

## Spiritual Expression

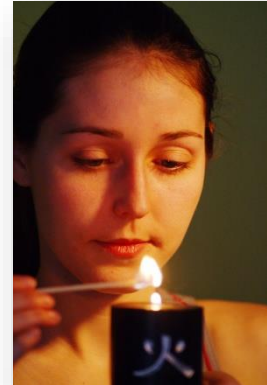
Q- You talk about keeping other people's energy from getting into our aura. How do I keep from getting their energy? What is a protection rose?

A- A Protection Rose collects negative energy in front of your aura, so it doesn't get into your aura. If somebody were to come into your sphere, and they were angry, you could hear what they were saying but with that protection rose up front you wouldn't get the burst of negative energy. That's why you have that. It's a big giant rose that you put in front of you and you ground to the center of the earth. Now, when it comes to energy, you don't actually want to put your energy into other people.

If you are a healer, of course you want to channel God's energy into other people, if that is what you are trained in doing. If that is the case, then you want to collect any energetic residue that might have been dispersed into them- you can collect and magnetize that back. I teach that technique in the Unlimited Love course. You have to keep your energy in your body and keep other people's energy in their body. Healers really need to learn the technique of removing their energy when they have been healing people. When I do a transmedium healing, I always clean myself up and take myself out of their body. I send their energy back to them and take all of my energy out of them, so that they are entirely resorted in their own certainty when I am done healing them. And that is the best way of doing it; you want all of your energy in your body.

Q- When purging unconscious barriers such as entities, can they come back once they are removed? How can we find them, unload them, and know that they are the barriers?

A- Alright, well, here's the thing with entities. Your consistent thoughts allow beings in- if you dally in negativity, if you dally in self-doubt, beings might be attracted to you that would stimulate that. One of the things that would help that from occurring is discipline. Now, if you have these beings cleared, which I do, they cannot come back, but you might have someone similar take their place. So for example, if you had an entity, and we cleared it out, and you didn't fill your spirit space where that entity was really well, it would be an empty space and another one could jump into that space. You want to fill up your head entirely with you. A lot of those self-doubt beings can get



cleared out when you are fully owning the center of your head, and doing the same clear out meditation for a few months. You are kicking out all of those squatters that have taken root in the center of your head. Owning your head over and over and over again will kick them out. It's like a vacant apartment. If you leave an apartment vacant for months and months and months and homeless people wander in and start squatting, they actually feel like they really live there and it is their space. You have to actually go through a legal process to get them out because they think that they own the space. It's the same thing with entities that squat in your head. Now all that being said, you can circumvent those beings from coming into your head by consistent discipline by doing intentional mock ups and clearing the center of your head. Was that helpful?

Q-reply- It was helpful, it's good to know that we don't have to be stuck with these beings for eternity. What are those things anyway?

A-reply- They are different spirits who attach to you to have some experience of the physical world because they don't have a physical body of their own. So if they get one percentage of your physical body, they get to work out some of their karma through your body. So for every being that is born, 100 beings don't get to have a physical body. So beings will attach to you to have some experience of the physical world. Sometimes you have an agreement, prior to birth, that you are going to help out some of your buddies who aren't going to get a physical body and that might be part of it. Sometimes you just have negative entities follow you from lifetime to lifetime until you clear them. So, as you get into your abundance routine, I can work with you to really clean house. I worked with someone and we cleared 70 beings from her space- that's a pretty large number. Most people have 7-10 guides, and some of them are unpleasant. I'll just call them guides, but they aren't really helpful. They can be a variety of different things, but mostly they are human spirits that didn't get a physical body. Sometimes they are pesky little baby beings that want bodies, but they are just pesky, and give you a kind of pinwheel feeling inside. Rarely will I see something on the more demonic side happening. Sometimes there are beings from other realms and other realities- there is quite the venue on the other side. There are a lot of angelic guides and beings that are wonderful. But you don't necessarily want to share your body with them either, but you do want to collaborate with them on big efforts. I have several spirit guides that I work with- Jesus, Mary, Lakshmi, Rama, Hanuman, and Ganesha- all of them are my spirit guides. You can access them as they all have different

energies and talents that I am aware of and I have worked with for a long time. I ask them in- they don't come into my auric field unless I ask them in. Everyone has a few that are just like friends that want hang out with you even though they didn't get a body this time. The next time, they get the body, you will want to hang out with them. There are good ones, absolutely. But even then, you don't want anyone living in your body except you. In a perfect world, you are the owner of your body.

Q- On the meditation CD, you refer to tapas. What is tapas?

A- An Indian term for spiritual energy.



Q-What is a Golden Roomba?

A- A little computerized automated vacuum cleaner that bounces around the house and vacuums it on it's own. I'm just saying let that little thing go through and vacuum out your aura...put it on automatic.

Q- On number 3 about happiness and joy being the best fuel for your mock up- I get that. Then you went through all the levels with values and I missed a bunch. Can you repeat them?

A- Shame-20, Guilt-30, Apathy-50, Grief- 75, Fear-100, Desire- 125, Anger-150, Pride-175, Courage-200, Nuetrality-250, Willingness-310, Acceptance-350, Reason-400, Love-500, Joy-540, Peace-600, Enlightenment-1000

