

Reweaving the Fabric of Your Reality



Maureen J. St. Germain

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Reweaving the Fabric of Your Reality

Self-Study Guide for Personal Transformation by
Maureen J. St. Germain

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Email:

info@maureenstgermain.com

www.maureenstgermain.com

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Morning Prayer

I ask that the full expression of my highest self be ever present with me this day. I ask for the Masters, Teacher, and Guides of me to be ever present this day and ask that they be given full access to my four lower bodies.

I offer myself in humble gratitude in service to the Great White Brotherhood, legions of 100% White Light and all beings of 100% White Light who are here working with me.

I ask that this divine guidance assist me and allow me to pursue my soul's highest purpose in this lifetime with the most evolved appearance possible that expresses in the kindest, most generous and gentle way.

Amen.

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PREFACE

This material is really weird

The body of knowledge you are now holding in your hands was developed in response to my students' requests for help with troubling conditions and situations that were coming up in their lives. For years I taught this information secretly because it was really strange and even I was not yet comfortable with it. Now, I was being asked to help in situations where this information was the solution. I began sharing it in response to these requests.

One day after all my classes cancelled for the month, opening up some work time for me, I received a phone call asking me to teach a class on this very subject. I thought, "Oh no, they don't really want all that weird stuff do they?" Teaching about entities was not in my plans but because I am a servant to God, I felt compelled to respond to the call in the moment – and space had just been made in my schedule to work on it. Still, I was really conflicted about doing it so I thought of an escape! "I will write an outline and if you like it, then I will teach the class." I figured that I could eliminate my own self-consciousness about this body of knowledge by making sure they really wanted this information. Much to my surprise my outline was well received and the following week I got this response. "Maureen, this isn't exactly what we had in mind ("Whew!" I thought, now I don't have to teach this weird stuff), it's way better!" And so I taught the class. Seventeen people showed up for this first class, which had been announced by word of mouth only.

What is reweaving the fabric of your reality?

Reweaving is a book about getting to the bottom of and clearing sticky, recalcitrant behaviors. It provides instruction on letting go of entities or energies that you experience, as if they are really "you". It is only later, after clearing them, that you will discover the real you. There are a number of steps in this process, including clearing the

entities or energies, maturing parts of you that may still be child-like, and finally, reclaiming your lost parts. You may have worked with entity clearing over the years, but now you have a self-study guide to support you in this process.

This work is about becoming authentically you. It relies on your willingness to let go of the old familiar ways of behaving and then clearing them in simple but dramatic ceremonies and sessions. These methods also rely on your willingness to turn 'everything you are' inside out and re-assemble all your parts in a new, dramatic way. It is about clearing and reclaiming your true self.

You will find your most productive work will be accomplished with the support of others. Please consider assembling with a partner or in groups to study and participate in this course. Ideally you will find like-minded individuals to work with for a day of dramatic results.

Anyone can do this work. If you follow the instructions, you will be amazed at the results. Don't take my word for it, try it for yourself. Call your friends. Make it happen!

This book is divided into three sections:

- Part I** Provides information about entities and external energies – who they are, where they come from, and how they operate.
- Part II** Gives detailed instructions for the ceremonies.
- Part III** Discusses personal issues and soul evolution and provides instructions for the more advanced ceremonies.

In conjunction with this Reweaving self-study guide, a downloadable tracks are also available from my website. Whether you are working alone or in a group, you may find using the CD helpful. Many of these ceremonies are on the downloadable tracks, including the opening invocation. If you purchased the book I am giving

you these or free. While in the shopping cart, use code “Reweaving Book.”

The New World – Claiming the Light

There Is No More Karma of the old kind and instead, we are to work with Karma of a new kind – immediate Karma. I do not know exactly when it occurred, but since 1994 I have been getting information that there is no more karma in the traditional sense. You and I are no longer weighted by the burden of sins of the past and you can claim your right to this new dispensation. You get a clean slate every day and you will benefit from claiming this gift. It is the beginning of “personal responsibility in the moment”.

(Note: After I completed this book, I came across *Dear God! What Is Happening to Us?*, Lynn Grabhorn’s second book in her trilogy. For me, it was the capstone of the information I had been receiving. You may find her book useful in shedding additional light on some of this material. Although she approaches it from a slightly different perspective I believe her experiences and stories will provide another way to grow your own understanding of this material.)

The meaning of No Karma

Claiming the Light and choosing to embody the Light in each and every moment is the path of no karma. You are much freer than you may think. You always have a choice, and recognizing and applying this is the beginning of understanding.

If you choose the path of no karma, here is how it may manifest in your life:

- You may have outcomes and consequences over your actions today, but you will not be held back by past mistakes. □ You can choose to start each day with a clean slate.
- You no longer have to carry the heavy weight of dark energies working in or around you; you can choose to unhook from and release them.
- You are empowered to clear this weight for family systems, social systems, ethnic groups and more.

There is no more intense anger

Anger has also been eliminated from this 3D reality. Extreme excesses of intense anger are coming from outside our current system as entities or projections of entities from outside this reality.

If you find you are having an intense reaction to a situation and your own anger arises, it may be that YOU are carrying entities. You can clear these entities yourself. Once you have cleared out a major portion of these, it will be far easier to *stay clear of new ones*. It will also be much easier to experience your true self, and to remain true to your self.

If you are experiencing someone who is expressing intense anger, that anger is likely being caused by an entity as well. You can prove this to yourself if you can see the kindness all around you and the anger is out of balance with surrounding energy. Since 1994, even when you have a disagreement with someone where you do not see 'eye to eye' you will still find a respect towards one another. This was not always the case.

It is now also possible to clear others of these entities. You may clear them from near or far. Remote clearing is just as effective as in-person clearing. Because the other person is interfering with you or your personal harmony, you have authority to do this clearing. We are in a "no tolerance" zone with regard to entities. This means if you or anyone notices them you have the right to clear them. Remote clearing is not taught in this book. If you have a serious situation that requires additional assistance please contact our team of experienced remote healers who will work with you. They work on a donation basis and you can reach them at remotehealing@gmail.com

Cohabitation

It is a symbiotic world that we have been living in where we have existed side-by-side with entities in a somewhat mutually beneficial environment. However, this new 'no-more-karma' energy means, that you no longer must live with symbiosis; you can become more of your divine self in each and every moment. This is the path to ascension and the divine directive.

It is important to understand that there is nothing bad about having entities in you or your immediate energy field, unless you know that you have them and choose to do nothing. Discovering these entities and doing something about them is your right and a key to taking care of yourself and those around you.

Gaining ascension

Gaining your ascension isn't about physically ascending; it is about bringing more and more of your "ascended self" into your physical body right here and now. One significant benefit of this is the cleaning of your own 'house', which will allow you to invite royalty into your home. Who is this royalty? It is your Higher Self. It is your inheritance to create heaven on earth – right now, right where you are. The information in this book can help you do this.

You are not alone

Please know that you are never alone. Your angels and guides are always with you. It is their job to serve you; they can never abandon you. You have a room full of invisible servants waiting for your commands. Why would you hesitate to use them? By cosmic law, these beings need your requests for assistance before they can provide support. They are ready and willing to provide help. Ask for their help, grace and guidance and it will be given to you. Get in the habit of asking for help and watch the magic that only you can create.

In all our ceremonies we use Angels, Archangels and Elohim. If you wish to know more about the angels, there are many books and resources to provide that information. One you might consider using is my Rainbow Angel Meditation¹, which teaches about the Seven Archangels and how they can help you and provides the historical evidence around our understanding of Angels. It is an ideal guide for anyone who wants to work more with the Angelic Realm and Elohim but doesn't know where to start.

A reweaving story (don't do this at home)

¹ Rainbow Angel Meditation – Meditation to the Archangels by Maureen J. St. Germain is available at www.maureenstgermain.com and in bookstores everywhere.

There are many ways to start the journey to self-improvement. Some may use this guide; some go into the Amazon and have shamanic journeys with the help of an ancient ritual involving the use of hallucinogenic drugs. I do not condone this second option as a substitute for this work. Nor do I recommend the use of these substances outside of their original shamanic environment. However I do believe these experiences represent a valid version of the work we are about to embark together.

The following is a true story of my friend Daryl C., a professional businessman who shares his personal pilgrimage experience with you so that you may know one person's experience. I was told to include this so that you might better understand this process by looking at a specific instance of a man who had suffered a terrible, personal loss and was trying to make sense of it. He experienced this work in a very unique way:

"I had a very interesting experience last summer in the Amazon which correlates well with the material that Maureen offers in this book. My out-of-body experience was multifaceted and I still remember most everything quite clearly. What all the changes are and how they will affect the rest of my current incarnation is unknown. I did have an opportunity to remember everything but I chose not to, opting instead to see life unfold in a 'normal' way. I do know that the changes are all good and that wherever I am headed, it will be an exciting and positive ride.

We were about ten hours from civilization, deep into the Shipibo Indian territory surrounded by a veritable explosion of life with flora and fauna so thick you could feel the heart of mother earth beating like a big bass drum the size of Borneo.

Dinner would be served shortly thereafter, but we were warned that we might not want to eat. Our gringo guide had mentioned the night before that the Shipibo² shamans traveling with us would be offering a 'healing ceremony' tonight, and that anyone interested in participating would be well advised to refrain from eating

² The Shipibo Indians are located in the deep Amazon Basin, in Peru.

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anything for most of the day. We had been fasting since breakfast.

After the tents were set up and everything was in place we all arranged ourselves inside a long and narrow mosquito netting-type tent. The shamans took about an hour and a half blessing us, clearing the energy in and around the tent, and blessing and clearing the ayahuasca. Ayahuasca is an ancient hallucinogenic brew made from native herbs used in sacred Shamanic ceremonies in the Amazon Basin. It doesn't taste good and it can cause nausea if taken on a full stomach. The fasting is necessary to keep from vomiting.

Finally the moment of truth arrived and we all ingested a healthy slug of a viscous liquid from a wooden gourd about the size of a softball. While we waited to see what if anything would happen, we assumed a prone position in our tents. Lying on our backs we listened to the voice of the jungle harmonize all around us in the songs of countless insects, night birds and an infinity of other unknown creatures.

After about twenty minutes the fun began as common everyday reality took an abrupt 90-degree turn. My goodness gracious Agnes! Fourth of July, New Year's Eve explosions, as Jimi Hendrix plays the Star Spangled Banner on a revolving center stage and the guitar goes waah waah waah; move over Timothy Leary, there's a new sheriff in town! These were not merely hallucinations but more akin to visions. Carlos Castaneda meets the queen of the jungle deities. In short, the stuff worked.

The next time I experienced a glimpse of familiar reality was about four hours later as I was pulled back into this world by the traditional chanting songs emanating from our shamans; and a sweeter more beautiful sound I have never known. We flitted back and forth for the next few hours between the ayahuasca zone and what we call normal consciousness. As morning light started to filter in through the thick jungle canopy, I can honestly say that I have never appreciated seeing a sunrise more in my entire life.

There was one point where my consciousness appeared to resemble an intricate Persian carpet. The ayahuasca proceeded to take a hold of the top thread in the upper corner and began to unravel the carpet by pulling the thread out into a straight line that stretched into infinity. All phases of my life were viewable, grade school chums, pets from childhood, aunts and uncles, and experiences both past and future. So there I was, all stretched out in a straight line stretching from here to eternity when the ayahuasca begin to perform a sort of reprogramming by making adjustments and alterations along this line. A sort of cut and paste procedure if you will, that left a new and better being here on earth. After the procedure, in the blink of an eye I was rewoven back into a very similar yet different composite that people are still responding to as me.

My experience is one possible method of reweaving the fabric of your consciousness. I sincerely believe that the information and materials being offered here, in this guide, have the potential to do exactly the same thing. It's all a matter of perspective, but for safety considerations, I would recommend Maureen's methods over the jungle experience. Whatever method any of you ultimately choose for self-transformation, there is one thing that remains constant: As you change the way you look at things, the things you look at change."

Dangerous curves ahead, so read ahead and be prepared

Before you set out on *your* Reweaving adventure, ensure you receive the most benefit from this material by following these pointers:

1. Read the entire book.
2. Download and listen to the whole CD.

If you are working with a partner or in a group setting, it is imperative that you read through the entire contents and listen to the CD before sharing the work with others. If you are leading, you may wish to have your partner or group read each section before its corresponding ceremony so that they have the necessary

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background information. This means you will move through the book jumping from Part I with its explanations to Part II or III where the related ceremony is found. If you are working alone and are anxious to begin, please be sure to take the time to read the corresponding explanation for each ceremony before beginning.

The last chapter, Food for Thought, might be read before you begin your work. It is loaded with feedback and insights from the participants in that initial class.

For those of you who are drawn to this work, but don't feel that you are impacted by these energies; it is very likely that in past lives, you were a shaman/healer who assisted others in healing these issues. You are not afraid of this information and are destined to light the way for others. Thank you, your knowing and sharing is a blessing to us all.

To all my readers, whatever the reason you were guided to this work; I love you all for your deep commitment to your illumination. May you find this book helpful and may you receive a million blessings today and all of your days. In loving gratitude and service,

--Maureen J. St. Germain

PART I: ABOUT ENTITIES

Chapter 1 – Types of Entities

Definition of an entity

Knowledge is said to be the first step in reclaiming your power. Let us start by naming and understanding the types of entities that may be operating in your reality now. An entity is anything outside of the plant, animal or mineral kingdom that has consciousness and can move. The plant, animal and mineral kingdoms are in service to humanity so they do not have free will and are here to support the creation.

