.

It was displayed in my room, and he could see it. He was asking me about it, saying, "I could bead that for you. I could do the skull for you." He was very insistent.

If I had listened to my intuition, I would not have done that, but I didn't listen. I let his power usurp my power. I gave him the skull. He said, "Okay, I'll bring it back to you by this certain time, and you can pay me this amount of money for it."

Off he went with my skull—both the bottom and the top—and left, and was gone for quite some months.

The Betrayal

Eventually, he came back and brought this lower portion of the jaw. I was like, "Well, where's the rest of it?" He said, "I'm still working on the top half, but if you give me money for the bottom half, then I'll have money to do the top half."

I was like, "Well, hang on a second. I've already given you money." He was like, "Yes, but I need more." I was like, "No, I don't think I'm gonna give you any more money until you bring it back to me."

I had a pouch, a Huichol beaded pouch around my neck, with a crystal inside. He took his finger and put his finger in my pouch and touched the crystal, was like, "Oh! Very nice." And took his finger out.

By this time, I was very agitated, annoyed with him because he hadn't brought both parts to the skull. I decided I was not going to give him any money. I said, "Okay, well, I'll just wait until you bring me the rest of the skull." He was like, "Okay."

I left his company, walked away, started to walk around the plaza. During that time, I **changed my mind**. I was like, "Oh, I need to go back and pay him that money." Then I was like, "Oh no, that doesn't seem right." I kept going back and forth. I took another turn around the plaza.

By the time I ended up at the back end of the plaza and came around the buildings, I changed my mind. I was going to give him all the money. So I came back to the plaza where he was waiting for me, sitting there, and I gave him the money.

I never saw him again. And I never saw the top half of that skull again.

What Really Happened

Years afterwards, I was working with another Huichol shaman in Yelapa, who I became close to and was working in ceremony with. I found out afterwards he was the brother of this man.

I told him what had happened, and he said, "Oh, you'll never see that skull again. He'll have sold that. He'll have sold it to somebody else. That's what he wanted. He wanted the top part of the skull because he could get more money for it than the bottom. You paid him money, and you only got the bottom, which he wouldn't have been able to sell very easily. He sold that. That's what would have happened."

The Teaching

You've got to be very careful with what you hold dear to you. When you're working with crystals or working with implements and tools that are very close to you and connected to your internal power, you want to be very careful about who touches those things or who even sees those things.

That doesn't mean don't be generous with your energy or generous with helping people with your tools, but it's very important to be aware that your energy can be usurped, and your mind space can be changed and manipulated by somebody else's power that can overpower you.

Crystals for Protection and Clearing

I'd like to share a few really great crystal options for working with manipulative energies, obfuscation, energetics that are very challenging or difficult to release from the body.

Orpiment

Orpiment is excellent for finding things that are cloaked, finding things that are masked, and finding the epicenter of whatever is trying to usurp your energy.

Warning: Orpiment has arsenic in it, so don't touch it and then lick your fingers. Wash your hands afterwards, especially if you touch the yellow part. Try not to touch that part.

It comes in yellow and white. You don't need very much. Mine is quite large. You just need a small piece. You can wrap it in something so you don't actually touch it. Keep it in a pouch or something like that. It's extremely helpful for manipulative energies.

Scheelite

Scheelite is excellent for working with obfuscation—where there's some form of lying, things not being revealed, things not being shared, things hidden—and anything that's super manipulative.

Scheelite has tungsten in it, which is a very heavy metal. I don't know why it's so excellent for helping with these things, but I'm imagining it has something to do with that tungsten, which is really dense. It's super heavy, this crystal—probably the heaviest crystal I own for the size that it is. It just has a way of absorbing that manipulative energy.

Fulgurite

Fulgurite (has a hole in it) is excellent for sending information through and back to the light for transformation. You can utilize the circular aspect or tunnel aspect of the fulgurite to help shift and change and transform something in a safe way.

