

## ENTITY REMOVAL

by Miriam Jacobs, RPP,CMT, RPE

I began my formal training in Polarity Therapy in 1994. Previously, as a result of a health crisis and curiosity, I began to study with a psychic and medium, Dr. Hedy Milicevic. She taught spiritual healing including channeling, aura cleansing, chakra lineups and entity removal. Dr. Hedy's approach to this esoteric work was much clearer, safer and more grounded than any other methods I've seen, either before or since. In no way was this truer than for entity removal, which can sometimes be a difficult and dangerous task. Although I didn't think spiritual healing was what I wanted to do, Dr. Hedy inspired me to shift my work from the visual arts to the healing arts. I began to study Polarity Therapy. One of the main things Polarity taught me was that being present (i.e. living in the moment, grounded in your physical body) is the most effective place for healing to occur. Polarity also gave me a container for me to use some of the more esoteric techniques I'd learned from Dr. Hedy, which I could use when appropriate. In this article, I would like to share some of what I have specifically learned about entity removal. I will refer to the person who is removing the entities as the practitioner and the person who is being helped as the client. The negative entities or negative energies are referred to as entities. The word "negative" is not used here as an opposing pole to

positive, but as a way of differentiating energy that is not helpful or wanted. While I am not interested in proving the existence of entities or describing the phenomena scientifically, I can offer my experience in using this approach for healing and growth. I am still in awe at what a powerful effect removing entities can have on shifting a client's blocked energy and how traditional Polarity Therapy work helps me to further balance their energy.

### WHAT ENTITIES ARE:

Many entities are blocked or negative energy. They can cause profound weakness and may cause people to act out of character. They can make us and the people around us feel very uncomfortable in a way that is unfamiliar. Furthermore, they can give us displaced emotions and cause us to feel not like ourselves.<sup>13</sup> Entities are often explained as ghosts that have attached themselves to a living being. They are souls that:

1. Don't understand that their bodies are dead;
2. Weren't ready to die and make a full transition for any variety of reasons;
3. Are angry and refuse to move on;
4. Did not complete their work on the earth plane; or
5. Want to stick around to watch over their families and attach themselves to someone they know - although that living being could be anybody who is open. Quite often those individuals who manifest as entities have died a violent or sudden death.

Just because you have one or more entity, doesn't mean you are necessarily possessed. A possession is when a human being is fully taken

over by a spirit and that person cannot exercise his or her own free will. If the problem gets this deep, more specific professional action may be required. Entities are removed to prevent the client from becoming possessed. In rare cases, entities may be not negative. This can be the case when a higher spirit merges with us by mutual consent. In these situations a symbiotic relationship can be formed, which is very helpful to both parties. These friendly entities may be referred to as angels, archetypes, channeled beings or guides. Whether these beings have ever been in a body is not for me to say. Some entities and ghosts hang around in specific physical places, but their state of existence is such that they that are not typically seen by the ordinary eye without training or a natural ability. Their presence might be felt even though they are not seen. Some people would prefer to explain entities just as negative energy. I've sometimes seen people pick up negative energy from an object that belonged to a person that they had an unfavorable relationship with, or by walking into a haunted environment. If an entity loses energy or is trying to remain on the physical plane, it will attach itself to a living human being to thrive off of their energy. That's where some of the problems mentioned above can happen. People who can be vulnerable to entities include:

1. Someone who is a great source of light, doing a new level of spiritual work or meditation and who is open to certain psychic work such as channeling.

2. Someone who uses drugs or alcohol, which can lower or completely eliminate their natural defenses.

3. Someone who is deliberately exploring the dark side of life. Please note: Many people do these explorations as a way to understand the light.

4. Someone who is physically or emotionally going through a difficult time period.

5. Someone who is naturally, extraordinarily sensitive.

Any of these vulnerabilities cause an openness or lack of boundaries, which may lead to an opening for entities. Many people won't even be aware that they have picked up entities or believe it. Others have reported times when they knew that an entity had jumped into them. It has been my experience that how people are affected by entities usually has to do with where and how they are weak. This can manifest physically, emotionally or mentally.

