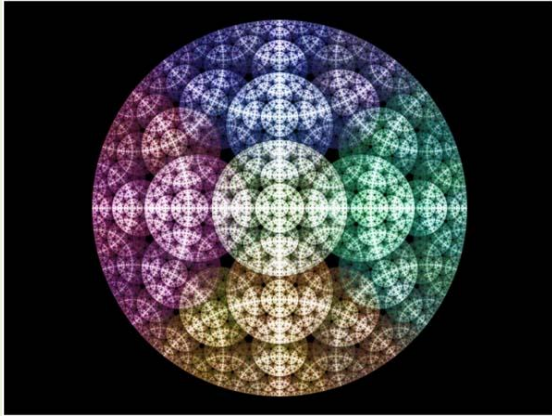


How to deal with Negative Energy



Well since we create the reality we live, so we are starting to see in different ways it might be interesting to you to know how to deal with negative energy. I have mentioned some methods in my book, but I thought that I would focus on it for a bit as lots of new info is beginning to come out about this subject. Incense, Sweet Grass and Tobacco are the common three things we burn to disperse negative energy; tobacco being the dried leaf plant and not the poisonous manufactured cigars and cigarettes. Being sensitive to subtle energies I can usually quickly pick the incense or sweet grass that

is most effective for the energies I am trying to clear within me and around me. But in general they all work to disperse mainly negative energy around you and they have been used for thousands of years safely.

When I burn Incense it feels like someone taking a large weight off my shoulders and thoughts become much clearer. There are however some other aspects to Incense that you should know about. [Burning Incense Is Psychoactive](#) and is starting to look like an anti-depressant and it is considered to be part of the cannabinoid family of plants. However you are not suppose to inhale the smoke directly, but simply allow it to fill the room or area you are in. Apparently some manufactures of incense have been using synthetic weed as it were, which releases very potent levels of THC in the smoke. Some have become addicted to the incense as well, so use it carefully if you do use it. Here is an article that goes into the subject about the [side effects of herbal incense](#). The reason that they use synthetic weed as it were, is the energy that the plant gives off in terms of dispersing negative energy. Sweet Grass is also very potent and again should be used the same way.



[Natural sweet grass](#) has been suppressed as well as it has excellent negative energy dispersing qualities. It was primarily used prior to putting a camp fire out to disperse the energy in the area built up from the various native rituals. This is important as it is a means of healing and bringing closure to the events that took place. I also suspect it closes inter-dimensional portals as it disperses the ectoplasm generated from the people in the healing circles.

Another way to disperse negative energy is through visualizations. Visualization is a very powerful way of dealing with energy for when we imagine things into being through our minds eye along with the belief that it is true and has already happened, we create realities and open dimensional portals. Many people are aware of visualization techniques, but they are not aware of the enormous power that this truly has, especially if done in group settings. Visualizing that you are surrounded by a beautiful golden white light with a slippery mirror encompassing your auric field around your body reflects the negative energy and allows in the positive creator based energies. Mirroring is a nice way to block energies coming in and the type of light you imagine also has effects. A soft misty light disperses and softens hard directed energy while clear bright light is the masculine side of light and heals structure and helps the manifest dimensional structures, such as glass and mirrors. The mind has a section within it where



mirrors are created to block certain kinds of images reaching your conscious mind. You can visualise this area and add and remove mirrors to augment your personality and more importantly allow greater truths and energy to come into your consciousness. There is also a wall of visual moving images like TV screens you can look at which hold memories of everything you have seen consciously and sub consciously throughout your entire life. The negative stuff that you might see there can be healed by sending love into the picture and forgiving them and you in the past. You can also visualize a room with fiber optic connections of light going to everyone you know in this dimension and others and imagine the light coming from them as being cleared and cleansed. Those lines where there is no light coming

from usually is that way over fear and it may require some love and forgiveness in real life to get the light moving through those optic cables again. I have mine in a Glass Cathedral out in the stars sort of adjunct to my soul seat as it were where I have a visualization screen that I can intuitively look to for guidance and info.

Understand something here. Every day that you are dealing with different dimensional aspects of yourself through your imagination. However, because most people are unaware that the imagination is the key to opening portals and creating flows of energy, the parasites have manipulated the masses into keeping the negative energy flowing through the imaginary idea that we are not connected to each other and thus responsible for how we think about others and direct our emotional energy. They are sitting there like vacuum cleaners sucking it up. Imagine simply sending the parasites love and white light, gone instantly! That is death to them. So imagine that you extend love out to everyone and everything in your universe and walk as one with them and they with you along with a nice mirror protecting you and all that is love from the parasites. Note love the Parasites too as they are part of life and exist only to absorb the negative energy we put out, they too can choose to come back to love, just offer them the love and white light. It is important that we don't play the separation games with others as we are all part of one, we are one and one love. It doesn't mean that we have to tolerate negative energy based upon fear. We simply allow others to do what they do and offer them love and white light in return. Spread golden white light everywhere along with perhaps a nice forested area for you and others to go play in unaffected by negative energies.



The nice thing is that we don't have to learn anything to do all this, we do it all the time, just we do it mainly in negative energetic ways for the most part that feed the system and keep those portals going.

So burn some incense or sweet grass along with a nice white candle from time to time and do some visualization in a quiet state of mediation. Also realize that this is the realm of spirit and from time to time you may see a spirit guide come into your visualizations and teach you things about yourself you never knew before. Lighting a white candle is also a nice way to set the energies up. If you have some clear quartz crystals you can set them up in your mediation area to hold the peaceful energies you create in place for longer periods of time as well, but first cleans the crystals by setting them out in the sunlight and moonlight for a day.

So go and play and become aware of how your visualizations and energy cleansing can shift your sense burden and increase your vitality and health. You only should need about 15 minutes a day of quiet time. Meditation doesn't mean getting into the lotus position or doing awkward stuff, just be comfortable and find something you enjoy doing that quiets your mind. Meditation has proven to reduce the crime rate in cities as well, mainly because it dramatically effects the energy field of all those within it. Your thoughts are projected for many miles around you and those of advanced enough can even travel off world in our spiritual bodies. Don't overdo it, just pace yourself and see how better things get for you and all those around you. The parasites will go nuts of course, but they have made their choices too, just don't go along with their version of reality as we are love not fear. Incense and Sweet Grass actually raise the vibrational rate of energy in the area which it is burned. The higher the energy the more connected we are with love of course. $E=mc^2$ as mass is energy and energy is mass you can see that all things are affected by higher sources of frequency vibration as they are by low vibrations, something to think about eh?

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