

# Body Wisdom Energy Healing

## Module 4

### Part 3 – Astral Healing – “Critters & Entities”

#### Healing on the Astral Plane

Up to this point, our healing has dealt specifically with the physical plane. We have moved energy and “blocks” that affect primarily the physical realm and are primarily “low-level” blockages in that they have tended not to hold or contain consciousness. There are other blockages that tend to be found in the fourth level or “astral” plane. These blockages are more complex in that they can “contain consciousness,” albeit a low level of consciousness. What this means is that they may be more difficult to remove in that they tend to “have a say” in when they go.

There are two types of these energy forms or “entities”.

- 1) “Critters” –usually show up as bats, snakes, spiders or other various creepy crawlers. Or they can just be a little blob. The entity usually has nothing to do with the literal physical insect or animal but have just taken on its shape. They are “parasitic” entities living on the astral level. They feed on repressed emotions, dead energy such as pain, and lower-frequency energies in general, such as you find around people who drink or do drugs, indulge in negative thinking, or who have experienced much trauma in their lives. The more a person meditates, becomes positive and loving, brings light into the body, eats healthily and clears all repressed energies, the less “feeding ground” these parasites have within them. These can be anywhere in the field. Removing them most times happens spontaneously as part of the general chelation. You may not be aware of them if they are removed in this fashion.
- 2) Psycho-noetic thought forms or “entities” – these are living entities that we create and put into our energy field. They are generally there, just holding space. Many times you may have deliberately placed them there for protection or until you had the time and energy to work on whatever issue they are holding. They can be the block, or a representative of the block. They support the belief system or the distortion that they are protecting.

#### Astral Healing

Removing these “entities” or “attachments” is a bit more involved than removing mucus and clouds. “Entities” are more persistent. They may show up as a “presenting complaint” over a long period of time. Or you may notice that you keep healing the same area over a long period of time on a client. If they do show themselves, it may be in your mind’s eye, or you may literally be given a visual flash. Even if you don’t get a direct indicator, if you suspect it, it is appropriate to utilize the Astral Healing Technique

#### Steps for Astral Healing

1. Identify presenting complaint, including area of the body involved.
2. Scan the field in second and fourth level on the presenting area.
3. Complete a full chelation.

4. Return to the area of presenting complaint: clear on levels 1-3 if needed (probably just 2<sup>nd</sup> level clouds).
5. Go to 4<sup>th</sup> level and clear out mucous.
6. If you find a solid object, a critter or entity, remove as follows:
  - A. Upwell Core Star into your hands and surround them with that light.
  - B. Sink into energy field with both hands, as deeply as you can, stabilizing with your upper hand (the one toward the head) and using the lower hand to gently grasp the object.
  - C. Connect telepathically to the object and tell it you are here to return it to the Light. Remember it is light that has just forgotten. Wait for a response.
  - D. If it feels stuck, clear more around it, run energy, surround and infuse with unconditional love.
  - E. When it consents, gently remove it.
  - F. Hand it to the guides. They will take it.
7. Now take any poisons or toxins that surround it. (You are still holding Core Star in your hands when you do this. If you need to recharge, do so.
8. Cauterize the wound with blue light. Completely coat the walls of the cavity where the critter or object was.
9. Fill the cavity with unconditional love (rose light).
10. Integrate on the fourth level – simply smoothing that level.
11. If you feel the need to restructure on levels 1-3, do that.
12. Lightly chelate up the rest of the body.
13. Close as usual.