#### TECHNIQUES FOR DEALING WITH ENTITIES

When dealing with entities it is especially important to take the usual preparations for giving a Polarity Therapy session. Not doing so could make you sick or cause the work to backfire. It is also possible for the practitioner to unknowingly take on the entities themselves. Make sure the client knows that they can stop the process if it gets too scary or draining for them. The practitioners should be especially conscious of staying grounded and protecting themselves.

I personally like to visualize lining up my chakras. I start with myself,

at the crown, root or second chakra depending on which way is easiest for me to connect. I meditate on the color of the chakras and on getting them to spin and connect with each other. Next, I do this for the client. If it feels appropriate, I then visualize our chakras connecting. After lining up all the chakras, the actual cleansing can be done by combining visualization with words, asking the entities to leave and move out of the client's body and into the light with love. The client may be sitting or lying down on a massage table. The practitioner moves his or her hands over the client's body, starting from two to four inches away, and pulls the entities out and up to about six feet away from the body. This can be accomplished most efficiently through the solar plexus or feet. Then send the entities into the light. The best light source to use is the sun or a candle. A light bulb or the moon also works. To me, this process feels like pulling taffy, or various densities of strings or threads. I also may contact 'gobs of gook' or handfuls of liquid that feel like it needs to be scooped out of the client's body. Quite often I run my hands over the client's body as if I am combing the entities away and off of their body. Always send entities into the light for transformation. Problems arise when the entities leave one body and have nowhere to go. They then could jump back into the person being cleansed, into a bystander, or even into the practitioner. Needless to say, this is not good. You may want to place a shield of white or yellow light around the client and yourself when you've finished. The

client can still be a bit vulnerable at this point since you have just pulled energy out of them, which can cause weakness. It is a good idea to protect them until they have a chance to adjust and regain their strength. Both practitioner and client may be weakened by this  
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process, so be good to yourselves afterwards. Once you have finished, you may want to clear the space, room or building where you have done the work. This can be done in a ritualistic fashion by sounds that resonate with our bodies such as pure note tuning forks, Tibetan bowls, by chanting, toning, song or even recorded music. Many spiritual practices incorporate sound as part of their rituals. A space may also be cleared before or after by smudging, which most often consists of burning sage, cedar or sweet grasses.

#### SOME THINGS FOR THE PRACTITIONER

##### TO KEEP IN MIND:

Before you begin, ask permission to do this work, whether out loud or while in a meditative state (asking the client's guides). Another way of going about this is to ask the client's unconscious mind for an 'ideomotor' response as learned in hypnotic techniques. Believe it or not, some people want their entities. If you try to get rid of them, you'll have a fight on your hands. And even if you succeed, the client will only draw in new ones. Use your heart energy (love) to help move the entity into the light. Keeping proper boundaries is essential. This work can be endless. It is thought that there are thousands, perhaps millions, of entities that need to be sent to the

light. Although most people are not sensitive to this plane of existence, once there is an awareness of this plane, that awareness itself can be exhausting. You must learn to turn it off. Exclusively doing this work can be unhealthy. Always remember: we are living in our bodies in the present time. Although removing entities can be extremely helpful, it is still most important for us to deal with our day-to-day life. This work can also be done at a distance. It is sometimes better to do so when the client is not open to such concepts or isn't physically available. In many cases in my healing arts practice, it doesn't occur to me that removal of entities could be helpful until hours after I've worked with someone. That's okay. I then work on them distantly. Entities and ghosts are not higher sources! If you ask them questions, they have no reason to tell you the truth. Although when they do, it can be enlightening. Many of them like to play games with you. It's not necessarily malicious - they're literally just having fun. Never visualize energy going into the solar plexus, only going out. This chakra is related to the ego and does not have a • lter for energy going in, although it is extremely useful in moving entities out of a body. Protect both your solar plexus and the client's with a visualization of a mirror or light. Visualize energy coming from a high source going into any of the other Chakras, depending on your intuition or as to what elemental challenge corresponds with the given chakra. Be gentle with your client even at times when you must be bold

