



Psychic Attack

An Invitation to Unification

What is psychic attack? Do curses and black magic really work? How do I recognize when this is happening and how do I protect myself?

A psychic attack is the entering in, or emergence of, discordant energies. Not knowing why or how this is happening adds to the distress and bewilderment. These disruptive energies can manifest as negative feelings, thoughts, behaviors or events and, if allowed to persist, can lead to long standing emotional, physical, relational and spiritual challenges. What is the source of these detrimental energies? Typically it is said that psychic attack comes from evil spirits, disincarnate entities, through some form of sorcery or witchcraft or from the devil himself. However, 99% of all forms of psychic attack are coming from subconscious or unconscious energies within the individual. Psychic attack is real, but it is almost always coming from within.

This is probably not going to be a very popular view because tantalizing stories of possession and psychic attack are fascinating and entertaining. Some of us have a tendency to attribute unexpected or mysterious feelings, symptoms or events to supernatural energies or entities. True spiritual progress requires an unrelenting willingness to look within, especially at what we do not want to see or admit to having. An overemphasis on supernatural phenomena is often a way of avoiding self-awareness, self-responsibility and self-empowerment. Most importantly, we may overlook an opportunity to heal the real and deeper causes of emotional, physical and relational disturbances.

Having said that, there is the other 1%. Yes, there are cases of psychic attack from outside sources, usually from disincarnate spirits or energetic fragments and residue from them. I will cover this subject later in this article.

The Hidden Power Within

The most common form of what we are calling psychic attack – i.e., sudden, unexplainable emotions, symptoms or events, including but not limited to, panic attacks, feeling cursed, bad luck, psychotic episodes and possession, is the upheaval of deeply buried and disassociated energies breaking through to surface consciousness, shattering the familiar experience of self and the world. Energies and emotions become split off from conscious awareness when they are judged to be bad, wrong or inconsistent with one's self-identity or with the prevailing morals of family, culture, religion or society. No matter how much it is ignored, denied or disowned, energy cannot be destroyed. It does not go away no matter how much we want it to, and it does not go away over time. It remains within.

This tendency to disown and repress feelings and energies that do not fit our self-identity is within everyone. It is only a matter of degree. For example, something like repressed rage may not manifest in a full blown panic attack. Rather, it may emerge as persistent low-level anxiety, a sudden bout of agitation or depression, feeling afraid of others or world events (when the rage is projected onto others), or a physical disease such as an ulcer.

The deepest truth about the ego-mind is that it is *inherently* fragmented. Even the seemingly most integrated and healthiest individual has disowned parts. The mind cannot create and sustain a single cell, let alone unify trillions of cells into a single human body. Yet, we give it the task of integrating all of our incredibly diverse life experiences into a singular self-identity. This is an impossibility. The only way a truly integrated oneness can be realized is through surrendering this delusional false self in favor of aligning our consciousness with the TRUE source of Life and Intelligence in this Universe.

Trauma

Another way energies become lodged deep within the psyche is through trauma. With PTSD and similar forms of trauma, energies are often suppressed for the purpose of survival. Allowing the full conscious experience and free flow of energy at the time might have led to death or danger. In almost all cases of trauma, the nervous system and energy body were completely overwhelmed by the intensity of the moment. If the trauma occurred during early childhood it may be completely forgotten. Even in instances of recent painful or traumatic events, the mind has an amazing ability to hide them away from conscious awareness.

Past Lives

Alternatively, one can come into this life with hidden energies implanted through intense past life events. Since there would be no obvious reason for the presence and immensity of these feelings, this often leads to denying and disowning them. Or, these energies may simply be waiting for a time when the individual has the maturity to acknowledge and deal with them in a healthy way, and will suddenly surface at that time. (If you do not believe in past lives, simply observe how some young children have very strong emotional tendencies from birth. Whether biological or spiritual, we all have compelling impressions rooted in the past, some more than others.)

Divine Energies

The intention of limiting ourselves only to aspects that we deem acceptable to self is so powerful that we can even block and disown Divine energies. In other words, sometimes higher consciousness and energies are inviting us to go beyond our current way of being to a more expansive, creative, empowered and Loving way of being. But if we are afraid that it will disrupt our routine way of life and our limited self-concept, we will resist the free flow of that Energy. When repressed, Divine energies can also break through the surface in startling and disturbing ways.

