

Psychic Protection 101: Entities and Psychic Contamination by Leslee Jo Klinsky ©

Much confusion surrounds the topics of psychic contamination and entities, and there are as many ideas about these phenomena as there are people to discuss them. Dialogue abounds in New Age and metaphysical circles about psychic protection and the multitudinous forces beyond the earthly realm that can affect our lives in disconcerting ways. And while the opinions are as varied as the forces and forms discussed, all those participating in this dialog agree that there are disturbing and powerful forces beyond the human that often permeate lives and homes.

It is not always easy to find fitting, easy, or inexpensive methods to clear the way when we believe in these mysterious forces. We see numbers of books, articles, and websites about psychic contaminants, but we rarely receive guidance about how to protect ourselves or our homes from the forces discussed without expensive outside intervention. We hear about everything from discarnate beings and thoughtforms, to hooks and attachments, to psychic debris and imprints; but we are advised to hire somebody well versed in these matters to assess our situations and ultimately help us. “Experts” advise us of the dire consequences of handling psychic contaminants ourselves, but the fact is that outside of violent poltergeist activity or severe cases of possession, these forces are everywhere always, easily removable, and easy to acquire again.

It is the intent of this article to give you an idea about negative forces in place at this time, and to provide the ammunition you need to protect yourself, your home, and your loved ones without outside intervention. Like bacteria, these forces are everywhere, and once you know what you are dealing with, the effects they have on your life become negligible and easy to control.

What is an Entity?

For the purposes of this article, an entity is any psychic contaminant—anything perceived as outside of you that feeds off your energy or emotions. It can be a thoughtform that has taken on a life of its own, a discarnate energy pattern with malicious or non-malicious intent, a hook or attachment from one or more persons, residue from a spell, or a discarnate being that feeds off the energy or thoughts of its host.

If you have ever become angry, vengeful, agitated, or depressed for no apparent reason, it is possible that the unseen forces of one or more entities have affected you adversely. Most people assume that everything they think and feel is their own, coming from their own conscious or subconscious mind, but the fact is that entities can change one’s thoughts, moods, feelings, and disposition. The propagation of negative emotions becomes their nourishment, their fuel. Different negative emotions attract a range of entities, while love turns them off. Anger, fear, depression, rage, sarcasm, or jealousy—the bottom feeders of the emotional range—are especially attractive to entities.

An entity can jump from person to person or from apparently nowhere and is very easy to attract in these accelerated times. You are susceptible to entity contamination when you are with people, out shopping, at the movies, or at a restaurant. They are attracted to less-than-positive thoughts, so they can be attracted as you react to the news on television or read a book or article about a negative subject. The great news is that entities can be controlled and expelled easily and effectively by just about anyone.

What are Signs/Symptoms of Entity Contamination?

Many problems can be caused by entity contamination, including depression, anxiety, fear, addictions, suicidal tendencies, phobias, relationship difficulties, bad health, rage, hyperactivity, crabbiness, money problems, and blocks to personal and spiritual growth. This does not mean that every instance of problem is entity related, so one must use discernment in assessing any situation. Here are common symptoms of entity contamination:

- Sudden depression, rage, edginess, anger, sadness, or anxiety
- Feeling suddenly dizzy or off-balance
- Sleeplessness
- Repetitive or weird thoughts
- Personality changes
- Chronic or sudden health concerns
- Manic depression
- Outbursts
- Addictions
- Relationship problems
- Multiple personalities

How Can I Control and Eliminate Entities?

There are three easy and effective ways to control and eliminate entities. With a little research, you can find out why these methods work, but for our purposes, you just need to know that they do work and are worth trying.

1. Fill a bathtub with water and add one medium handful of all-natural sea salt (available at health food stores, Wal-Mart, etc.). Take a normal bath, making sure that you dunk fully at least once. This will remove entity contaminants from your aura and other energetic fields.
2. Smudge yourself and your space with white sage (available in bulk at herb stores, metaphysical shops, or health establishments). Place some loose white sage in a safe metal container or incense burner and light it. (I do not recommend glass ashtrays or dishes, as I have seen some blow up from intense heat.) Fan the sage smoke over your body and walk it around your house or apartment in a counter-clockwise fashion. You may feel a sudden shift as an entity is expelled into the smoke. Smudging sticks provide an alternative to loose leaf sage that works as

well.