It's like taking the energy away from wherever it's attached and moving it through the fulgurite, then releasing it into the light source or to the Earth. You can direct and send it to a specific place—it's like sending something through a tunnel.

The really cool thing is it helps protect or shield any other innocent beings of love and light that may be near. It also helps shield you from anything being released. It does it in a really neat, kind of packet way, where it just goes through the tunnel.

Benitoite

Benitoite (the blue aspect of the stone) is really helpful for any kind of mental challenge. If you have trouble connecting with your clear mind, if you're foggy, if there's judgment involved or manipulation, or if there's an aspect of stress or tension with the mental field, it's extremely helpful.

It helps in redefining the mental field, getting away from the constructs of the mind that are keeping something in place and held. Often the mind will create this kind of structural

aspect of energy, so manipulative energies will tend to go toward that kind of mental structure and glom onto it, access it, connect to it, and hold onto it.

That's why it's so important to be clear in your mind and not foggy when dealing with these energies, because they will create a fog if there's no fog there. You can utilize the Benitoite to help to not have that foginess stay, to keep things clear.

Shungite

Shungite (especially gemmy-quality Shungite with a mirror quality)—remember what I'm saying about mirroring? If you have an energy that's really strong and you're finding it hard, you're trying to fight it off or fight away the energy, Shungite will help deflect it away so you can come back into your strength. It will also absorb it as well.

That's another way to encourage the energy trying to usurp your energy to move into the Shungite. Shungite is an excellent one in general because it doesn't tend to hold a charge. Anything you're dealing with—these manipulative energies—working with crystals that don't hold a charge where the energy just moves through is useful.

Examples: **Selenite, Kyanite, Citrine, Amethyst** don't really need to be cleansed, so they're very useful to have in these kinds of situations because you can be doing your work and they'll be self-cleansing.

Pyrite

Pyrite (it's square) is excellent because it connects to that sun aspect of energy—that male, yang energy. It's also a way of connecting to burning energies off. You can really work with that, and the stability of the square will help things stay grounded.

Commanding Your Personal Space

The other aspect of being able to utilize a connection to your internal power and your inner strength is by working with this knowledge that as you command your personal space, you can define what energies are in your physical and your etheric space, and allow those just to be serving your highest being, your highest essence.

The Command Protocol

You can say the command:

"I command that my personal space be clear of any energies that do not serve my highest essence of being, at any given moment, in any time, space, place."

You have the ability to do that. It's your right. It's your ability to be connected with your will. You can claim that personal space in:

- Your physical body
- Your emotional body
- Your mental body
- Your etheric body
- Your astral body
- Your atmic body
- Your monadic body
- In any other body

You don't even need to know what they're really about. You can explore it, learn about it, become more adept at understanding it, but even if you don't, you can speak these commands and claim your space, claim what's rightfully yours, and bring yourself back into a place of sovereignty.

Claim Your Space Directionally

You can do it in all directions—name those directions:

- East
- South
- West
- North
- Earth
- Sky
- Heart
- The still point that connects everything

When you cover all of these things, you are claiming your space directionally.

Claim Your Space Dimensionally

You can claim your space in:

- This plane of existence (the physical plane, the third dimension)
- Any other plane of existence in this dimension
- Any other dimension of existence in this world
- Any other world of existence in this galaxy
- Any other galaxy in this universe
- Any other universe
- Across all parallel lives, timelines, and soul experiences
- Whether it's in this life, in the past, or in the future lives you've had
- Any soul experience you have had in your incarnation, whether it's this life or any other

When you state these things, you claim the space in those places and those moments of existence that you have memory in your cells.