When Energy Is Suddenly Released

When energy is blocked from flowing fully and naturally it can become stuck in the body and psyche. This energy still has its full power and original quality as when it entered the individual. Having no where to go, this dynamic force circles around itself and the energy becomes even more self-reinforcing. Energies of a similar quality merge with the original energy due to resonance. For example, anger presently suppressed can merge with previously repressed anger. Over time, this energy becomes increasingly

more consolidated, resulting in a pressing urgency. Eventually, it can manifest as sudden emotional and behavioral outbursts, physical and mental illness, and even outer life events. An erupting volcano, an earthquake or a dam bursting are all appropriate metaphors. Energy is constantly seeking a release to flow freely. As humans, we sometimes forget that we are a part of nature as well. There is so much more going on below the surface of the mind, and the mind can't control everything, try as it might.

An Alternative View

Present day psychology tends to focus primarily on brain imbalances as the cause of disturbing emotions or behaviors. This is looking at only the tip of the iceberg, the most obvious, and quantifiable factor. New Age or religious views can be just as misguided, lumping all unexplainable and outlandish feelings, behavior and events in the category of the supernatural.

At this time, many cases thought to be psychic attack and possession are actually disassociated energies bursting to the surface from the unconscious. On the other hand, some cases of mental illness are actually caused by disincarnate spirits and energies. Furthermore, many persons diagnosed with so-called schizophrenia are more open to other dimensions of existence than the average human being. Our current society that is obsessed with concrete physicality, conformity and quick fixes, judges this extremely challenging state of consciousness as an aberrant illness. Whereas this expanded view of reality could potentially be a gift to self and humanity. This is in no way romanticizing mental illness. Rather, it is broadening our understanding that being tormented by unseen forces may have a variety of causes.

Healing the Root Cause

Future therapists and clinicians will have the ability to *directly* discern changes in consciousness and energy, allowing them to provide assistance before full physical manifestation occurs, as well as treating the true underlying causes beneath physical and emotional symptoms. There will be a recognition that vibrant and resilient health is the result of the free flow of energy, and that illness is the result of that energy being blocked, disrupted or distorted in some way. Once we realize that the FLOW OF ENERGY is the primary cause of well-being in every way, we will begin to discover effective, even revolutionary, ways of healing.

I would like to draw attention to one of the most common misunderstandings about the healing and transmutation of repressed energies. Facilitating the free flow of energy does NOT necessarily mean that it has to be expressed outwardly. For example, expressing anger through violent or aggressive actions actually strengthens what is blocking or distorting the free flow of energy. Uncapping the blockage in a therapeutic

setting or through ritual may be useful initially, but the CAUSE of the disturbing emotion, which is the disruption of the free flow of energy, eventually needs to be addressed. Real healing always involves renewing the free flow of energy, which naturally results in positive inner states and healthy outer expressions.

Disincarnate Entities and Energies

Finally, coming back to the 1% Yes, there are cases of psychic attack from outside sources, usually from disincarnate spirits or fragments and residue from them.

Disincarnate spirits, sometimes called earth-bound spirits, are simply entities that are saying no to God, to Truth and to the evolutionary forces that are calling them back to Unity, either directly or through higher beings such as Spirit Guides. Even if you do not believe in disincarnate entities, consider that strong intentions and emotionally charged experiences can leave their energetic imprint in a location. This is the source of what is commonly referred to as ghosts, haunted places and poltergeist activity.

At the time of death, a person who feels that an egregious transgression has occurred may have emotionally charged feelings of rebellion because they feel betrayed by Life. Due to free will, a person with a stubborn attachment to revenge or anger can say “no” to the Loving Higher Guidance inviting them to the Light beyond the pain and disappointments of that previous life. This is the most common way that these energies become “earth bound.”

These energies often express their anger through trying to frighten others. There are also immature mischievous spirits who enjoy scaring people just for the fun of it. In both cases, the motivation is a false sense of power. One of my favorite sayings is that there are no evil spirits, just asinine (I usually use the other “A” word), rebellious and ignorant spirits. Tormented entities naturally emanate tormenting energies. Sometimes the intent is not at all to harm or to frighten, but may be a plea for help.

Often, these energies do not belong to an individual entity but are fragments or residual energies from various sources that have come together into a unified force. Energies of similar frequency and intention tend to resonate with each other. In other words, these energies sometimes do not have the complete consciousness of an individual entity but are faint remnants that have coalesced into an energetic presence that has become substantial.