“An **entity** is something that has a distinct, separate existence, although it need not be a material existence.³” For the purposes of this book, there is presumption that an entity is animate without its own corporeal form. Any energy form that has self-awareness is classed as an entity and there are two major classes of entities: internal and external.

Internal and External Entities

Internal entities

Internal entities are energies or entities that you have co-created with God. In the classification below, they are labeled personal entities. These were usually created by you when you were younger and closer to God and still remembered how to do this. Sometimes, these entities are created in times of intense emotion where you were not feeling safe. They are your creation and it is up to you to evolve them in order for anything to change. Internal entities cannot be sent home to God, as you ARE God to them since you co-created them with God. In addition, internal entities are beneficent and although immature, are attempting to help you. They were

³ <http://www.merriam-webster.com/dictionary/entity>

created by you in all types of stressful situations to help you operate safely.

When a person (usually during childhood) is faced with a difficult situation, they create a personal entity to form a pattern that insures safety. For example, let's say one of your parents was an alcoholic with huge anger issues. You, as the child, are just learning to express emotions. Children don't come equipped to handle emotions. In a normal family, when a child has an outburst the healthy parent will respond with something like, "Johnny, we will have to go sit in the car if you insist on wailing like this in the store." And then the parent follows through calmly moving to the car and waiting in the car with the child if necessary.

In a less functional family, when the parent verbally raises his voice, the child yells back. Then the parent escalates, so then the child escalates, and thus the power struggle begins. Next escalation, the adult usually turns to abusive language or behavior. It is at that moment the child moves into the fight or flight response and creates a pattern that works to keep the parent from escalating. This is particularly evident in some children who are raised by dysfunctional caregivers and never learn "normal" responses to difficult situations. As adults, they find they still react in the same child-like ways as their "default" pattern. This is because the pattern is a real entity that they have created when they were a child, hence its immature expression.

Even "normal" adults have them

Even mature, normal adults have these patterns from childhood because the child-mind doesn't understand the real meaning of a situation. For example, a parent who unintentionally gives the impression that boys get better stuff than girls may cause a female to create a childhood entity that will make sure she gets more of the "good stuff" that she sees the boys in her family get. This is fine except that the programming that she creates is probably that of an angry ten-year-old, and at age 30, it interferes with the productive relationships in her life. This is why the process *Quantum Matrix Healing* given in this book is so very powerful. The process allows for the maturing of the entities developed in childhood, which then helps the person be their best self.

You will learn Quantum Matrix Healing, which uses a technique that allows you to enter the energetic field around the individual so you can literally personify these entities, mature them to an advanced stage and let them serve you in a highly evolved way.

External entities

External entities come from outside of you. They are one of three types listed below: Family, Discarnate or Emotional. They are not controlled by you. External entities are not of your making and do not belong in your body. It may sound simplistic, but you are the only one allowed to be in your body. If you are intentionally or unintentionally housing these, they need some form of action from you to expel them. External entities are the primary reason this book came into being.

Your job is to become the most evolved version of yourself possible. You are the only one allowed to live in your body, the only one who may occupy your space. You are also the one charged with making this happen.

Zero tolerance

If you are housing an external entity or entities, it is a normal part of your ascension work to exercise your authority and kick them out. And, because we are in 'zero tolerance,' you may also expel others' entities that you notice or that are bothering you. To better explain zero tolerance, imagine having zero tolerance for breaking the speed limit in your automobile. This would mean if you did drive faster than the legal limit, you would lose not only your driver's license but your car as well.

Before zero tolerance, we permitted these entities to cohabitate with us. We allowed this as a way for "discarnates" to continue to learn more lessons before returning back to God. This is no longer necessary as we are on the home stretch back to God⁴.

⁴ The precession of the Equinoxes theory states that every 24,000 years we move through a new age. Sri Yukteswar taught that the Sun was part of a Binary Star system and the reason for this movement. Science is now proving it. Every 24,000 years the earth moves through a new Yuga.

We are in the second half of the Kali Yuga.

Sometimes you will discover that an external entity is attached to an internal entity. This means that you must first clear the external entities before you can evolve the internal entity to its most mature form. This is covered in detail in the section on Quantum Matrix Healing.

You may discover that as you begin work on becoming your authentic self, i.e., your Higher Self, more entities or energies that are not your authentic self will show up to slow down that process. Just as you prepare for a marathon, you notice everything you do makes a difference—your diet, exercise, getting enough sleep, and so on. When you make a commitment to yourself to reclaim who you really are, you will discover that everything in you that opposes that will come up for examination.

The Four Basic Types of Entities

Personal entities

Personal Entities are internal entities that you created to handle certain unsafe situations in your life. They are your children and just like biological children, you are responsible for their upbringing. Entities may operate at the maturity level you were at when you created them. If you created an entity when you were a child, it will operate like a child. For example, if you were ten when you brought it into existence, your entity may have the ‘operating system’ of an angry ten-year-old. Remember, as your energetic children, these entities are generally trying to work with you but their methods have become obsolete in a life where you have moved on and they haven’t. They lack the wisdom that you now have on how to best be of assistance.

The work you will be led through in this manual will empower you to upgrade these entities and update their original intent.

Additionally, these childhood entities may now be covering up external entities you have picked up along the way that you did NOT create. These external entities may have moved underground and been masked by a childhood entity. As you begin this work you will

discover that you may be clearing multiple issues around what you thought was ONE issue. How you recognize and clear this is detailed further in the specific ceremonies.

Family entities

Family entities are external entities. They occur when you have “traded parts” with a family member. These “trades” occurred at a time when it was necessary and desirable to do so and both parties were willing to help one another in this way.

How will you know you are working with a family entity? You will begin to notice a specific behavior that doesn’t feel authentic. Sometimes, during a Quantum Matrix Healing session, the energy name will show up as a family name. Sometimes the feeling will be very strong that the entity came from outside of you. Another indicator is that your Higher Self will not be able to reveal to you its most evolved version. In the case of family entities, you will be able to easily send them back to their owner, and demand the return of your broken-off parts. Your work with the energy fields will help you identify their source and appropriate action required to clear them. The Quantum Matrix Healing process in Chapter Six offers one way to identify and clear these energies.

Emotional entities

Emotional entities are external entities that represent a certain emotion that has a specific meaning, even if you don’t know what that is. These emotions could be anger, rage, grief, or could be a very specific *kind* of rage or grief such as grief over the loss of a child. They could be sexual in nature and can inhabit an area like a beach or motel room where certain kinds of activity commonly occur. They often are the result of mass-consciousness activities like war, war crimes, violence, sexual perversions, misconduct, racial discrimination, pestilence, famine, or any kind of large-scale human suffering.

Entities can also attach to your pets causing you to emote in anger at their discomfort. It is possible to clear your pets as well as yourself. In one instance, I was attacked by a wasp while sitting quietly on my host’s balcony. This was uncharacteristic of wasp behavior. In addition, her small dogs wanted to be out on the

balcony but would not go out there by themselves. When I questioned my host later about what had happened out there, she explained that the dogs had been attacked by the wasps. I offered to place an energetic wall around this balcony to keep the dark energies out. It worked and the dogs would again sit happily on their balcony. This is an unusual experience, but remember if you experience inexplicable situations like this, try clearing as a possible solution to alleviate these types of woes.

These entities and their evolution are fully described in the next chapter.

Discarnate entities

Discarnate entities are external in nature. A discarnate entity is a ghost. Ever see the movie "Ghost"? This movie expresses the behavior of these entities very well. The movie is highly accurate when it comes to understanding their behavior. Obviously this means they are souls of a former person who used to be in a body and who we now experience as ghosts. There are two reasons these discarnate entities haven't moved to the light; They either do not know they are dead or they have chosen to forestall their evolution in consciousness to stick around the Earth to complete unfinished business.

Discarnate entities can be the cause of a house being haunted. One example from my experience is the story of an elderly cleaning lady who housecleaned for an elderly man. She died first, but after death, still showed up every week continuing to do her cleaning job. When the elderly man died, and the house was sold, her ghost continued to come every Wednesday to clean at my student's new home.

In order to clear the house, we explained to the ghost that the old man had died and she didn't need to be there anymore for him. We then asked Archangel Michael to escort her to the Light. He did and she left with him.

Another poignant example comes from the case of a woman who was criticizing her husband whenever he wanted to go play golf. She openly agreed he needed to go play golf, but the minute he would set out to make golfing plans, she would go into a strong

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reactionary mode that made them both extremely uncomfortable. This had been going on for years when they came to me for help. I asked her, "Who disapproved of *you* having fun?" Her answer; "My father."

As it turned out, her father, an alcoholic who mistreated all his 13 children and had died from a terrible, terminal disease, had jumped into her body when he died. Why? Because she was the only one who forgave him. She had also been the one who cared for him in his final years as a deliberate act of mercy. He moved into her body to experience the love she had for him and to understand how she could have that level of compassion after what he had done to her. The residual behavior around her husband's golfing surfaced as a way of letting her know her father was ready to go back home to God.

This information on Entities is summarized in the table on the next page.

Summary of the Four Basic Kinds of Entities or Energies

Type of Entity	Definition
Personal (Internal)	<p>Personal entities are entities that you created to help you with some specific problem. When you were a child and you were much closer to God, the act of creating entities was easy. However, most of us imbued these entities with the operating system of an angry young child, which was our highest or most powerful form in physical manifestation at that time.</p> <p>These entities are usually connected to some pivotal event that altered your 'innocent' view of the reality. They are real, living, benign energy beings much like little immature robots. They are trying to help you in the 'new reality' that you experienced by coming into a body.</p> <p>They work for you. It is easier to retrain your creations than to deny they exist. You can't send them back to their creator, since you are their creator, but you can help them evolve!</p>
Emotional (External)	<p>Emotional entities are formed by the evolution of emotions. The energy of strong emotions evolves into self-aware entities. These entities are often the result of mass consciousness' activities such as war, war crimes, violence, sexual perversions, misconduct, racial discrimination, pestilence, famine, or any kind of large-scale suffering. They come from self-similar groups and can form energy-gangs that eventually evolve into self-aware entities. They represent such emotions as anger, rage, or grief.</p>

Family (External)	Family entities are chunks of family members' energy that have broken off and have been traded with a broken-off piece of you. These exchanges tend to occur when you are quite young and have determined that the other person could do something for you. This "parts exchange" is generally with someone close to you, such as a sibling or close caregiver. Sometimes the complete spirit of a family member jumps inside a remaining relative at death. See Discarnate entities below.
Disincarnate or Disembodied (External)	Discarnate entities were at one time, a person. They are individuals who have died and don't know it or have chosen to stick around to finish some kind of work. Ghosts are usually a form of discarnate entity.

Chapter 2 – Where Do The Entities Come From?

Each type of entity has its own source and comes with its own "operating system". It is important to understand the origin of each type of entity and how they work.

Personal Entities (Internal)

We generated personal entities when we were little children and were very powerful little creators. We generally don't realize that we have created these entities. They are our workers and labor for us the best they can. They will always be with you and it is in your best interest to evolve them. This can be done very easily through the Quantum Matrix Healing (QMH) process described later in this book.

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An analogy would be to imagine telephone wires that came down in a storm. A temporary route or by-pass gets created by the repairman. If no one comes back to install a 'proper route', the temporary route starts to function as the permanent route even if it is built with improper connections or second-rate parts. The fact that this was a work-around is soon forgotten and it functions well enough that no one notices it is substandard and may be the cause of additional problems later.

Your personal entities are usually created around a specific traumatic, emotional event. For example, a personal entity could have an operating system of an angry ten-year-old. It will keep trying to help you solve problems in the old, childlike ways until you reprogram it to be its most evolved expression. Sometimes you learn to hide or push down these emotional entities, but the behavior and problem-solving expressions will remain problematic. However, by using the Quantum Matrix Healing process, you will be able to reprogram these personal entities.

How do personal entities operate?

Personal entities think they are you and you also think they are you. In truth, they are you. They are little creations of yours; more like a clone of you, programmed at the age you were when the causal event occurred.

As a child, when you have limited, mental resources to deal with your disappointment, hurt, anger, pain, or other emotions, you create a 'workaround' to deal with the issue in the best way you can. This workaround becomes the pattern or standard that rolls into action the minute that feeling or trigger situations return. This is now an entity and it circulates in your energy field like a planet around the sun.

This is why you will find yourself returning over and over to a default behavior without understanding or knowing why. This is why you continue to react to situations the same way, even when you know better and know you don't want to behave that way any more.

Generally, you won't know that you have created a personal entity. These entities only understand that they have a job to do, and go

about it the best way they can, running like a software program in the background. They operate behind the scene taking care of the situation automatically. It's up to you to recognize this pattern and the inappropriateness of your "standard" response and use the quantum field to evolve and reprogram through Quantum Matrix Healing.

When a ten-year-old child serves crunchy eggs (full of bits of shells) to his mother for her birthday, she doesn't complain, she eats them because she understands the helpful, loving nature of her child. When the child grows up, the mom expect the now-adult to serve properly prepared eggs! This is why your childhood entities might annoy you. You too have "higher expectations of yourself," desiring something better!