For Persistent or Manipulating Energies

If an energy is persistent or manipulating, do your commanding of your space protocol, then ask for the energy to be guided or taken to another time, space, place, continuum, to continue its own process of evolution at its own pace as it moves or shifts in this new paradigm of experience, and for it **not to fall upon or penetrate through another living being of innocence and light or God consciousness.**

That way, it's totally taken care of—fully, wholly, that there's no aspect of that energy that can return to any aspect of your physical being or anything connecting to your physical or etheric energy, or the person you're working with. It's connected to source as it's leaving, so it gets supported, and you and the other person or the place get supported, and nothing untoward happens.

Sealing the Command

You can say things like:

- **"So might it be, so might it be, so might it be."**
- **"So be it."**
- **"By the power of three times three, as it is spoken, so shall it be."**

When you speak it three times, you're connecting to that universal law of three, where something actually happens and it has to be adhered to.

You can create something meaningful to you that will work if you work within saying something three times and connecting with that Law of Three protocol.

Questions for Discernment

These are questions that will be very helpful for navigating and connecting with energies that have an imbalance or weakness that needs to be witnessed, recognized, and helped to move to the light to be back in connection with the creation life force.

What to Avoid

- **Avoid "Why?"** – Why is this happening? Why am I experiencing this? Why will never give you answers. You'll get certain clues, or things will become evident, but why is going to lead you down a rabbit hole you do not want to go down. You don't need to know why. You just need to know this is happening. Here I am. This is what's happening in this moment. Let me be present. Let me deal with it. Let me witness what is going on.

- **Avoid "Who?" (usually)** – Often with spirits that are disembodied or malevolent energies, they will never say who they are unless they have some kind of trust with you. If they trust you, they may speak about it, but often they will not. They'll shy away, and then you'll lose the connection with them and the opportunity to transform them.

Powerful Questions to Ask

- **"Tell me more."** – Just state what you're noticing. "I'm noticing a dense energy here present in this room. I'm wondering if you can tell me more about that."
- **"What is it you want to express?"**
- **"Show me what this sensation or feeling is trying to convey to me."**
- **"Show me in a way that I can understand."** – Show me in a way that's connecting to one of my own strengths of understanding information (one of your clairs).
- **"What is it connected to?"**
- **"What's behind this energy?"**
- **"What is the imbalance?"**

"What's the epicenter of this imbalance?" – Finding the epicenter may prove more challenging, especially if there are chaotic or foggy energies. If that happens, come back to: What is the feeling? What am I sensing? What's my need? Is this need connected to what is being shared with me?

- **"What do you need?"**
- **"What is needed here?"**
- **"What needs to be witnessed?"**
- **"What needs to be given or shown respect here?"**

Allow Silence

Allow yourself to be quiet. Allow yourself to listen. Be silent internally, even if your heart's beating a little fast or you feel like you don't have it or whatever. Just come back to your breath, come back to grounding with your feet, and just be present with what's showing up.

There may be a chance that something will not reveal itself to you, so you just keep with the questions, and something will eventually reveal itself when it gets a connection and feels like it's being seen.

Investigative Questions

- Is it something connected to the physical here?
- Is it connected to the land here, or this house?
- Is it connected to another living human that resides here or is present here?
- Is there a disembodied spirit needing assistance?

- Are there multiple beings?
- Is there a collective needing assistance?
- Are there connections through multiple lifetimes or timelines present here?
- Is there an overseer of this energy? (An energy that is entrapping the energy that's sharing something with you, holding it in place, trying to utilize its trauma energy to gain power, and therefore trying to gain power through you)
- Is there a curse?
- Is there a hex or a spell involved?
- Is there an extraterrestrial energy involved, or something beyond this planet?

Using Perception Statements

Use statements like: **"I'm sensing anger. Is my perception correct?"**

Usually you'll get some kind of impulse, or you'll be shown something. It might be visual, or you'll feel something stronger, or there may be a dissipation (which would usually mean no, that's not true). You just keep asking until you get to a point of having something to connect with.

