





There are two types of these energy forms or 
"entities".

"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 "parastic" 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.







B. Sink into energy field with both hands, a deeply as you can, stabilizing with your upper hand (the one toward the head) and using 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.