Now that you are mature, you will want all of your personal entities to operate from their most evolved positions at all times. The Quantum Matrix Healing ceremony will enable you to mature your own childhood entities. I developed this process after becoming certified in Holodynamics, created by V. Vernon Woolf, PhD, the founder of Holodynamics. Quantum Matrix Healing is a powerful tool, which I was guided to work with and evolve to include the use of the Higher Self (instead of the inner psyche) as the guider of imagery. The process follows some of basic principles of Holodynamics. If you wish to study Woolf's methods in depth, visit www.Holodynamics.com.

Emotional Entities (External)

Emotional entities come from large clumps of unexpressed emotion. Let's start by defining emotion.

What is emotion?

When humanity was created, we were given the ability to cocreate with God by infusing chi with purpose; creating what is now known as emotion. Chi, or raw energy, exists everywhere and is readily available for us to imbue with our beliefs and desires. By filling chi with a purpose (e-motion), we create energy that is distinctly different from raw energy or chi. Creating emotion moves chi from being 2-dimensional and flat to 3-dimensional and alive. Creating e-

motion (energy in motion) is what humans do best. This “giving energy a purpose” is one of the *privileges* and distinctions of being in a 3-D body, and saturating chi with beliefs and desires adds intensity and direction to all our events or relationships.

It was anticipated by God that emotion could cause much pain and suffering so it was instilled with a certain requirement: it must be expressed. Initially this was meant to make sure there wasn't an overflow from one event to the next. In other words, emotion was meant to be used up in each creation of it.

All emotion **must** be expressed. This means that once you create emotion from your own beliefs and desires you must allow its expression. Understanding this principle will help you in terms of your manifestations as well as your clearing work. Everything in the universe is moving and shifting. Everything in the universe wants to evolve, including emotion. Eventually unexpressed emotion can move on. This occurs when we die suddenly or have tired of expressing the particular emotion. We then dismiss it and allow it to leave our space or force field.

As humans moved through consciousness we began to remember emotion from one event to the next thereby adding emotional weight to current events that reminded us of past events. Women became the outer expressers of this gift; men became the inner expresser. Both were caught surprisingly with unexpressed emotion that then influenced the next generation of emotion. These “stacked” emotions would now have to be expressed or transmuted. Perhaps this explains, in part, man's inhumanity to man and certainly adds to our suffering.

Emotional entities can become gangs

Emotional entities can migrate from individuals and collect into “group expressions”. These “gangs” can reach large proportions and eventually express as mass consciousness. This aggregated, saturated chi adds intensity and direction to every event and relationship it touches.

How do emotional entity masses or energy gangs form?

When emotional energy remains unexpressed, it can collect in self-similar groups, and evolve into energy gangs. These gangs operate with the primary purpose and emotional expression of the original or seed emotion. This could be an emotion such as anger, grief, rage, or fear and may be further qualified by a particular *kind* of anger, grief, rage or fear. All of the resources of the group are focused on this single emotion.

Here is an analogy you may be very familiar with if you have pets. As humans, we are continually shedding hair but we don't generally pay attention to it. But if you have a pet, you are likely to be very aware of how its hair collects in little balls under the furniture and just about everywhere. These balls didn't come off the animal in that clump, yet they seem to gravitate together into tumbling masses. These clumps become bigger and bigger amassing size just the way unexpressed emotional energy does.

Becoming self-aware

Initially, unexpressed emotion can free float. Once enough unexpressed emotion gathers together it will achieve autonomy. At some point this mass becomes so substantial that it spontaneously becomes self-aware. This self-awareness enables it to recognize similar energy and actively gravitate to it. It is now able to proactively move in time and space. This is how these energy gangs can move into you, especially if you are carrying the same unexpressed energy that this gang is formed around.

How do emotional entities operate?

Let's imagine that a collected mass of rage or grief is floating in or around the Earth, or perhaps it is sitting up on the grid⁵. It could also be residing inside the Earth. Now let's imagine that you are expressing some of that same feeling and thereby imbuing new, raw chi with purpose and creating more of this emotion - the same emotion that is binding the self-aware emotional gang into a mass.

⁵ The Christ Consciousness Grid is an energetic grid that sits above the Earth about 60 miles and has been seen by many individuals. It is described as a beautiful, geometric pattern and appears similar to the Flower of Life pattern. Its color is whitish and the lines fairly broad. Those who have seen it are filled with a sense of gratitude and awe. You can see it best from locations with little ambient light, such as Alaska and Hawaii.

Reweaving the Fabric of Your Reality

Consider for a moment, that all of your attention is focused on that one feeling or emotion. As a being of light, you are now radiating this feeling. You have sent out a signal in all directions that resembles the gang of emotion that has been forming in the reality. This signal creates attention that serves as a magnet, causing the energy gang to gravitate to you.

Essentially, you have sent up a radio wave that says, “Here I am, a big Light-being with lots of qualified energy.” In much the same way signals from a radio station broadcast the news, you have announced your emotion to the Universe, and the emotional gang with a similar energy responds and finds you!

Imagine you are attending a funeral—it is for the husband of a neighbor. You are friends with the widow, and are there to support her. You have turned off your cell phone and told everyone you are busy and at the wake. You are however, completely available to your friend in that moment. At first you feel her sadness and have compassion for her, and then without warning, a big wave a grief hits you, and you think, “Where did that come from?”

What happened is that a big gang of grief recognized its similarity to you; because it is self-aware it can choose to join you! Since you are not in a weakened state because the loss is not close to you, you easily accept this large emotion, move through it, and effortlessly clear it. This type of clearing may happen many times in your life.

Why were you able to clear this energy with such ease? Let’s say you regularly work out lifting weights and you happen to stop by the office of friend who is moving furniture. Your friend might ask you to give them a hand with the move, which you willingly and easily do. This is not difficult because you are helping a friend and you are in good physical shape so the work is easy.

Like flexing your muscles for your friend, you are flexing your spiritual muscles when you are able to clear an emotion gang. Your friend knew that you had the resources to help them with their move

and in much the same way entities gravitate to those who can help them return to a place of evolution or dissolution.

When you discover that an entity has gravitated to you, instead of judging yourself or the situation, decide instead to help the Universe recycle and clear these emotions that formerly were trapped in the Earth.

Family Entities (External)

Family entities are a piece or pieces of family members who have split off a part of themselves in trade for a piece of you. They are helping you through a rough time of some sort and it is a mutually agreed upon swap. It may be something as simple as a family member who has broken off a part of himself to assist you in learning how to tie your shoes or as complex as a full-scale discarnate entity cohabitation. The discarnate habitation falls into a separate category.

Whatever the cause, once you begin to work with this energy, you will become aware of the external nature of it, and be able to identify and work with it.

Working with a partner or in groups is another way to assist you in identifying this energy and clearing it. It also may come up for clearing during the Quantum Matrix Healing (QMH) work.

How do family entities operate?

A family entity rushes in to 'do' a job for you so you don't have to struggle any more to do it. Sometimes they are filled with judgment about the 'right' way to do things. Whatever the case, family entities are generally helpful. Once you discover a 'family entity' you will want to send their 'part' back to them and reclaim your lost part. The reason you return them is to undo the trade that was done in the past (and likely is no longer necessary) so that you can become your clear and authentic self.

Discarnate Entities (External)

Discarnate entities are commonly referred to as ‘ghosts’. Their presence indicates that they were alive at one time as a person, and have not been able to go to the Light, or have refused to go to the Light because of some unfinished business. They seek out emotions to feel alive again and “live” off your emotions. They try to get you to express or feel the emotion of their unfinished business. Their presence doesn’t mean there is something wrong with you. It usually relates to some common theme you both are working on. Sometimes you pick up entities that are trying to help you. Sometimes you pick up entities that express a painful emotion that you are unwilling to express; perhaps because you are unable to express this emotion. If this is the case, a person who has little or no reaction to a situation can then suddenly become extremely explosive in another instance. These discarnate entities stay in your body and thrive on the negative emotion that gets expressed due to their presence.

Discarnate entities have lots of ways and opportunities to jump in a body. Sometimes your concern for another can serve as a gateway. Sometimes they are the ‘passerby’ who helps you. In one instance we cleared a man of an entity that had been with him over 50 years! When he was a six-year-old, and a non-swimmer, he got into a crowded swimming pool because he wanted to be near his big sister. He didn’t realize there was deep water – so when he got near to where she was standing and it was over his head he started to drown. In re-experiencing this, he then remembered “something” jumping into him and that he suddenly knew how to swim. That discarnate stayed with him over 50 years! We were addressing a stubborn behavior that didn’t seem to match his personality or life choices when it was discovered. During the clearing process the information came through.

Another way to pick up an entity is if you are nearby when an accident happens. In another incident a student tells the story of being near a car accident where someone had died. He felt the accident victim move into him and didn’t realize he could do something about it until years later. Sometimes you are filled with a

lot of emotion at someone's abrupt death, and your empathy creates the portal for their entry.

In another case a woman's best friend had two daughters. One had already died and now her second daughter passed due to an incurable ailment. The second daughter was very angry with God about dying young. She easily moved into her mom's best friend who had so much sympathy for the mother. This woman remained intensely angry for about 9 months until she consulted me and we and figured out what happened and then were able to clear her.

Many individuals are walking around with their deceased parents inside of them. In fact, in my experience, this is the most common form of discarnate cohabitation. The parents had a desire to protect, direct or learn from their (adult) child and decided they were not complete when it was time for them to go home to God.

These are typical examples of an entity jumping into you. Other places you can pick up entities are through sexual intercourse, organ donors and blood transfusions.

The most important thing to know about discarnate entities

It is your right to maintain sovereignty. Just like you would expect an unlawful tenant to leave once discovered in your home, and you would quickly evict them, you have every right to demand any entity leave your body. There is one exception; if you allow another person to enter your field, then an entity may enter through them. This means, for example; you need to be aware of your sexual partners' "baggage" and understand that if they have entities, you might get them too.

How do drugs open your field?

Taking drugs that alter your consciousness causes you to put holes in your aura. Drugs such as Ecstasy, mushrooms, heroin, or marijuana can cause gateways to open to your energy centers. There are no checks and balances operating when these gateways are opened this way.

If you are using any mind-altering substance, including marijuana, your aura is not resistant. It can be filled with many holes, which

provide easy entry for entities. Decide right now to do something about it. What's the antidote? The ceremonies! If you can, also learn and practice the MerKaBa as it will repair your physical, mental, emotional and etheric bodies.

Once you are clear or moving in that direction, ask for help from the angels to rid you of the habits, circumstances, or persons that reinforce the old behaviors so you can remain clear.

How do discarnate entities operate?

In many cases, discarnate entities operate through symbiosis. Symbiosis is prevalent in the plant and animal kingdom. It is when one organism does something for another that the host cannot do for itself. For example, if you had an alcoholic parent, you might learn, as a child, that it was never safe to express your anger. But you could easily pick up an 'angry entity' that expressed anger through you or on your behalf.

It may only show up once in a while, when you are really, really angry. You might even say to yourself, "Why did I act that way? That is so unlike me!" Well, it's unlike you because it ISN'T you!!!! The "anger entity" is expressing anger for you because you cannot or won't express it for yourself. This is a typical symbiotic arrangement that serves both the entity and you, the host.

In one instance, a woman's father had a gambling problem. His daughter, now in her 60s and a grandmother, took up gambling as a pastime after he died and had jumped into her. She loves to go to Las Vegas. In fact, it is the only place she will go for a vacation!

Another way you might pick up discarnate entities is to have surgery with anesthesia. A man in one of my workshops came to me with a story about how he had quadruple bypass surgery, which was followed by two years of feelings of suicide, anger, grief, rage and more. This was a man who had been very positive in his presurgery life. He finally went to a spiritual psychic who told him he had 22 discarnate entities jump into him while under anesthesia!

This was a very happy man who was conscious and very spiritual. Knowing that we choose our reality he asked me, "Why would I

choose this?" I said, "You are the kind of man who would pick up a hitchhiker. You might even give him a meal, a night's rest, or a few dollars." He said that's what the psychic told him.

When the psychic tried to clear the entities for him, a few didn't want to go because he wasn't ready to let go of them. He was still in a symbiotic arrangement with them.

Why would you let an entity stay? Let's say you had a houseguest who always did the dishes, dusted and vacuumed; pretty soon you might like it if they stuck around, especially if you weren't using that guest bedroom anyway! This is what a symbiotic relationship is – one person does something for the other and vice versa. It is a mutually beneficial arrangement.

Sometimes you pick up entities because you can help them go to the Light. In yet another instance, Dr. Petra Schneider⁶ visited an orphanage for children with terminal diseases. After returning home, she felt an unfamiliar sadness. She asked Archangel Michael and the Golden Illumination Elohim to clear this unexplained sadness from her. The sad feelings lessened but did not go away entirely. Petra had been working on an important project so she needed put off going into meditation until the following day. When she finally got into meditation, the sad energy turned out to be the discarnate entity of a little child who had died in the orphanage.