Key Principles to Remember

- **An imbalance seeks a balance, whether it appears to or not.** The natural state of being in creation is to be connected to the harmonious frequencies of the divine spirit and omni-love present. When there's an imbalance, it just shows that imbalance or malevolence, but it doesn't show what's behind it—that imbalance or weakness that's needing to be recognized, respected, and helped.
- **There is always an opposite of what is being presented.** If you're being bared down on by some energy, there's an opposite to that. The opposite would be some kind of soft, gentle, kind energy. There's always the ability to connect with the opposite of what's happening.
- **There's always a way to navigate intensity.** Just because something feels intense doesn't mean it's going to have an effect on you and cause you problems.
- **You always have the right of free will in any given situation.** You have the right at any moment during a time of intensity to state what you want to have in your physical presence, in your body, in your being, in your aura. You have the ability to command that space at any given time, no matter what.
- **Your heart and the love energy that can flow through your heart is extremely powerful.** You always can have access to this, and access to help with you coming back to that from your guides, from your soul family, from spirits that are available on the land you're on. Wherever you are, there will always be a way to ask for help.

- **Do not underestimate your powers to witness transformation for another being.** When you are able to do that, you will be in a win-win-win situation for you, for the other being, and for any other beings involved in that transformation, including your guides and the helpers you call in. Everybody wins. Nobody loses. It's the most beautiful thing to be part of. It will highly increase your involvement and your ability to notice subtleties about energies every single time. There will be a change in that, and you will evolve.
- **Every being has free will, and you must stay clear of manipulation.** If you come across an energy that does not want to change (and there will be times—it's quite rare, but there are times when this happens), it's totally okay. It is possible for you to command your space and anything connected to your space so it can't stay in your space. You can administer commands for help from spirit to see that the energy can be sent somewhere else where it can continue its existence and experience somewhere without harming another being of love and light.

Dimensional Traveling and Navigation

I had a really amazing experience with a crystal of Andara glass, which taught me how my body is like an elevator. **I can move with my vehicle—it's a portal. My body is a portal.**

I can move out of my body in any direction with my etheric energy, or my intent, or my awareness, to access any given moment of time.

Using Your Heart as a Compass

By utilizing your heart as a compass and always being present with love, you can help navigate the interweaving of stepping in and outside of different planes of existence, whether they're physical or non-physical.

Utilize your body as a doorway—that elevator door can open in any direction.

Accessing Divine Energies

At any moment, you can access:

- The female divine
- The male divine
- The spirit divine energies
- The turquoise energies
- The magenta energies
- The golden energies that combine those three as a triad

They will help you stay in presence.

Navigating Unknown Realms

If you're navigating a different realm, ask:

- Where am I?
- Is there an overseer of that realm?
- Which dimension am I in?
- What beings are present?
- Is this in the physical, or is it in the etheric realm?
- What can I learn here?
- Is there a theme? (Often there are themes to what is being experienced and what needs to be witnessed)

Allow yourself to be quiet. Being quiet with your mind is the key element for being able to notice these nuances and to witness things and help them transform.

Grounding and Orienting

Really important to ground and connect also to the North Pole. If you have an experience where you're foggy, your mind is not able to think, connect to the North Pole. Utilize the directions around you. Be that witness. Observe what's happening with your thoughts, what's happening with your feelings. Just notice what's happening.

Closing Prayer: Healing of All Nations

This is a song for the earth and the healing of all nations. It includes all nations—whether a being is in a physical body or not. It's really important to witness that and offer this support and our prayers for all beings that are challenged by some kind of weakness or imbalance.

Just giving great thanks and gratitude to all the blessed beings that are our allies, our spirit guardians, our helpers, our soul family members, those energies that protect and shield our inner power and our connection to our own free will and sovereignty.

Giving thanks to all the spirits that have come from each and every direction—the still point in the heart, the sky, the Earth, the North, the West, the South, from the East. We now release you to return back to where you came from, with much great thanks and gratitude.

Giving a lot of thanks and gratitude for all of your presence today, all of your focus, your attention, your own witnessing of yourselves, the receiving of this information. May it bless you a thousandfold, and then some.

