

SECTION THREE

In my healing practice, I typically encounter hauntings that are personal in nature, meaning that negative spirits are attached to the person rather than to the house. Section three illustrates how a haunted person may have given easy access to their mind unknowingly, and it is only at a very stressful point in life that they begin to feel haunting symptoms.

Haunting Of the Mind

Chapter 3:1

A haunted person simply has a persistently weak or low mindset, which eventually attracts a negative spirit. In spite of how a personal haunting develops, there is always an underlying problematic mindset that keeps a haunting in place. These spirit attachments, therefore, are symptoms of incorrect thinking and not the true source of the problem.

Personal hauntings will persist and grow stronger through time, until the person is able to undergo a healing. In nearly all cases, a personal haunting will not go away until a healing of the mind occurs. This healing has to do with a person's level of consciousness, also known as mental habits or mindset. It is determined by how they relate to others, how they handle negativity, what type of thoughts go through their mind, their choice of behaviors, and their emotional state. A healing will also involve an intervention by God and the haunted person's free-will. Simply ridding people of negative spirits will only be a temporary fix if the underlying mental issues are not addressed or if the person wants the haunting to continue. Regular, sincere prayer heals the mind of hauntings.

The Consequences of Detrimental Thought Patterns

All things, including thoughts and emotions, have an energetic pattern. Just as we can see everyday objects with our eyes, spirits can see the energy behind our thoughts and feelings and therefore know who we are. Depending on the type and frequency of this energy, a spirit can attach itself to it, similar to how two magnets pull in to connect to each other. Negative spirits cannot attach to people that have strong, positive and stable minds. Instead, they'll feed off the heavy or low frequency feelings, such as jealousy or hatred. People who are emotionally weak and curious about spiritual matters are vulnerable to attack. If these same people are not educated about spirits and do not have a strong faith in any religion or higher power, then they are especially at risk. It is also important to note that a simple belief in a higher power does not offer protection. One must actively practice their faith by asking God for help on a daily basis. Asking for

spiritual help through prayer and living your life authentically will offer real protection and healing from a haunting. How to live your life authentically is explained in Chapter 7:8: “Authenticity.”

The reason negative entities are attracted to negative minds is simply because it's easier. There is ample material already created to act as fuel to perpetuate more negativity. Good, active, energetic people have a tendency to take any negative circumstance and look for the solution to a problem. It is quite difficult to perpetuate negativity if the mental habit of the person is always to flip it into something positive. Like trying to play a sad song on a banjo, it just doesn't work. Having a dark entity attachment merely means that you are maintaining a highly negative pattern of thought and producing too much negative emotion. Dark spirits will remain attached as long as you have enough negative energy to offer them. Prayer will break this cycle. Prayer is covered in section four of this book.

The solution to freeing yourself from an attachment is to realize that the root problem is within you and to forcibly break out of negative thinking patterns. The desire to change is not enough. You must go through a series of action steps in actually making lifestyle changes that can help to facilitate better habits of perception. The most important first step is to say, “Yes, I can” instead of “No, I cannot”. Prayer will assist you in facilitating the strength to do this.

You may think you have to fix your negative thoughts all at once in order to get rid of the haunting, but that's simply not true. Change can happen a little bit at a time and with the help of a good Spiritual Healer. The purpose of a Spiritual Healer is to guide you through the healing process so that it isn't so overwhelming. No matter how many negative threads run through your life, a good Spiritual Healer will have access to your spiritual guides and reveal to you the core problem that would make the most difference in improving your life. This priceless information most of the time is enough to help one initially break free of the attachment. A Spiritual Healer will also pray with you to add to the strength of energy needed to break an attachment. You can also do this yourself through meditation and accessing your intuition. You do not have to be perfectly happy to become free of a haunting but you do need to raise the level of your mindset high enough to have the evil spirit lose interest in you. When you do change yourself, the attachments drop off as a consequence because strong, purposeful people are neither food nor companionship for lower spiritual entities. Daily prayer heals detrimental consequences of negative thought patterns.