When she gave it (the entity) a voice (in her mind), she found herself expressing anger. Addressing the Light, the little child said through her to God, "You abandoned me! Why did you leave me? You promised you would never leave me!" Next, she allowed the Light to express to the little boy, and as it did, the little boy said, "Oh! You didn't leave! I just couldn't see you!" His feelings softened and he started to cry, "I want to go home!" Once the little child expressed his anger, he was able to be embraced by the Light and move on.

Before going home, the little soul needed to express his emotion through a physical being, and needed a human for that purpose. He

⁶ Petra Schneider and Gerhard Pieroth, *Angels and Earth Angels*, Lotus Press (2000).

resisted the light because of his anger at God. What was surprising to Petra is that, following this incident, she felt lighter about being left alone as a child as well, and realized that the little child had cleared a small residue of her own resentment around being abandoned.

Dr. Petra Schneider is a channel and healer who wrote about her experiences in her book *Angels and Earth Angels*. She and coauthor Gerhard Pieroth developed powerful, phenomenal angel, archangel and ascended masters' essences⁷ that you may wish to use in your ceremonies.

It is important to note that most of these discarnate entities are in some sort of symbiotic arrangement with us. We are doing something for them and they are doing something for us. The little child entity had served his host, as well. In a symbiotic way, the little child cleared Petra of a small residue of her resentment on his way to the Light.

Go back to the hitchhiker metaphor and imagine the hitchhiker offering to take some of the car garbage with him when he leaves! Those who can flex their spiritual muscles can help discarnate entities evolve or return to God, thus helping to clear the Earth as well. I believe we are actively clearing the Earth this way.

Specific Entities

This group is so vast that it is nearly impossible to name every kind. However I wish to name one in particular whose programming has been cleared from the planet and now is surfacing from beneath the sea of consciousness to be cleared as it comes up.

The suicide entity

The suicide entity is real and attacks persons who are dealing with depression and issues where there is despair. In some cultures

⁷ I was amazed when I sampled their essences. In my estimation, these essences are remarkable and of the highest quality. I highly recommend them for all types of uses. Ideally, you may also wish to purchase their books.

such as Japan, the historical issue of suicide being an honorable choice is being over-written by the sanctity in all of life.

In typical instances in the West, this dysfunction begins by a person creating two parallel threads that initially are mutually supportive. Looking at this carefully you can see that a person sensitive to this type of expression is funding his or her life along with funding a fantasy. One of these two parallel threads begins to develop a fantasy about how they would like life to be. The other parallel line is the reality in which they live. Initially this is very healthy. Then one begins to fund the fantasy more and more which causes these two ideas to move from balanced parallel lines to divergent ones.

As this miasma grows, one begins to spend more time fueling the fantasy than reality. This may lead to misuses of drugs, alcohol etc. What happens next is that the fantasy becomes so well developed and so divergent from the reality that the individual person's experience cannot be reconciled to their reality. When that happens the person concludes (erroneously) that they have no recourse other than to end their life. It is usually near this juncture that the suicide entity enters the person.

In certain locations, such as Ithaca, groups of healers have worked diligently to dissolve this presence from the reality. I have observed this in families where more than one member was visited by this energy. In my own work I pulled the "death-wish" off a young man who was in a serious accident and didn't want to live. We have a right to live here. This invocation is extremely powerful. If you or a family member find yourself feeling this way I urge you to get professional help as well, as this is NOT a substitute for counseling. Please refer to *Part II – The Ceremonies* for specific instructions.

Entities don't tell time

The element of time does not exist for a discarnate entity. This means it makes no difference to them whether it takes you two days or two years to figure out that you are cohabitating. This is why it is important to clear entities immediately, as soon as you sense them or recognize that you feel differently.

One of the easiest ways to get clear and keep clear is to learn the MerKaBa Meditation⁸ and keep your Light-body activated. If you seem stuck in some form of negative emotion, you may have a discarnate entity cohabitating with you. The ceremonies in this book will help you identify and clear them. If you are afraid, do not proceed. Find someone who can help you or who will do these ceremonies with you. There is a team of experts that can also help you for a fee. Contact our office if you need help (email address: remoteclearing@gmail.com).

Finally, what I have learned from my work and research is that our painful encounters are an opportunity to experience the polarity in matter. You were never intended to feel as much pain and suffering as some of you have. I believe the human spirit's capacity to qualify emotion and feel pain is far greater than anticipated at the creation level.

Archangel Michael's role

When performing ceremonies, I always call in Archangel Michael. He is recognized in seven of the world's major religions including Christianity and Islam. He is recognized as a champion of the Light in opposition to the darkness.

Archangel Michael gave me this important piece of information. He said, "It is no longer necessary to carry an equal balance of negativity to match the light that you are now bringing in. From now on, you only need a homeopathic dose." I now understand that our function in this regard is to clear enough pain so that only the faintest memory of it exists in our awareness, to hold awareness of the opposite polarity. This faint essence could be likened to a homeopathic remedy. According to Archangel Michael, only a homeopathic dose of the negative is required to hold the balance of Light.

A homeopathic remedy carries with it the energetic signature of the impact of a specific herb that causes the opposite effect of the desired result. For example, syrup of ipecac is used to make you

⁸ You can learn the MerKaBa Meditation from any Flower of Life facilitator. To find a workshop near you, check www.floweroflife.org for a complete listing of certified facilitators and their workshops.

vomit. Ipecacicum, the homeopathic, is used for calming an upset stomach. A homeopathic remedy works in the body to urge the body to go into a defensive mode, thus causing healing from within. Our purpose then, is to have a homeopathic essence of our pain that serves as a placeholder for the joy on the other side of it. *Thank you, Archangel Michael!*

Chapter 3 – How to Clear Entities

The Stage Is Set

Have you ever heard someone suggest you need clearing work? It is possible to pick up extra energy or entities that are not yours that can adversely impact you, your moods and behavior. These entities need to be cleared. It's a bit like washing your body energetically and this chapter will explain just how to clear yourself.

Getting clear, and keeping clear, can be accomplished in many ways. Before 1994, it was not likely for anyone to be completely clear of inappropriate energy or entities but now the rules have changed. We are on our way back to God and we are now in a zero tolerance environment as far as entities are concerned. That means that anything that is not 100% your soul's energy does not have a right to be inside you. This is exciting!

During the old contract we tolerated these "extra" energies because we had compassion for those souls trying to have additional experiences after death. We allowed this because we could; much like you would carry a heavy package for someone who cannot carry it for themselves. We also allowed it because it added to our own experiences. This is important since *experience* is the prime directive.

You now have the right to demand that all that is *not* of the Light be removed, released and cleared. You have the right to claim this clearing for yourself every day. It may take multiple sessions for you to get completely clear. Do not judge yourself (or friends) if you need clearing work! When your clothes get dirty you wash them! You understand this is part of life. This is also true with entities.

Reweaving the Fabric of Your Reality

Maintaining your 100% God-self energy is another matter. One of the best ways to get clear, and keep clear, is to learn the MerKaBa Meditation. Once you have done your clearing work – having your MerKaBa field in place insures you will stay clear.

Humanity is now starting to bring the ascended self into Fifth Dimension. Three D is where most of us start. Heaven is what the Fifth Dimension is like and is the first realm where there is no polarity. Think of what the traditional religions have taught you about heaven. My definition of 5D includes the idea that heaven is a place where the “not-God” choice is not plausible to you. When you are fully plugged into God, your ability to conceptualize a choice that is out of alignment with God doesn’t occur to you.

Being fully ascended means you have connected fully to your 5th Dimensional self. This has never been done before. It is a very exhilarating time to be alive, because now you can bring your full God-connection into your physical body. It is no longer limited to the saints or masters. You are intended to become fully ascended, right here, in your body, right now.

At this time, however, your Fifth Dimensional self, needs only 51% of you to be clear in order to tip the scale in your favor. Your sincere desire and the practice of the following tips and techniques will guide you the rest of the way. Doing the MerKaBa will be an added bonus to accelerate all of these processes. Practicing the MerKaBa creates an impenetrable field that makes it impossible for entities to jump into you. This is why it is ideal as a tool to help you stay clear once you get clear.

Participate in Ceremonies

Specific ceremonies are provided in this handbook

Ceremonies carry the energy of thousands of individuals who have practiced them. They are larger than just one person doing a ceremony. For instance, a person who says the rosary becomes part of the body of individuals who ritually pray and have prayed the rosary. He or she taps into the large momentum of energy surrounding this practice. Your ceremonies from this book will

enable you to pull from the mastery of thousands of individuals who have also practiced them.

Smudging or external ceremonies cannot remove all entities; there can be more to clear tomorrow. But these are still important practices. A lovely, simple metaphor came from the Angels. We don't avoid brushing our teeth because it doesn't completely remove the bacteria! Brushing your teeth doesn't get rid of all the bacteria in your mouth, just some of it; you will still brush tomorrow.

And remember: Sometimes entities may be beneficial (in the moment) in some symbiotic way. There may be some perceived benefit that caused your original contract to occur, in order to house an entity. I tell you this so you can quit judging yourself for hosting them. Even if an entity was beneficial at one time, does not mean it should stay. All entities interfere with your ability to be your authentic self. Discovering even a "benign" entity is cause for removal. Spirit Guides and other Divine helpers will not inhabit you, they may only guide and advise you. If Spirit Guides are present, your "casting out" ceremonies will not cause them to leave.

Always Use a Commanding Voice

When starting a ceremony, please begin with an opening invocation as found in Chapter Four. In all cases, I recommend you use the **commanding voice**. What's a commanding voice? For example, when you tell a dog to sit, you use the commanding voice. Have you ever said to a dog, "Please sit." Of course he doesn't do it. When you repeat it in an authoritative voice, this lets the dog know *you* are in charge, and he must submit.

These external energies (the entities and energies that don't belong in you) are of an elemental energy and have been doing what they have been doing for thousands of years without any human challenging them. They require you to express your intent in your tone of voice. The commanding voice indicates authority. This is also why it is both helpful and appropriate to do these ceremonies with others. There is strength in numbers.

Reweaving the Fabric of Your Reality

I discovered quite by accident what can happen when you fail to use a commanding voice. I was clearing an entity from a close family member who had given me permission to do this work, but I didn't realize the seriousness of the clearing. In order to not frighten her during the clearing, I spoke my words in a normal tone of voice. Later, as I unpacked my suitcase at my next destination, I found my favorite silk jacket (which I had worn at her house some days earlier) was shredded in the middle bodice (by the entity) across the heart as if the entity was trying to get at my heart!

When I realized my blunder, I **commanded** the entity to leave and to be escorted away by Archangel Michael. I happened to be sharing my room with a professional psychic who confirmed my suspicions that this entity had tried to lash out at me and could only harm my jacket. This entity wore itself out trying, but I was not harmed. Thankfully, I have an active MerKaBa field around me, which is impervious to this type of attack.

After clearing, repairing and cleaning the jacket, it was good as new! The entity was escorted to a place of evolution or dissolution by Archangel Michael. Now, many people would have thrown away the jacket. I believe it is important to establish my authority within life by wearing the jacket again. Know that the departing entity and any other nearby entities cannot harm or hold you back.

Please note that your having fear can cause a reaction or retaliation. I had no fear, just a lack of commanding tone that enabled this entity to affect my jacket. You should have no judgment about an entity's behavior. Like a parent who says, "No", you are claiming your authority over an entity. You do not have to judge it (judging locks you in polarity) to send it to a place of evolution or dissolution.

It is important to remember, just as a martial artist can use their opponent's energy against them, your fear could be used against you by an entity. If you are fearful, find someone who is fearless to help you with this clearing work.

Finally, the family member involved reported later that she felt like the dark cloud she had been under for the past few months had been lifted. That was good enough for me.

Remember, only *you* have the right to be in your body. A commanding voice is powerful, strong and without fear. The entity must leave if you tell them to. You are giving them their eviction notice. Say it like you mean it, in a commanding voice!

Reclaim Your Lost Parts – Try Soul Retrieval

The purpose of soul retrieval is to reclaim parts of yourself that you may have broken off in order to survive. We purposefully break off pieces of ourselves much like an animal will chew a leg off that is caught in a trap in order to get away. These pieces can be anywhere.

Sometimes the missing parts can be just a memory. Memory resides in time and space. Traveling through time or space may access it. The coordinates exist in both time and space. So when you drive past the location of an old memory it can return, or if you think about the past and feel your emotion, it will take you to that time. In the movie *Somewhere In Time*, actor Christopher Reeve provides a wonderful dramatic portrayal of a man going into the past using the depth of his emotion to conjure old memories.

Gridmarks in time and space

If you have ever visited a place where there was great travail and hurt, you may have tuned into those energies. If you have ever visited some of the Native American monuments, battlefields, or places where tragic events have occurred, you may have experienced those feelings.

Traveling through time and space in 3-D

You can physically travel to a place that has great sadness, and if you have a connection to it and openness to receive it, you will feel it. If you can feel it, you can help clear it by allowing it in your consciousness. You then feel the anguish, process it, love it and release it.

This is particularly important for families who may have had car accidents, major trauma and other hugely significant trauma or emotion. Its coordinates of time and space usually lock it in place

and its link to you and your family make it accessible when you go to the place or visit it in time through your memory.

Where do you go to retrieve your lost parts?

Sometimes you need to travel some distance to the funeral for the death of a loved one. If your loved one died suddenly, the shock and trauma will be left in pieces along the way. You may need to visit every place you were at from the time you heard the terrible news to the time you finally accepted the death. At every place you have told that story, you may have left a piece of yourself in that location.