May you feel the confidence and the connection to spirit and your inner power to be able to put these things into practice and help the transformation of energies that are needing rebalancing and love and harmony.

Glossary of Terms

- **Addiction** – A condition where energies can usurp a person's energy through substance use; often entities that were addicted in life seek to experience the high through a living person
- **Allies** – Spirits, guides, and helpers that support and protect you in your work with energies
- **Atmic Body** – One of the higher spiritual bodies beyond the physical, emotional, and mental bodies
- **Backstabbing** – Speaking negatively about someone behind their back, which sends a harmful energetic vibration toward them
- **Benitoite** – A blue crystal helpful for clearing mental fog, reducing manipulation, and redefining the mental field
- **Chanupa Pipe** – Sacred pipe brought by White Buffalo Calf Woman to the Lakota people, embodying connection between physicality, healing, and spirit worlds
- **Clairaudience** – The ability to hear information beyond the physical realm
- **Clairsentience** – The ability to feel or sense energies beyond the physical
- **Clairvoyance** – The ability to see information or energies beyond the physical realm
- **Clairs** – The psychic senses (clairvoyance, clairsentience, clairaudience, etc.)
- **Cloaking** – Hiding or masking one's energy or the true nature of a spell/curse to avoid detection
- **Coercion** – The manipulation of someone's energy or will to resonate at a frequency that serves the manipulating entity
- **Collective Energies** – Groups of spirits or energies bound together by shared trauma or experience
- **Commanding Your Space** – Using your will and intention to claim sovereignty over your physical and etheric space, declaring what energies may or may not be present
- **Curiosity** – An attitude of interest and intrigue without attachment, allowing you to investigate energies without being manipulated by them
- **Curse** – An intentional energetic manipulation designed to harm or control, often involving specific rituals, protocols, or blood sacrifice
- **Dantian (Lower)** – Energy center located in the lower abdomen, associated with life force and grounding
- **Dimensional Traveling** – The practice of moving your awareness or etheric body through different dimensions, planes, or realms of existence
- **Disembodied Spirits** – Ghosts or spirits that were once in human form and are no longer in a physical body

- **Ego** – The aspect of self that can cause separation from spirit and make one vulnerable to manipulation
- **Emotional Body** – The energetic layer of a person connected to emotions and feelings
- **Entity** – A general term for unseen energies or beings outside the physical realm
- **Epicenter** – The core or central point of an energy, imbalance, curse, or spell; finding it is key to transformation
- **Etheric Body** – The subtle energy body that exists just beyond the physical body
- **False Evidence Appearing Real (F.E.A.R.)** – The idea that fear is based on thinking something will happen that may or may not occur; fear is protective but can also be limiting
- **Free Will** – The inherent right of every being to choose their own path; cannot be violated without consent
- **Fulgurite** – A crystal with a hole or tunnel, used to send energy safely through for transformation without affecting others
- **Gaslighting** – A manipulative behavior that can create spell-like energetic effects
- **Ghosts** – See Disembodied Spirits
- **God Consciousness** – The divine light or life force present in all living beings
- **Grounding** – Connecting your energy to the Earth to stay present, centered, and stable
- **Harvesting (Energy)** – When an overseer entity siphons energy from trapped spirits or trauma for its own power
- **Hex** – See Curse
- **Imbalance** – A state where energy is not in harmony; often caused by unmet needs or unwitnessed trauma
- **Indigenous Curses/Spells** – Energetic manipulations rooted in specific cultural practices, often involving rituals, songs, or blood sacrifice; can be difficult to decipher due to cloaking
- **Integrity** – Being in your own truth, honesty, and heart connection; a powerful shield against manipulation
- **Law of One** – The universal principle that all beings are fundamentally connected through spirit and creation energy; separation is an illusion
- **Law of Three** – The universal principle that stating something three times gives it power and makes it binding
- **Location-Based Energies** – Spirits or energies that remain in one place due to connection to land, buildings, or geographic features
- **Lower Dantian** – See Dantian
- **Malevolent Energies** – Entities or forces with harmful intent, seeking to manipulate or control