Entities and energies having the ability to choose to remain earthbound demonstrates the supreme importance of free will in human consciousness. It is the most important aspect of evolution from a Divine perspective. There is nothing inherently wrong with entities and energies choosing to say “no” to the Light. This does not make them evil, bad or harmful. It is just what they are choosing in that moment.

An entity can also be earth-bound due to wanting to help or protect someone, wanting to deliver what it believes to be an important message, or having any other strong attachment to a person, place or outcome. Also, in very rare cases, a soul or an aspect of a soul can come back to connect with a living human being in order to complete some karmic balancing. For example, a soul coming back to offer love, forgiveness or support to someone with whom there was a significant relationship, may help it to continue to evolve to the next level.

Curses, Sorcery and Black Magic

What about psychic attack from practitioners of “black magic” and other persons who try to harm others in this way? This is the least potent form of psychic attack, which works simply through the fear engendered in the “recipient.” In very rare cases, a practitioner who has powerful psychic abilities may be able to convince someone telepathically to agree to *believing* in fear. But there has to be an agreement and there is no actual attack.

In 99% of the cases, there is no curse or black magic operating, but just life experiences that are being interpreted through the lens of FEAR. Not only is the effectiveness of curses way overblown, but the practitioner is often the ONLY one living in the darkness of the curse. Anyone intentionally trying to harm another for the purpose of gaining power or money, inherently and perpetually lives in a world of LACK and FEAR. These individuals ALWAYS self-destruct in their own fear-based corrosive hatred, as seen in so many stories, films and fables. Believing in black magic is often yet another distraction – a way of seeing negativity outside of ourselves to avoid healing our own negativity.

Possession

Ego can be defined as the illusion of separation and superiority, resulting from the decision to say no to God, to turn away from a Unifying Love and Intelligence. Therefore, ALL possession is by the ego, whether that be a personal ego, a fragment of an ego, a collective ego, a disincarnate spirit's ego or a fallen angel's ego (Satan). Once again, too much fascination with evil spirits and possession is a way of avoiding self-awareness and healing of deeper and real fears within. God is Non-Dual Oneness – an omnipresent and omnipotent Love. Those who focus on the battle between God and the Devil are attributing to it a reality that it does not have and therefore are actually unwittingly reinforcing the illusion of evil. For more on this subject, see the article ***The Truth About Evil***.

The Best Protection

How do we protect ourselves from psychic attack? First and foremost, HAVE NO FEAR.

Fear attracts fear. The energy of revenge, harm, hate, anger, worry, regret, guilt and blame, are all sourced in fear. As stated above, usually the ONLY power these negative energies have is the result of fear. Whether we are dealing with the 99% of cases where the attack is coming from within, or the other 1%, the remedy is always the same – the Realization, affirmation and declaration that there is ONLY God and that evil does not ultimately exist and therefore has no real power. Even in the extremely rare cases where there are entities involved, a true spiritual healer, one who has seen through his or her own egoic fears, can easily and effectively send those energies back to the Light.

The bottomline is that Healing is always possible. Challenges offer the greatest opportunities for Healing and Awakening. There is NOTHING in the Universe that does not have a Divine remedy, for it is all being created by the One Unified Loving Force. Our purpose, challenge and opportunity in this lifetime to to Realize that Truth.

Receiving Unifying Energy

If you have come this far, then the energetic groundwork has been laid. Discussing the above subjects was a way to palpate whatever is not fully integrated within. This is an opportunity to bring it all into a unified state of Unconditional Love. Take a deep breath, relax and allow the Divine to bring about a full and free flow of Energy. The Divine is simply the Evolutionary Power and Intelligence of the Universe. As you breathe, feel the aliveness in the body. This aliveness is the very same Life that is infused throughout the entire Universe right now. Feel it within. This is the same Love and Intelligence that has created every star, every planet and all of its magnificent beings. This Power is inherently Loving and Intelligent, so you don't need to put any effort into it, you don't even have to believe in anything. I invite you to surrender all of the causes of inner and outer strife, both known and unknown, to this Higher and Deeper Loving Intelligence. Let this Unifying Power of the Cosmos bring you the Joy and Exuberance you are meant to Realize and Be. Be willing to get out of the way and allow this Higher Loving Intelligence to do its work. Just for now, stop trying so hard and ALLOW YOURSELF TO BE LOVED. Breathe, relax and let go into this Loving embrace. Remain in this embrace for as long as you like.