Please remember, this is a form of survival and you need not condemn yourself or any other family member for doing this. Your clear intention, while performing this retrieval, will open up those links. Your memory of the event serves as one link into the location of a lost part. The physical location is another link to it.

Emotions are energy in matter. Our capacity to create with emotion is far greater than we ever thought possible. Our job is to heal our emotional wounds, which then heals planet Earth and all thereupon. Mother Earth is healed by our love, not our judgments.

Performing a soul retrieval for yourself after a big loss is one way to heal yourself and our planet. Guidance for this is available as a separate CD or download of a guided meditation called *Soul Retrieval* by *Maureen J. St. Germain*. This is available through my website as well as most outlets.

The new normal

You may have heard the phrase, "Humanity is on its way back to God". This is taught by many elders and teachers of wisdom. I'm not sure if this is true, but what I do know is that we are definitely headed toward a great golden age of spirituality. This current concept is based on the astrological configuration of the precession of the equinoxes. Any way you look at it, we are definitely experiencing major shifts in consciousness and our human abilities are far greater than ever before.

In terms of healing the emotional wounds that bind us to behaviors, my guides have shown me that we can be “healed” with only 51% of our issue resolved. This is a huge dispensation and means that we may be able to clear our wounds and walk around as if we are “normal” with only half the work!

Resolving the other 49%

I tell people not to worry or judge themselves when they have old wounds or issues that come up. Most of you heal enough of your pain and suffering to walk around feeling pretty good. You call this normal. This usually amounts to clearing at least 51% of the pain.

The rest of it can wait until you are stronger. When you are stronger and more of the pain comes up for healing, you will be able to process it easily with your new mastery (51% normal) and move through it effortlessly because your true self has the upper hand.

Why can't I clear all of my emotional wounds at once?

If you cleared all of your emotional wounds simultaneously you would lose your identity. Individuals build their personalities around their woundedness. Your ego could collapse and your body would go into meltdown if they all disappeared at once. You wouldn't be able to function and your body would experience nausea, vomiting, diarrhea, etc.

What most people do is clear enough of their emotional pain to live fairly normally. At this juncture, you can discover who you are. Who you are is easily discerned when 51% or more of your emotional wounds are healed. And who are you really? You are your God-self. This is the state of the healer and it will appear when you have cleared 51% or more of your emotional pain.

Returning pain is part of the process

Once you have cleared more than 51%, you are able recognize pain, and resist being beset by it. Pain will no longer hold the fascination it used to. After this stage, you may recognize when you have relapses into old pain and wonder to yourself, “I thought I cleared this issue?” You did clear it! You are simply clearing another chunk of it now that you are stronger and can deal with it. Use your tools. Whatever worked before will probably work again.

Don't assume that if an emotional pain has returned you failed in your work. Instead understand you are ready to tackle another layer of it. With your new experiences and successful track record you have everything you need to deal with it again. You will find the second and third go-around much easier. Remember that self-judgment will do more harm than good! Do yourself a favor and repeat the processes that worked without judgment and watch how successful you can be.

At 50%+, you can also recognize another's similar pain and help them heal and evolve. This is particularly useful if you are becoming a healer and wish to develop your skills in this area.

When you are 99% clear, you may choose to retain a tiny fraction of a cleared wound. This is a desirable state, as it still allows for recognition and empathy for others. When you completely clear 100% of a wound, you no longer need to identify with it. Your relationship with it is over. It might result in your not even noticing it in others.

Most of you will choose to retain a measure of hurt from a wound so that you can recognize it in others and support their healing. After you have healed an even greater portion of that pain, you may be called to move pain and suffering from mass consciousness. You might not be aware of how and it may occur in subtle ways.

Learn Quantum Matrix Healing

Quantum Matrix Healing is a special healing process that allows you to go into the quantum zone of all possibilities and experience an aspect of "you" from a neutral setting. There, with the help of your Higher Self, you will evolve the energy to its highest form. You then re-integrate that aspect into your physical form and major changes result!

In 1994, after I was certified in Holodynamics⁹, I developed Quantum Matrix Healing as a more spiritually based tool used to connect with and heal unresolved personal entities. I was working with someone who was in a highly depressed state. His Higher Self came through and told me he was only 20% present! I was shocked! I had no idea anyone could be less than fully present in the body. Yet I was able to validate that it was indeed his Higher Self speaking to me. It was true for this person and I later discovered it was true for many individuals.

Since then, I have observed numerous individuals who are not fully present in their bodies. Anytime someone is going through abuse, has suffered from abuse in the past, or has experienced other difficult-to-bear situations, their true self (soul) will exit mostly from their body leaving just a small percentage of the self in the body.

Any kind of unsafe situation or depression can cause this retreat from the body. The individual will feel like they are not fully present, and they aren't! This is a safety mechanism. Once it is safe to be in the body again, more of the self can return. Unfortunately, sometimes that never occurs, or the habit of retreat is so deeply ingrained that the self operates from this "distant" place – out of the body. One woman I worked with used the distance formed by this retreat as a healer; using the "displaced position" as a vantage point from which she could examine the field around her and give information to others. She didn't realize she wasn't fully in her body! This is NOT ideal because our job is to be experiencing life from within the body!

There are ways to clear enough of you so you are always made up of over 50% Light. I highly recommend the clearing ceremony that comes from Lynn Grabhorn's book, *Dear God! What Is Happening to Us*, published by Hampton Roads Publishing. This Clearing Ceremony is included here in Chapter 12 along with the other ways to clear.

⁹ Holodynamics, created by Vernon Woolfe, PhD.

Types of Clearing Work

Here is a summary of the kind of work you can do to become more of the real *you*. Make sure you read and prepare for the ceremonies in Part II of this book.

Types of clearing	Brief description	Best use
Smudging	Burn an aromatic herb like sage or pine to clear a person or a room.	Clears mass consciousness entities
Cutting Ceremony	Take a stainless steel knife or sword and cut through the air or the space around the body. (Please see the detailed instructions in the next section!)	Clears recalcitrant mass consciousness entities and energies. Can also be used to cut relationship cords, hooks and drains.
Clearing Curses	An exact ceremony for clearing curses is included in this book. Each ceremony requires you to insert your name or your loved one's name.	Specific clearing for unknown curses

<p>Quantum Matrix Healing</p>	<p>Help an individual or yourself to evolve an entity to its highest possible expression. (This is discussed later in this book.)</p> <p>Use the guided instructions in this book to evolve these immature aspects of yourself or the individual into your/their highest form. Best done with a partner.</p>	<p>Personal & Family issues that do not respond to traditional therapy.</p>
<p>Soul Retrieval (Available as separate CD & booklet)</p>	<p>Travel inter-dimensionally to collect pieces of yourself you have abandoned.</p>	<p>After a trauma</p>
<p>Claiming Your Right to be fully of the Light¹⁰</p>	<p>Use as a basic general clearing for claiming the Light.</p>	<p>Helpful for everyone</p>

Always Ask for Protection

Before commencing any clearing work, make sure you include Archangel Michael. Archangel Michael is known in all three of the of the world’s monotheistic religions – Christianity, Judaism and Islam. His name also appears in Ancient Egyptian mythology.¹¹ His name means, “Who is like God”. Just by calling his name, you are claiming the casting-off properties of this Archangel, stating that *all*

¹⁰ Lynn Grabhorn’s book, *Dear God! What is happening to us?* (Used with permission.)

¹¹ Petra Schneider and Gerhard K. Pieroth, *Archangels and Earthangels*, Arcana 2000, page 107. ¹² Gustav Davidson, *A Dictionary of Angels*, The Free Press, 1967. ¹³ Ibid. ¹⁴ The Elohim are the builders of form, and the Golden Illumination Elohim are at the core of our creation and perfect for assisting you in releasing symbiotic or other attachments.

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that is not like God be dispersed. Archangel Michael is like the travel guide who instantly appears when you are lost. In Ancient Persian lore, Archangel Michael is called Beshter, “One who provides sustenance for mankind.”¹²

Finally, among the earliest discovered Dead Sea Scrolls was the scroll titled, ‘War of the Sons of Light Against the Sons of Darkness’. In this text, Archangel Michael is named as the Prince of Light leading the angels of Light in the battle between the angels of light and dark.¹³

In all cases, I recommend that you ask Archangel Michael to assist you and clear the area with his nets of blue lightning angels. Just like one uses a bag to collect and haul garbage to the dump, you are inviting Archangel Michael to carry the entities away.

Would you go to the trouble of sweeping a room, and then let the dirt sit there without putting it into a container to be sent to the dump later? You can also ask the Elohim or the Golden Illumination Elohim¹⁴ to assist with clearing energies.

One of my students questioned my use of “blue-lightning nets” saying lightning couldn’t be nets! I explained that at one time the grid was visible and it most certainly did look like fishnets made of blue lightning.

Action → When you clear the entities, you always state in a commanding voice:

“I call in Archangel Michael with his nets of blue lightning to clear away any and all entities, energies and anything that I can clear at this time and escort them to a place of evolution or dissolution. I further ask the Golden Illumination Elohim assist me in releasing all that is not of the Light. Thank you.”

Notice the underlined words “I” and “me.” When you say this for someone else, you would substitute their name in those places. Thus, clearing for your friend, Susan, you would say,

“I call in Archangel Michael with his nets of blue lightning to clear away any and all entities, energies and anything that Susan can clear at this time and escort them to a place of evolution or dissolution. I further ask the Golden Illumination Elohim assist Susan in releasing all that is not of the Light. Thank you.”

The difference between Archangel Michael and the Golden Illumination Elohim is the type of work they do. Archangel Michael does “general clean up work,” and the Golden Illumination Elohim are at the base of creation so their work is ‘consuming and loosening the interweaving’ of this energy in your body.

When I asked the angels for an analogy, they took me to my laundry area and stated, “Archangel Michael is like the laundry soap; the Golden Illumination Elohim are like the enzymatic cleaner.” **How do enzymatic powders clean?**

The enzymes eat the protein causing the stain and the by-product is removed easily by the soap and water. Thus, the Golden Illumination Elohim consume your attachment to the cause and core of the dark energy so that you can release it.

Clearing Entities for Others

Some types of entities will be drawn to you. They can be energy that has been in the Earth for a while. You can be creating the hook for that type of energy with your emotion.

In other words, it might not be all about you when entities come up for clearing. You can be processing for other entities or energies that need your assistance in order for them to ‘move’ forward. You may be a vehicle for clearing the Earth. There is honor in performing this work.

Have you ever found yourself giving the \$10 response to the 10cent problem? The next time you are dealing with a lot of negative emotion, or it seems proportionally out of normal range of human

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responses, ask yourself, “Am I clearing out my own stuff, or am I clearing Mother Earth’s excess baggage?”

I believe the more of this emotional excess baggage we clear for Mother Earth, the less severe the Earth changes will be, because the need for excessive clearing will no longer be necessary!

You, as a being of Light who can process energy at some point, are a natural gravitational point for entities or energies with similar energy. They move when you do.

Think of the Boy Scouts who gather in the park to clean up litter. Similarly, the clearing of entities is both a duty and a privilege. This clearing is a very common action for human beings such as you; who are consciously working on their ascension.

Lastly, there are numerous kinds of entities and energies that may inhabit your body, without your conscious awareness. Most of you are not fully present until you have done some level of clearing work. Some of these external energies are benign; others are there taking advantage of you and using your energy. You do not have to put up with any of it. You can command that they leave and by cosmic law, they must leave.

Please follow the instructions for clearing entities carefully.

Clearing Masks

Masks have become popular decoration in people’s homes. Many masks are authentic masks from tribal communities. Newer style masks may be mass-produced and are less likely to contain inappropriate energy.

Tribal masks were always used in ceremony to evoke certain energy. Many of them contain this original energy, which probably has nothing to do with who you are, or what you are doing in your life today.

For that reason is it appropriate that you clear them. You could also discard them, or burn them but it would be best to clear them first.

They may carry dark entities by virtue of the fact that they were created for a specific purpose that is unrelated to you. There may be entities that take up residence after the original-purposed entity left. If you were to burn the mask without clearing it, the dark force could take up residence elsewhere.

A simple clearing ceremony will remove from masks the resident entities that don't belong with you.

Psychic Attacks

This is a very tricky subject. What I can tell you is that your MerKaBa will insulate you from psychic attacks. Once that is in place you can know that you are immune to these.

What is a psychic attack? It's when someone is sending energy that impacts your field to the point that you can feel it.

If you have an activated MerKaBa and feel a psychic attack, consider re-examining your experience to discover if they have instead triggered a **memory** of a previous psychic attack. This may allow them to mislead you into thinking that you have just been attacked. The net result is that this "false" attack isn't as strong as the original. Once you notice this, you can then delete all psychic attack "memories" from your mind to make the library empty if a person tries to retrace an old attack. Once you achieve a certain level of mastery, you will discover that these experiences can provide a whole new understanding.

Here's an example from a recent discussion during a workshop. At a funeral, Susan said something very joyful and funny about the deceased when it was her turn at the podium. She immediately got kicked in the lower back (energetically). She was expressing her appreciation and joy for the deceased and somebody didn't like it! Was someone conveying that pain to her? You may be thinking from your third-dimensional self like she did initially, that they are sending her that pain out of anger or hatred.