- **Manipulation (Energetic)** – The attempt by an entity or energy to control or influence a person's will, thoughts, or emotions
- **Masking** – See Cloaking
- **Mental Body** – The energetic layer associated with thoughts, beliefs, and mental patterns
- **Mirror** – The principle that everything experienced externally reflects something within oneself that needs healing or attention
- **Monadical Body** – One of the higher spiritual bodies associated with the soul's highest expression
- **Narcissism** – A condition often associated with entity possession, where the person needs to be in control and one-up, making healing very challenging
- **Needs (Unmet)** – Often the root cause of an entity's imbalance or a spirit's inability to move to the light
- **Neutral** – A state of non-attachment and non-judgment that allows for clearer perception and prevents manipulation
- **Nonviolent Communication (NVC)** – A framework by Marshall Rosenberg based on connecting emotions to needs and values; useful for understanding and transforming difficult energies
- **North Pole** – A directional and energetic connection point that can help clear mental fog and bring clarity
- **Obfuscation** – The act of hiding, lying, or masking the truth of an energy or situation
- **Omni-Love** – The all-pervasive love that exists in everything; the natural state of creation
- **Orpiment** – A yellow/orange crystal (containing arsenic) excellent for finding cloaked or masked energies and locating the epicenter of manipulation
- **Overseer** – An entity that traps or controls other spirits or energies to harvest their trauma or pain for its own power
- **Physical Body** – The material, flesh-and-blood body
- **Possession** – When an entity completely overtakes a person's body and cognizance, preventing them from accessing their own sense of self
- **Presence** – The state of being fully here and now, grounded, aware, and connected to one's center; essential for working with challenging energies
- **Pyrite** – A square crystal associated with the sun and yang energy, useful for burning off energies and grounding
- **Scheelite** – A heavy crystal containing tungsten, excellent for absorbing manipulative energies and working with obfuscation
- **Seven Directions** – East, South, West, North, Earth (below), Sky (above), and Within (heart/center); used in prayer and protection work

- **Seven Sacred Rites** – Teachings brought by White Buffalo Calf Woman to the Lakota people for healing and communication
- **Shungite** – A black, mirror-quality crystal that deflects and absorbs manipulative energies without holding a charge; excellent for protection
- **Sovereignty** – The state of being in full ownership and authority over your own energy, will, and space
- **Spell** – An intentional energetic manipulation or curse designed to influence or control
- **Spirit Grace** – A state of connection to divine spirit energy that offers protection, love, compassion, and purity
- **Trauma (Collective)** – Shared painful experiences that can bind groups of spirits together and be harvested by overseer entities
- **Tree of Life Pattern** – An energetic pattern present in all things; can be worked with to heal and rebalance land-based energies
- **Universal Laws** – Principles such as the Law of One and Law of Three that govern energetic and spiritual reality
- **Usurp** – To take over or steal someone's energy, power, or will
- **Weakness** – An area within oneself or within a curse/spell where there is vulnerability or imbalance; finding the weakness is key to transformation
- **White Buffalo Calf Woman** – A sacred spirit and prophet who brought teachings, the Chanupa pipe, and the seven sacred rites to the Lakota people; associated with purity, peace, and the unity of all nations
- **Wixárika (Huichol)** – An Indigenous people of Mexico known for their spiritual practices, beadwork, and shamanic traditions
- **Witnessing** – The act of seeing, acknowledging, and holding space for an energy, spirit, or imbalance so it can transform

May this teaching bless you a thousandfold. May you feel the confidence and the connection to spirit and your inner power to put these teachings into practice and help the transformation of energies that are needing rebalancing, love, and harmony.