3. Entities respond well to invocations that ask them to leave or to transmute into light. Though it is hard to believe sometimes, they do respect free will. Ground yourself as much as possible before reciting one, and if you believe in Masters, guides, or angels, ask for their assistance in your clearing work. Here is a simple example that can be repeated as often as desired:

Father/Mother/God/Spirit/Source, I ask that all souls, energy patterns, and entities be sent on their spiritual evolution for the highest good and mutual benefit of everyone concerned.

Some people feel more comfortable addressing any possible contaminant with their invocations or prefer more elaborate ritual that covers their homes and families, as well as themselves. For that reason, I created the following variation of an invocation by Whitney T. Vanwells that I found on the Internet:

On all levels of our existence, please clear us and Shield us with the shield of the Holy Spirit. Clear any karma that we might have with any and all beings, in this life, past lives, or future lives. Clear all cause, effect, record, and memory, clear and remove on all levels of our existence, all: entities, things, its, gargoyles, mini-entities, cellular entities, lost souls, devils, demons, satanics, whisps, creatures, ETs, witches, witches familiars, warlocks, warlock familiars, sorcerers, imposters, black magicians, or their helpers. If it is the will of God, please clear, cleanse, vent and remove whatever it takes.

Continue with the following to remove any residual contaminants...

If it is the will of God, please clear, cleanse, vent, and remove on all levels of our existence, all: thoughtforms, dysfunctional energies, hooks, hates, addictions, fears, diseases, anxieties, curses, spells, incantations, hexes, summonings, symbols, and evokings, that they might have left. Please clear all: calling cards, black magic, black magic lines, white magic, entity attachment points, entity energies, entity reproduction programs, eggs, cocoons, sperm, placentas, entity slag, entity trails, entity diseases, mini entities, entity halters, and all voodoo. Clear all: European black magic, India black magic, Kahuna, Aztec, Inca, Myan, Egyptian, Druid, Atlantean, Lemurian, Alien, Satanic, and Wicca black magic. Clear: black mirror energies, rebound curses, enhancements, death rays, disease rays, sleep rays, hypnotic rays, psychotronic rays, the evil eye, incantations, and spells; inter-planetary contamination and implants, black magic doorways, psychic contamination lines, opposition and contamination from all sources, black magic control lines, and control seeds. Please leave only love energy, love thought forms, and love lines. Balance our egos and consciousness to accept these new changes, shield this work with the Holy Spirit, and seal it with the Holy Spirit. Please bless us in the Name Of God.

There is one more method beyond the three above that I recommend for severe psychic contamination. It is called *Flaming*, and I have seen it work in the most overwhelming situations (even poltergeist). The steps to do it follow, but please read the instructions in their entirety before trying it:

1. Ground yourself as much as possible and intend that you are to clear all energies that are not high in vibration (not of the Light, annoying energies, invasive energies, etc.).
2. Put a small handful of Epsom salts (available at Wal-Mart, Walgreens, etc.) in the center of a sturdy pie tin or pan.
3. Pour a small amount of 91% isopropyl (rubbing) alcohol on top of the Epsom salts, alcohol being no more than about 1/3 of the amount of salts (available at Wal-Mart, Walgreens, etc.). Grain alcohol may also be used for this purpose (available at a liquor store).
4. Put the pie tin/pan in a kitchen sink or bathtub, somewhere that nothing can catch fire. (This is so you have an idea of what to expect and feel safe.)
5. Light the alcohol/salt mixture with a long-stemmed candle lighter and stand back. Darker energies or those most oppressive will produce higher and hotter flames, regardless of the amount of salts or alcohol used.
6. When the flame dies down, you can carry the pie tin/pan through your home to clear any residual energetic contaminants or you can intend to clear energies of any spaces you may inhabit (work, vehicles, etc.). This step is optional.

Regardless of whether you believe in entities and psychic contamination or not, the above methods indisputably remove negative influences and energies of all kinds from people and spaces and cannot do any harm. In these times, it is so important for people to remain clear and to know that their feelings are their own. These methods provide a way to know that that is the case.

Leslee Jo Klinsky is an Akashic Records Consultant and energy worker who serves people globally. She works with renowned authors, musicians, creators, and innovators of all types, and any who seek soul-level clarity from the sacred source of the Akashic Records. She specializes in sessions that combine the wisdom of the Akashic Records plus potent energy block releases for soul-level empowerment. She can be reached at: lesleek@energy-connection.net, 480-437-4415, www.energy-connection.net or www.akashicdreams.com.