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From her Fifth Dimensional Self, in her joy, expressing both her loss and appreciation for the deceased, she can stay in joy *and* experience the person who had the anger in a new way. This person cannot hide their feelings so it shows up in Susan's field as an *experience*. This energy is not directed at Susan personally, although they were annoyed with her. She can feel the result of their disapproval, as it expresses in her body. The kick becomes something she *notices* and then dismisses.

When you feel sharp dagger pains, you are feeling what is going on around you. You are able to experience that which is related to you. How you perceive it, either from Third Dimension or Fifth Dimension is up to you.

PART II: CEREMONIES TO CLEAR ENTITIES

Chapter 4 – Opening Invocation

Always begin any clearing work with an opening invocation to set the mood, and provide the guidance and protection that assists on our path. You may make up your own opening invocation or use this one. It is also found on the CD or download.

You only need to do the Opening Invocation once each day for the ceremonies. If you are doing a group session and have already done your opening invocation, then you do not have to repeat it at the beginning of this ceremony.

Say:

“In the name of the I am that I am, I humbly invoke the presence of the Beings of Light, the Great Central Sun, the Ascended Hosts, Ascended Masters, the Angels and the entire retinue of the Angelic Realm; I ask for the presence of the Ancestors of this land, our own Ancestors; I ask for the Dolphins and the Whales to join us, ETs of the Light, and all Beings known or unknown to us who may be available to assist us, to join us here and now to assist us in remembering who we really are.”

“I ask for a direct-connect for each one present to his or her Higher Self; I ask for a direct-connect between each one and their Higher Self that they might serve one another perfectly, and I ask for a direct-connect between my Higher Self and the Higher Self of everyone here, that I might serve perfectly.”

“I call in the four directions – North, South, East and West:

- I call in the North, representing winter, the place of rest where we repair ourselves and consciously prepare ourselves for change;*
- I call in the South, representing summer, the time of rapid growth, fruitfulness and abundant awareness;*
- I call in the East, representing spring, the time of new beginnings, the place of birth, and new knowledge and understanding;*

- *I call in the West, representing autumn, the time of reaping the fruits of our labors. It is the place where we have found our knowledge, where we have found our center and we use it.”*

“We now call in the four elements – Earth, Air, Fire and Water:

- *Earth for clarity and grounding, and connection to Mother Earth and all thereupon;*
- *Air for connection with imagination, connection to the Light, and our connection to Father Sky;*
- *Fire for passion, compassion and enthusiasm; (You may wish to light a candle here.)*
- *Water to assist intuition, flow, and the full penetration of the Light of God.”*

Please state your own intention silently. (I silently state, *“I ask that I might be a blessing to all I meet, and that I might be able to provide perfectly for each one here.”*)

Close the invocation with:

“We humbly give thanks for the privilege of being here, and we ask for a Most Benevolent Outcome for all present. And we claim a day (or evening) of Heaven on Earth for all. And so it is. Amen.”

Chapter 5 – Smudging Ceremony

Say the Opening Invocation found on the previous page. Or you may say prayers and blessings that are meaningful in your life before you begin.

Some people use the following Native American ritual to clear a space of unwanted energy that might not support the sacred work they are about to begin. It is usually done with an aromatic herb such as pine, sage or a mix of other aromatic herbs. Many Native American peoples use white sage, which is extremely powerful for their smudging ceremonies.

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To smudge, take a small bunch of sage that is tied together with string. Once the bundle is burning, you blow on it, so it will gently smolder. You can also use loose sage and burn it in an ashtray or abalone shell, letting it gently smolder.

Wave the smoke around a room, or around individuals, including under their feet. It is useful to use a feather or a fan to move the smoke around the body. If you are using a sage bundle, do be careful; the burning sage bundle can drop little flaming embers.

It is not necessary to make a lot of smoke. This actually could be more irritating. It is the aroma of the essential oil being released as the herb is burning that is the active ingredient in this ceremony. Entities don't like the strong scent and will leave because of your intention and the scent. This is also why it is so peaceful in a pine forest. It is free of entities.

Remember:

Action → When you clear the entities, you always state in a commanding voice:

“I call in Archangel Michael with his nets of blue lightning to clear away any and all entities, energies and anything that I can clear at this time and escort them to a place of evolution or dissolution. I further ask the Golden Illumination Elohim to assist me in releasing all that is not of the Light. Thank you.”

Chapter 6 – Cutting Ceremony

Say the Opening Invocation found at the beginning of Part II. Or you may say prayers and blessings that are meaningful to you in your life before you begin.

Another way to clear entities from a room or area is to use a stainless steel knife, sword, or blade. This is an ideal way to clear where individuals cannot tolerate strong scents. It is simple, quiet and extremely effective.

You can use any size knife or blade. You can use ceremonial knives such as those found in martial arts catalogs or supply stores. These are usually quite large with blades that are not sharp so you won't hurt yourself or the person you are working with. If you are working with a large blade, it is preferable to have a dulled edge to make sure you are not physically cutting anything or anyone!

Clearing a Person

Start with a stainless steel knife or sword. A dull knife is the best choice. Next, recite the invocation below, inserting the person's name in the appropriate places.

Next get a good grip on the person's shoulder with your nondominant hand while your dominant hand is holding the knife. Make sure you are using your "opposable" thumb with your grip so that the person cannot sway into your cutting path. Make sure you are squeezing their shoulder sufficiently that they cannot move into you or the path of the knife. Carefully, with the knife, cut around the outside of their body, starting at the top of the head, moving from the center out, top down.

Move in short choppy strokes so that you maintain control of the knife. When you reach the end of the arm move both of your hands away from the person you are clearing. Drop the knife slightly and grab their arm again so you can clear under their arm and not cross yourself. Crossing yourself is like ironing where your hand moves across the center of your body and back. In clearing work, you

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avoid crossing yourself and instead use the knife more like a pointing device, always out in front of you, even if you have to move your body to the side to keep the knife in front of you.

Every time your knife comes close to the ground, touch the floor with the knife while pausing briefly to let the knife be grounded. Cut between the legs and ask the person to hold onto a chair or desk while they lift first one foot and then the other while you cut around the soles of the feet.

Close this ceremony with you facing the person being cleared, knife blade down with the knife held sideways like a cello bow ready to stroke a cello. Slowly rotate your wrist to make the blade side facing up, while keeping your arm stationary. Then trace a large arc with your knife, moving towards the opposite side of your dominant side hand, up into the air between you and then down to touch the floor. Then hand it to the next person who is clearing someone or move the blade to the sun or freezer.

Clearing Yourself

Start with a stainless steel knife or sword. A dull knife is the best choice. Next, recite the invocation (below in the box) inserting your name in the appropriate places.

Keep the knife in your dominant hand to clear most of your body. Switch hands and carefully reach the parts of your body that are unreachable with the knife in your dominant hand. Carefully, with the knife, cut around the outside of your body, starting at the top of the head, moving from the center out, top down, and swinging the knife behind you from over the shoulders, then behind your waist. Sit down to clear the bottom of your feet.

Move in short choppy strokes so that you maintain control of the knife. Your hand moves across the center of your body repeating in the back. Every time your knife comes close to the ground, touch the floor with the knife while pausing briefly to let the knife be grounded. Cut between the legs and remember to sit down while you lift first one foot and then the other and cut under the soles of the feet.

Close this ceremony with you standing with the knife held sideways like a cello bow, knife blade down. Slowly rotate your wrist to make the blade side face up, while keeping your arm stationary. Then trace a large arc from the opposite side of your knife hand, up into the air between you and then down to touch the floor. Then hand it to the next person who is clearing someone or move the blade to the sun or freezer.

Clearing a Room

Begin with the prayer below (see box). Wave the knife around keeping it in front of you. Go into the corners, high into the ceiling areas noting areas that feel out of balance. Attend to any areas that feel especially stagnant.

Clearing a Pet

Begin with the prayer below inserting, "My pet, named (fill in the blank)." Many pets actually like this. Put the flat side of the knife on the pet's body and trace around the body as best you can until the pet "escapes." They won't let you finish, but that's all right, because they will know when you are finished and will walk away.

Madame Blavatsky ¹² first offered this ceremonial cutting information to the world. The entities don't get hurt, but they slam back together very quickly and find it uncomfortable and leave. Using a stainless steel blade also resonates with a principle of Feng Shui that says sleeping under a ceiling fan is not good as it cuts the chi above you (i.e. part of your energy body). Please be sure to set this knife aside to be cleared in the sunlight or freezer. Give it 24 hours before you use it for anything else. If you can set aside a knife exclusively for this purpose, that is ideal.

¹² Madame Helena Petrovna Blavatsky founded The Theosophical Society in 1875. Rumored to have disguised herself as a man, she traveled to Tibet to bring Eastern wisdom to the West.

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Action → When you clear the entities, you always state in a commanding voice:

“I call in Archangel Michael with his nets of blue lightning to clear away any and all entities, energies and anything that I can clear at this time and escort them to a place of evolution or dissolution. I further ask the Golden Illumination Elohim assist me in releasing all that is not of the Light. Thank you.”

Chapter 7 – Clearing the Suicide Entity

Before conducting the following ceremony, review the section on the suicide entity found on page 39.

- Say the Opening Invocation found at the beginning of Section II of this book.
- Make sure you are fully protected before starting any ceremony and use the opening invocation.
- Or you may say prayers and blessings that are meaningful in your life before you begin. If you are using your own invocation, remember to call in the Archangels, the Saints and Masters or whomever or whatever you value as protection, to reinforce your energy field.
- Activate your MerKaBa, if you know it.

The ceremony *must* be performed in a commanding voice. Please review the instruction ‘Always Use a Commanding Voice,’ in Chapter 3.

Say out loud in a commanding voice:

I call in the Legions of 100% God Light, Elohim and Sun Centers, the entire Angelic Realm to join me now. I demand and command by the authority of God vested in me, that all forms of suicide, the suicide entity, the death-wish, the death-star and any other energies or forms of energy that create a purposeful removal of life on the Earth by the individual to be inflicted upon himself be cleared and removed now. I demand that they be escorted out of this reality now. It is done.

Chapter 8 – Clearing Curses or Masks Ceremonies

Instructions for clearing curses of masks are the following:

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- Make sure you are fully protected before starting any ceremony.
- Say the Opening Invocation found at the beginning of Section II of this book.
- Or you may say prayers and blessings that are meaningful in your life before you begin. If you are using your own invocation, remember to call in the Archangels, the Blessed Virgin, Christ or whomever or whatever you value as protection, to reinforce your energy field.
- Activate your MerKaBa, if you know it.
- Each person will need a new candle that will be thrown away when the ceremony is complete.
- This ceremony is found on the MP3 download on our website. If you must do this alone, you now have a way to do it with the recording.
- This is especially useful if done in a group. The group has more mass than an individual.
- The ceremony *must* be performed in a commanding voice. Please review the instruction 'Always Use a Commanding Voice,' in Chapter 3.
- Follow each of the pronouncements with a loud noise, clap, bang on a gong or drum, or make other abrupt, loud sounds. I will symbolize this with the word "bang" followed by the number of times, written this way: **BANG! 3X**
- You may conduct this ceremony for another adult **only** if they give permission ahead of time!!!! Use paragraph 1 for yourself, and paragraph 2 if you are saying this for another adult.
- Please treat this ceremony with reverence.

Clearing Curses

I invoke the Angelic Realm to bring in more of my Divine Connection. I ask for the presence of all the beings of light that can assist me with this ceremony of clearing curses.

1. *I now command any and all 'commands' that have been placed on me be rescinded and removed in all levels of consciousness, in all levels of reality, and that they hereby cease to exist.*
BANG! 1X

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Or

2. *On behalf of my beloved, _____, or my friend,
_____, or my child, _____.* **BANG! 1X**

As Light-bearer of my genetic lineage, I command that any commands, curses, and any other forms of the spoken word binding me in some way contrary to my ascension in the Light, be rescinded by the virtue of my authority as a Divine Light Being.

BANG! 1X

I further command that any such attempts – past, present, or future – be consumed by Beloved Mighty Astrea¹³. **BANG! 1X**

That they be consumed at their cause, effect and core and returned to the Great Central Sun¹⁷. **BANG! 1X**

As a servant of the most high God, I demand and command that all the forces of creation assist me here and now. **BANG! 3X**

I declare that any and all thought, words and deeds of mal-intent be cleared from the Akashic Records¹⁸. **BANG! 1X**

I further implore the Great Karmic Board¹⁹ to clear the cause, effect, record and memory of any such actions throughout all time, all space and all dimensions. **BANG! 1X**

I further release any and all aspects of the elemental kingdom, known and unknown to me, to be released from any form of bondage that these named actions may have incurred. **BANG! 3X**

¹³ “Beloved Mighty Astrea along with Purity are the ‘Elohim of the Fourth Ray’ (The White Ray), of purity, perfection, hope and wholeness...the desire to know and be God through purity of body, mind, and soul through the consciousness of the Divine Mother which embraces the natural laws governing all manifestations in the earth plane.” *The Masters and their Retreats* by Mark and Elizabeth Clare Prophet, page 290. ¹⁷ The Great Central Sun is the sun behind the Sun, considered to be the spiritual source of our Universe.