and use force with entities that are being stubborn about leaving. If you were not able to remove some entities successfully, the process may be repeated, possibly by using more than one practitioner at a time. Some clients may become angry when the practitioner tries to remove the entities. Their entities may feel stuck like hardened taffy or a liquid that cannot be scooped up. This can be because the client consciously (or unconsciously) likes having the entities around, and doesn't want them to leave. Many people hold onto entities as they would old patterns, and removing them is too unfamiliar. Be aware! Some behavior patterns are a sign of a psychological disorder, and the practitioner's attempt at removing entities can do more harm than good. If this is your sense, suggest your client seek out a psychological professional who is open to other realms. Pamela Heath, MD, PsyD and author of "The PK Zone," says, "Sometimes you may be dealing with fragments of their own personality that were split off by them as a way of protecting their core. Getting rid of those fragments - even if you could do it - is not helpful. Although they may also have entities, these may not be their biggest problem. What they may really need is professional psychological help."

#### OTHER POSSIBILITIES:

To help remove the entities, visualize or have the client use their breath and imagine blowing into a bubble or balloon, breathing in from the nose and out through the mouth into the balloon. Imagine the energy as smoke or foggy gray light. When the

balloon is full, seal it off and send it into the light. Continue this process until the breath in the balloon is clear. Be creative, yet careful. Never abuse this work. This is serious stuff. You could easily make people worse. Entities manifest in different ways depending on what is going on in the universe (not just on Earth), so the specifications for removing them also continues to evolve. This makes it very important to trust your unconscious mind and intuition. Always remember, our job is to facilitate healing, we cannot do it for our clients. What we can do is help remove factors that prevent them from doing their own work. Nothing gives a healer greater satisfaction than to see a client succeed at that. Miriam Jacobs, RPP, CMT, CPE is the founding director of The Berkeley Polarity Center. After a successful career as a visual artist she found herself drawn to the healing arts and began her formal studies in 1989. She trained at the Polarity Wellness Network in New York City and is a member of APTA. Miriam has also studied: massage, Cranial-sacral Therapy, Chi Nei Tsang, Therapeutic Touch, Reiki, exology, Ayurveda, Herbology and Mediumship, which she integrates into her work. Miriam's private practice is in Berkeley, CA. She also conducts APP level classes. Please contact her at mimi@tdl.com or 510-595-1545.

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INTERVIEW

Q. How do you specifically determine when an energy blockage might be more responsive to "entity removal" rather

than Polarity Therapy protocols? I will only utilize "Entity Removal" when Polarity Therapy is not working. The energy of the client is usually heavier. It is not their energy. It feels to me like "someone else is there." I check it out with \* 'ideomotor' techniques. Very often the client has some unusual symptoms when entities are present.

Q. You have studied a broad array of healing modalities. What is the ratio of modalities you currently utilize in your practice? I mostly use Polarity Therapy and cranial techniques. Massage comes in as a foundation for about 25% of my clients. At this point in my work, like most Polarity Therapy practitioners, my work has become my own. I rarely use entity removal as the bulk of a session, although, very often, I visualize the client's chakras lining up and do a quick pull (of entities) at the end of the session. For example, just today, I saw a client who is going through many transitions that defy her family and cultural norm. She had just visited her family for the holidays. The visit did not go well for her. She came home to hear that a close friend of hers had mysteriously died. My client then came in for a session because she felt heaviness on her heart. I did a typical Polarity session and then pulled energy out of her heart. Was it an entity? Was it her friend? I just added that piece on a hunch. Afterwards, she relayed that the session was intense. I suggested that her friend might be around for a while; around seven weeks, the time many systems believe a soul hangs around if the person didn't make a

full transition. She seemed to know and added, “yeah, forty-nine days.”

Q. If Polarity Therapy practitioners choose to explore “entity removal” as an additional modality, how may they proceed to learn this method and what might be a sufficient length of study time before they could safely utilize “entity removal” within their practice?

This is not something I recommend learning from a book. You need to have hands-on training from a reputable individual. The techniques could be shown in an afternoon. Although, utilizing them safely takes desire, need, practice and basic psychic talent. It is different than bodywork. Entity removal takes practice and access to the teacher with questions that come up. I plan to offer this training upon request in the future. Psychic schools may also offer this training. Be aware however that many individuals sincerely think they know how to teach this when in fact they don't. There is no ‘set of standards’ on this.

\* The Ideomotor Effect. In 1852 William Carpenter argued that muscular movement can be initiated by the mind independently of volition.

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