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*By the authority of God, I Am That I Am; I decree it so and it is done.
AMEN.*

*I further invoke the Angelic Realm to bring in more of my Divine Self
(my elemental Divine Energy) to fill in any void created by this
rescinding ceremony. It is done! Amen.*

Extinguish candle with an extinguisher. Do not blow²⁰ on it!

Note: If you are using the recording with this book you may notice I've used generic terms where here I have given you the specific names along with explanations.

¹⁸ The Akashic Record is the record of everything that has ever happened throughout the known world. It exists in another dimension from our 3-D reality. ¹⁹ The Great Karmic Board is the overseer of humanity. They make sure that the Laws of the Universe are applied equally and unilaterally. ²⁰ Angels gather around your candle and blowing on it blows them away.

Clearing Masks

I ask for the presence of the Angelic Realm. I ask specifically for Archangel Michael and the Elohim of the Golden Ray to step into this house and clear these masks of any entities that may have or ARE inhabiting these masks.

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We gratefully acknowledge the service these entities have provided. We here and now dismiss them from this service. We ask Archangel Michael to escort them to a place of evolution or dissolution.

We ask that the Angelic Realm take up residence here inside these masks. We further demand and command that they are never again to be inhabited by anything that is less than 100% of the Light. And so it is. AMEN.

Chapter 9 – Prayer before Anesthesia and Surgery

I am calling forth a ring-pass-not around the surgery room, prep room, recovery room and every other room (insert person's name) may be escorted to during the whole procedure in the hospital/clinic. I now command this ring-pass-not to serve as a barrier to prevent any and all entities or energies of any kind from entering his/her physical body or any of his/her four lower bodies (Physical, Mental, Emotional, Etheric).

I ask Archangel Michael and his blue lightning angels to post four Angels, one in each corner of any of the rooms anywhere he/she is taken to serve as guardians of his/her physical body and safekeeping of his/her soul.

Chapter 10 – Closing Ceremony

Heavenly Father Mother God, we give thanks for the for the presence of the beings of light, the angelic realm, all of the angels, the ascended hosts and ascended masters and all the beings of light who are here to assist us.

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We give thanks for the presence of the ancestors, and our own ancestors and the ancestors of this land.

We ask that if we are not complete, that those beings of light who are here assisting us now, continue to serve us until we are complete with this ceremony.

We give thanks for this opportunity to be here this day and we ask that each one be escorted to an etheric retreat that is most appropriate for them this night.

We ask for a most benevolent outcome this night and an evening of Heaven on Earth this night. And so it is. AMEN

PART III: PERSONAL ISSUES and SOUL EVOLUTION

Chapter 11 – Quantum Matrix Healing

The Quantum Matrix Healing (QMH) session is a two-person process to help an individual work through their personal issues. Each person will play a roll. The *Driver* is the person who is working on his or her inner issues or emotions. The *Navigator* is the person asking questions so that the Driver can stay focused in the Quantum Field.

Note that each step is written twice, once in narrative format, once in script format. The script is provided for those who are new to intuitive type healing, or who require the exact words to be written out. The script is written in italics to make it easier to follow.

Sometimes a discarnate entity will emerge for clearing while doing this process. If you have an external entity operating in you, acting-out the behavior that you wish to clear the Higher Self of, the Driver will not be able to identify the most evolved version of the behavior the entity is to be evolved into. This is one of the triggers that will help you discover external entities that are hiding behind these personal self-created entities.

Much of this work has evolved since I first began teaching it. I have found that many personal issues are accompanied by external entities that are seeking to “stay” with you and will try to confuse you in this process. Knowing this will help you be alert for this possibility.

The reason that you or your partner in the process may not be able to identify the most evolved version of this entity or energy is that the Driver’s Higher Self was not the creator of the behavior, therefore the Driver’s Higher Self will not know the source code in order to evolve it. You will rely on the guidance from both the Higher Self of the Driver, and the Higher Self of the Navigator, to confirm that this energy is “external” and not created by the Driver. Take your time. Confusion can occur if you rush to finish. Make sure you both are asking the exact same question, so that you can get the same answer. If you do not get the same answer, remember to

repeat this in a gentle non-rushed way until you both have agreement.

Begin the process by finding a comfortable place to sit or lay on the floor. It is advisable that the driver has a blanket and keeps his/her eyes closed the entire time. In addition, taking a few moments to relax and breathe deeply will aide in the process.

Opening Prayer Part 2 for QMH

Begin with the opening prayer located at the beginning of Section II. Then each of you will say this prayer when it is your turn to be the Navigator. Part 2 of your beginning prayer calls in your Higher Self, and the Higher Self of the Driver. If you are conducting all of these ceremonies in one day and you have already done the opening invocation, you can proceed.

You will say the opening prayer, followed by Opening Prayer part 2 below:

“I ask for a direct connect to my Higher Self, and a direct connect for Driver to his/her Higher Self. I ask that my Higher Self be directly connected to Driver’s Higher Self, and that his/her Higher Self is in charge for the purpose of this Quantum Matrix Healing work. I further command that this connection be dis-engaged at the conclusion of this process or whenever either of us end this Quantum Matrix Healing (QMH).”

Focus on the feelings or behavior you wish to resolve

At the beginning of this process, access the Quantum Field and the Quantum Matrix. What is the unresolved energy that causes you to have a behavior that your would like to change? What feelings do you experience? Stay with it until you have accessed the feeling. This is very important.

The Driver is to invite his/her Higher Self (HS) in to stay with him/her through this process. Ask for a direct connection with the Higher Self of the Navigator. The Driver is to ask his/her HS to examine or

experience the situations and feelings regarding the issue and then ask his/her HS to say where this resides in the body.

Navigator: Ask your Higher Self (HS) to join you where you are. Is your HS there?

Driver: Yes.

Navigator: Ask your HS to tell you where this exists on your body. Perhaps it is on your shoulders, back, or stomach? Can you feel where it resides?

Navigator: Have you accessed the feeling in your body?

Driver: Yes. It is... (Names the location of the body, such as 'on my shoulder, back, etc.')

The Navigator will ask if it will take on a physical shape. Will it animate for you? What does it look like? Does it have a color? (It could be anything from a black box or white ball to an angry little girl or boy, or animal.) Ask for its name. Ask if you may speak to it.

Navigator: Will it take a form? What is the form? Color? Etc.

Driver: (Describes the form, shape, etc.) *Navigator:*

Does he (she/it) have a name? What is it?

Driver: (Gives the name)

Note: If no name is given, the *Navigator* names it by using the description (e.g., If the *Driver* described it as a red box, then...)

Navigator: Is it all right if we call this shape the red box? *Driver:* Yes.

The Navigator now checks in with his/her HS while asking the *Driver* to also check in; asking if it is an internal or external entity or both? Take your time with this process. Wait for agreement. If you both do not get the same answer you may not proceed. Go back and do it again until you get agreement.

Navigator: Ask your HS if this red box is an internal entity or external entity or both?

Driver: (Answers)

External Entities

If it is external you will move to the Clearing work found at the end of this section. It means that this energy is not authentically the person's creation, but some outside energy that doesn't belong to the Driver. Ask permission of the Driver to clear this energy, since it is an external entity. He gives permission and you exit this process now and do the clearing work.

Navigator: *Do you want to clear this entity or energy now?*

Driver: *Yes*

Navigator moves into *How To Clear Discarnate Entities*, Chapter 10.

Internal Entities

If the entity is identified as an internal entity, you may proceed to the next step and resume the QMH process (see *Resuming the QMH*, below).

Both Internal and External

You must first clear the external portion of the entity. Exit this process and go to *How to Clear Discarnate Entities*, in Chapter 10. What I have observed is that these entities form what looks like an energetic mushroom with the personal, internal entity being the cap and the external entity/energy hiding underneath. It could also take the form of an Oreo cookie with two external entities attached to one internal entity. In these examples, it is a way to avoid detection. Fortunately, while in this state in the alternate reality doing this QMH work, it is nearly impossible for the entity to hide. In thousands of clients I have observed, I find this process has its own force. After doing this work for almost 20 years, I have seen time and again that once you start this process, the Angelic Realm and guides step in quickly to assist you both.

Once the external entities or energies have been completely cleared you can move to the internal entity to evolve it to its highest

state. This part is quite remarkable because behavioral issues are instantly shifted with the new emerging patterns.

Resuming the QMH

Once external entities are cleared or if you are only dealing with internal entities, you can proceed with QMH.

The Navigator invites the Driver to slide the energy to the solar plexus. This is done by moving (in thought) the energy's location from its place of residence into the area of the solar plexus and then lifting it to a space six inches above the navel. Always slide the energy along the body, never lifting it from one point to the next. Imagine trying to hand off a crying infant from its mother. That baby will NOT let go. You want this entity or energy to feel it's still attached. Next, Navigator looks at it to see what it looks like and states what he/she sees. Sometime the person has trouble describing what they see. Sometimes the image is repulsive to them or it has a quality that offends them. As Navigator you are to wait patiently while they find the descriptor.

Navigator: Move the entity or energy from its current location to the navel. Once it's there then move it about six inches above the navel. When you are ready just say ok.

Driver: Ok – it's in place

Navigator: What does it look like?

Driver: (Describes it; this may take time so be patient!)

The Driver allows it to speak through him or her, without his or her conscious mind taking over. This is very important. Tell his or her ego you wish to give the floor to this Quantum Matrix (Named Shape).

Navigator: May I speak directly to (Named Shape) through you without you amending or altering the communication?

Driver: Yes.

Higher Self shows the Quantum Matrix's Most Evolved State

The Navigator will ask the Named Shape what it has been doing for you. What normally comes up is some kind of defense or keeping you safe. What does it want? Explore in a loving way its real intent. If the Named Shape had what it really wanted, what would result?

Allow the Driver to feel gratitude for the work the Named Shape has been doing for him/her. This is very important. Really express love and joy towards Named Shape. Do not go on without feeling the love and appreciation for its job well done.

Navigator: (Addressing the Named Shape):
What have you been doing for (Insert Driver's Name)?

Driver: *I've been keeping (Driver) safe, or keeping him from failing, etc.*

Note: The Driver may have trouble discerning the purpose. Generally, this energy is some kind of safeguard. If nothing surfaces, then the Navigator would offer the following:

Navigator: *Do you think it might be keeping you safe in some way?*

Driver: *Yes.*

Navigator: (Insert Driver's Name), *can you allow yourself to feel the positive intent of (Named Shape)? Can you feel the gratitude you feel for it serving you, albeit inadequately?*

Driver: *Yes.*

Note: Stay at this step until the Driver is able to experience deep gratitude for this energy (Named Shape). If he or she says they are having trouble, just state the following:

Navigator: *That's ok, take your time; allow yourself to appreciate all the aspects of (Named Shape) serving you. Let me know when the feeling of gratitude comes.*

Driver: *Ok... got it.*

Higher Self Transforms the Quantum Matrix (Named Shape) into its most evolved state

Ask your HS to show you **the most evolved version** of the Named Shape that will represent what is really wanted. If the Quantum Matrix were at its highest state, what would it look like?

At this point the Navigator should receive a second image that is dramatically different from the original. It should coexist with the first shape. Your goal here is for the immature image to transform into the most evolved version. It is important however that you invite the immature symbol to evolve to his or her highest form.

Examples of transformation could be a fiery red ball becomes a golden sun; a silver chain becomes a crown; an angry little boy becomes a balanced grown man, etc. Look for what appears to be the cognitive, congruent, most evolved states. Entities cannot think the way you do, and might attempt to trick you. Learn to recognize that a simplistic evolution that is child-like is probably NOT an internal entity waiting to grow up. Instead it is very likely an external entity hoping to confuse you.

Sometimes this transformation step occurs spontaneously with the Driver giving it unconditional love. This is something to be discovered. For one client, who was 15 but an Indigo¹⁴, when he expressed the same love he held for his pet cat toward the Named Shape, it transformed instantaneously. If this were to happen, you will have intuitively fused the personal entity into its most evolved state.

If you do not get a secondary image after several tries, there may be an external entity that is ready to be cleared. It may be an imposter external entity attempting to stay. Go to *How to Clear Entities*, Chapter 10 if this occurs, after asking the Navigator if he/she is ready to clear this energy.

¹⁴ Indigo refers to a certain type of human who has special gifts. See Doreen Virtue's book, *The Care and Feeding of Indigo*, or Jan Tober's book, *The Indigo Children*.

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Next, **ask** the Named Shape if it is ready and willing to become the highest or most evolved version of itself.

Asking is extremely important. Make sure the immature Named Shape is in agreement, don't just charge forward here! If the Driver has carried a lot of self-criticism towards his/her behavior around this issue, the internal entity may be unwilling to move into its highest form because it doesn't believe it's done its job well. Appreciation for this behavior, albeit inadequate, is paramount here, and will create the environment for evolution to its highest state.

When you get agreement, then the Navigator asks the Named Shape to merge with the new version. From this point forward, use the new image to represent the most evolved self of the Named Shape. Ask the new image if it has a new name it wishes to use... Now ask the new image to commit to solving the issue.

Navigator: I am asking your HS to show you what the most mature version of (Named Shape) would look like if it were at its most evolved self. Do you see that?

Driver: Yes.

Navigator: What does it look like?

Driver: (Describes it.)

Navigator: Does it have a name?

Driver: Yes. Call it..._____.

Note: Again, if it doesn't have a name, Navigator asks if it can be called...(using the descriptor of the shape as part of its name.)

Navigator: Now I want you to ask (Named, immature shape) if it would be willing to merge with (New, most evolved shape)?

Note: Wait until you get a "Yes".

Driver: Yes.

Integrity confirmations

These integrity questions set the stage for the final checkpoint of external and internal entities. On rare occasions, the Navigator has been fooled into thinking this entity is a personal entity that can be evolved. If it will not agree to the integrity questions, you can be certain that it is still carrying some external energy that is not in alignment with the Driver's Higher Self.

The Navigator asks the evolved shape if it is willing to teach (Name of the Driver) everything he or she needs to know in order to address this issue. Is it willing to consecrate everything it is to fulfill his or her highest potential? Wait for the commitment. After all, this is re-creating the Driver's creation (entity) and this is very important.

Navigator: I am asking (Newly created, merged shape), are you willing to teach (Driver's Name) everything he or she needs to know in order to address this issue?

Driver: Yes.

Navigator: Are you willing to consecrate everything you are to fulfill your highest potential?

Note: Wait for the commitment. After all, you are re-creating your creation and this is very important.

Driver: Yes.

Will the new mature shape always function on a principled basis? Will it be fair, care and always share? Will it abide by the principles of equal rights and cooperation, and the highest good of all involved? Ask each of these three questions separately; get an affirmative answer before moving on.

Navigator: I am asking (Newly created, merged shape), will you always function on a principled basis?

Driver: Yes.

Navigator: Will you be fair, care and always share?

Driver: Yes.

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Navigator: Will you abide by the principles of equal rights and cooperation, and the highest good of all involved?

Driver: Yes.

Note: Ask each of these three questions separately; get an affirmative answer before moving on.

Will it sit at your 'round table' in your place of peace? Will it establish cooperation among your other creations? Will it help you maximize your life so that you can act in accord with your higher directives and Higher Self?

Will it accept assignments and serve the highest good of all? Wait until you get a "Yes" response before continuing.

Navigator: I am asking (Newly created, merged shape), Will you sit at (Driver's Name's) 'round table' in his or her place of peace?

Driver: Yes.

Navigator: Will you establish cooperation among (Driver's Name's) other creations?

Driver: Yes.

Navigator: Will you help maximize (Driver's Name's) life so that he/she can act in accord with his/her highest directives and Higher Self?

Driver: Yes.

Navigator: Will you accept assignments and serve the highest good of all?

Driver: Yes.

Note: Wait until you get a 'Yes' response before continuing.

Navigator: You may give any assignments you wish at this time. Let me know when you are complete. Take your time.

Close

Close with a thank you to your Higher Self for being present. Disengage the link between your Higher Selves. Make a

commitment to use this process in the future. (You can do QMH many times, for different issues as they come up.)

Navigator: Express your appreciation for your Higher Self and your connection to Higher Self. *We now disengage the link between your Higher Self and mine. You may open your eyes when you are ready.*

Entity Removal Reminder

During the Quantum Matrix Healing, sometimes we discover that people have entities inside of them, which are causing strong emotions to be expressed. When this happens, another course of action from the Quantum Matrix Healing process may need to occur. This new course of action is Discarnate Entity Removal.

This reminder is placed after the Quantum Matrix Healing (QMH) because it requires your skill and expertise to develop before you can identify it. Please take the time to learn and master QMH before progressing to clearing discarnate entities.

When the Navigator cannot come up with a most evolved version of the symbol shown at the beginning of the QMH, this means that the Named Shape isn't authentically owned or created by the Driver. This moves you to consider that it is not an authentic creation of yours, but an external entity, a discarnate entity.

It takes a certain amount of practice to recognize the little tricks that the discarnates might play in order to pretend that they belong in you. Remember, the key is found when your Higher Self cannot identify the entity's most evolved version.

These external entities may try to fool you. How do you tell? You notice if the names or visuals seem childlike in their evolution. For example, one external entity showed up as a monster. Its most evolved self came in as a really, really large monster.

In another instance the name given to the evolved version was "cheesy." It turned out that the person really liked cheese, and the entity was looking for something she really liked to identify with it.

Generally, a discarnate entity doesn't have access to your Higher Self, or the wisdom found in the guides you may be working with, and that will show itself in some way.

Always ask your Higher Self, and the Higher Self of the person you are working with. If you BOTH get confirmation that it is an external entity then you get permission from the Navigator and proceed with an entity clearing.

The way to do this is for both the Driver and Navigator to 'check in' with his or her Higher Self and ask, "Is this an energy or entity that needs to be cleared?" If the answer is "Yes", from both the Driver and Navigator, then you will want to move to *How To Clear Discarnate Entities*.

Resistance occurs because you and the entities have become symbiotic. The entities know that you are preparing to kick them out, so they aren't going to leave willingly. Resistance is a symptom.

Removing unwanted entities causes change. Change is scary to all of us because it represents the unknown. Abuse victims often return to the person or place of abuse. Why? Because humans seek what is familiar. What is known seems to feel secure even when it isn't safe.

I invite you to choose to willingly to separate from these entities, even if the relationship was symbiotic. I know and believe that when you are more fully present as your authentic self, you can express who you truly are, a Divine Light Being.

Chapter 12 – How to Clear Discarnate Entities

The Ceremony

Always say prayers and invocations in a commanding voice. Please recite the opening prayer found at the beginning of Part II if you have not already done this today.

Opening, Part 2

Recite the Opening Invocation found at Chapter 4 and then continue with the following part 2:

“I ask Archangel Michael and the Golden Illumination Elohim to join us. Archangel Michael, please come with your nets of blue lightning and sweep through the field of (person’s name). We ask that the Golden Illumination Elohim assist us in clearing this (name the energy or entity) from (Named Person). We ask that this entity or energy be returned for evolution or dissolution. We ask that this action take place at the count of three: One, two, three!”

Follow this with a large sound, bang, clap, sharp bell, etc. Continue with a commanding voice.

“We now ask that Archangel Raphael and the Angels of the Green Ray and the Elohim of the Green Ray – Cyclopea and Virginia¹⁵, assist us in filling in the void with (Named Person’s) own Divine Essence, from his/her Higher Self. We ask that a healing balm cover over these voided places until the full integration of the self can occur. We give thanks for the clearing that has just occurred.”

The Navigator then asks, *“Is there more clearing that needs to occur?”*

Note: This question is being asked of the Higher Self, and both Navigator and Driver need to answer.

If the answer is “Yes”, from both the Driver and the Navigator, then continue in the same manner as previously described (above) using information coming from the Driver (Named Person) to describe and clear that energy. It may take several clearing times before a person is ready to return to QMH if that is what you started with. Be patient. It will be worth it, to do all the clearing work that can be done before evolving personal entities to their highest state.

¹⁵ The Green Ray is the ray of healing. Cyclopea and Virginia are the Elohim of the Fifth Ray, one of whose many purposes includes assisting mankind in re-awakening the divine blueprint of the original soul’s embodiment.

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Chapter 13 – Claiming Your Right to Be Fully of the Light

In Lynn Grabhorn's book *Dear God, What's Happening to Us?*¹⁶, Lynn suggests we try performing the following ceremony. Be sure to say these statements in a strong commanding voice:

1. From the Light of God that I am, I hereby declare that my team of guides shall, as soon as any necessary transference can be made, be comprised only of members of 100% pure Light who have never been reprogrammed by the entities of the dark.
2. From the Light of God that I am, I hereby declare that the entity that is my Primary Guide shall be an entity of 100% pure Light that has never been reprogrammed by entities of the dark, with such change, if necessary to be made as soon as possible.
3. From the Light of God that I am, I hereby declare that my consciousness mix should be converted, if necessary, to a mix of 100% pure Light of entities that have never been reprogrammed by those of the dark. I further declare that this conversion should take place as soon as possible, but preferably during evening hours as I sleep, and as gently as possible in order that I might continue my normal daily routines.
4. From the Light of God that I am, I call for all things, whether animate or inanimate, within or around me, my home, yard, or place of business be immediately deactivated from use as "directional beacon" by those who are not of 100% pure Light. I further declare that when this has been accomplished, it shall be irrevocable and permanent.
5. From the Light of God that I am, I call forth that no energies, entities or beings are to be allowed anywhere around

¹⁶ Used with permission, www.lynngrabhorn.com

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me at any time that are not of 100% pure Light. I further declare this to be irrevocable and permanent.

6. From the Light of God that I am, be it known that I hereby cancel all contracts or agreements I have made with any entity, in any time frame or in any reality, that were not in my best interest or in the interest of the Light, or that were made with entities who were not of 100% pure Light. I further declare that the cancellation of all such contracts is to be irrevocable and permanent in all time frames and realities.

Don't ever ask for guidance without demanding that what comes through be only 100% pure Light.

Chapter 14 – Food for Thought

This book is a primer and a self-study guide. If you work with a friend or a group using the material, you will have marvelous results. It is well worth your time.

I learned from the Universe that the time is now, and the individuals are you. If you are reading this, it is up to you to make it happen. Like the *Course in Miracles, Reweaving the Fabric of Your Reality* is a required course. Please don't wait another minute establishing a place and time to do this work, alone or with likeminded individuals. You are worth it!

Before the initial Reweaving class was held, we had hoped to enroll maybe five or six people. Our only promotion was word-of-mouth, yet we had 15 people show up, bringing the total attendance to 17 including the host and me. The host knew how much work it is to assemble material for a class and hoped to make it worth my while. Both of us were amazed at the turnout!

Even more astonishing was the fact that I heard from one lady who was interested, but could not put up with much perfume in a room. Sometimes this is a direct reflection of having entities. Remember that they do not like strong scents.

When I received this news about the lady who didn't like strong scents, I went to my altar and made a very strong invocation for her, that the angelic realm would 'clear the way for her to be there easily, on time and in plenty of time, and remove all obstacles if it was appropriate and necessary for her to be there.'

Please notice that I qualified her attendance on, "If it was appropriate and necessary." Later that night, I heard she had decided not to come. This was perfectly okay with me. I believe very strongly in free will.

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The next morning, 'something' propelled her out of bed and to that class! She was the first one there!

We all had such a remarkable day in that class. I intended to begin with the smudging ceremony. When I couldn't get my sage to burn, no matter what I did, I checked in with my guidance. I was redirected to do the cutting ceremony using my Archangel Michael sword, which looks like a machete but with a dulled blade.

The energy in the room was quite heavy, and the minute I started using it, the energy dramatically lifted. Others at the further end of the long room from me could also feel that the energy was heavy at my end, yet when I began using my sword, everything lifted!

One woman, who had purposefully sat near me said, "I knew it was coming from me, and I wanted you to clear all that stuff from me!" Everyone could notice the difference.

Later in the day, when we did the Quantum Matrix Healing (QMH) session, every participant completed major breakthroughs. It was outstanding.

Some of the participants from that inaugural class sent me their feedback.¹⁷ I share it below in the hope it helps you understand the dramatic effects you can achieve using this material.

From the host:

Just thought I'd let you know I've heard from a few of the class participants and they are all very happy people! Kay, the nofragrance lady, left a message for me saying how she was very glad to have come to the class and that she's still so amazed at being 'compelled down the road'. Her voice sounded fantastic.

Today in my meditation, I had this wonderful violet vortex with me in it. I was receiving violet energy in the form of a double helix into my psychic gateway AND there was a white dolphin swimming in

¹⁷ All the participants' names were changed to protect their privacy.

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the violet vortex! I come from the violet ray, which means transformation and service. So, things are cooking for me!

From another participant came the comment:

I can tell a difference in the way I respond to certain situations, which I attribute to the technique where we evolved a personal entity into its highest form (QMH).

Just as an example, I work closely with someone who has a short fuse. I used to take his mood personally, even though I knew it had nothing to do with me. I would take on bad feelings about myself and somewhere think it was me.

Since the class, I don't even get down on myself when I know that he is specifically angry with me. I still get a little angry with him when I feel like he is angry with me for a silly reason, but I don't feel bad about myself. (I hope that makes sense.)

I see that you will be offering the class again. I hope that the next class enjoys it as much as we all did!

And yet another participant writes:

Tues. eve, Janet and Dion were here and we did the Quantum Matrix Healing again. For all 3 of us, it was very powerful. Margaret has made the comment that for the first time in many years, she feels strong enough to stand up for herself. She said on Wednesday, one of her co-workers made a similar remark—that she seemed more in charge and stronger. Dion feels happier and more positive about her future. Janet did a healing for her on Tuesday also and Margaret said she had some feeling in her feet. Due to her diabetes, her legs and feet, especially her right one, are next to numb.

Do you remember I hit Margaret's right leg with your sword and I am now telling her I think Spirit took my hand and hit that leg, as I knew I really wanted those entities cut off her legs! She is laughing about it.

And later from the host:

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So far, all of us are on a high and looking ahead to the future with great anticipation. Also, my white dolphin is always with me now in my energy field. I know he's there even when I'm doing something else, i.e., walking, housework, etc.

So, dear reader, what are you waiting for? Choose this day to be different for the rest of your life.



May this knowledge benefit your life and feed your soul.
I wish you a million blessings, happiness and wholeness always!