

Entities:

The Unwelcome Visitors

By Ruth Angela © 2013

*This is an article written from various sources including my own.*

One of the shocking and unexpected events for a person just beginning this *Kundalini* journey is the visit during meditation by strange entities. Very often they are ugly and frightening. Some people encountering this give up meditation altogether convinced that they have seen the *devil*. It is understandable to have some reaction to such creatures. These beings can appear to be very frightening, bizarre and intrusive. They might talk and chat about this or that in a shape and form that is not solid or touchable. They are ghosts or phantoms that converse in often the most mundane or even sinister manner. Nothing in our lives can prepare us for these visitors except perhaps childhood nightmares. Yet this is all part of the process of clearing the mind of its many levels of awareness that in our comfortable daily “consensual reality” we do not see. Encountering these beings is all part of the clearing that the *Kundalini* brings to our minds so that we can know the *pure mind* that is our “true nature.”

During my first encounter with such a being, he actually gave his name and acted like he had been hanging around me most of my life. As I wrote in my book *The Guru's Gift: A Kundalini Awakening*:

It was ugly, hairless and grotesque with lumpy, reptilian greenish skin and a forked tail. It would have a sort of grimace on its face, something like the huge, fat slug-like being in ‘Star Wars,’ Jabba the Hut, only with little horns everywhere. It stood before me with its arms folded in the most arrogant manner and indicated that it was waiting for me to get into meditation and feel arousal as the *Kundalini* rose, so it could suck off my sexual feelings” (173).

This kind of visitor is not unusual during meditation I was to learn, and I imagined that my *Kundalini* light was like shining a flashlight into the darkness of the etheric realm; all the creepy-crawlies, the disembodied entities saw this light and became attracted to it, like a moth to flame. In fact this is a similar idea to what Dr. Susan

Carlson has put forward in her recent post on this topic at the Kundalini Support Network.

When k awakens it is like a light goes off in the astral. Everything comes to check you out. You are a couple of things to them. You are a curiosity or just neutral. You are a friend. You are dinner. Whatever spiritual entity comes to visit you is an indicator of where you are in your spiritual and energy development. ...Visitors can roughly be relegated to different chakra attitudes. For example: animals and odd beasts for the lower chakras, the lower dantien. Mid level gods/goddesses/ demonic/ deceased types for the middle chakras/middle dan tien. Upper level god/goddesses etc. for the upper dan tien/upper chakras. Then one day no one visits you because there is just absorption into the Tao, All That Is.

Dr. Carlson goes on to say that, "How you vibrate energetically will determine what comes into your energy field for interaction. In other words, you are responsible for what shows up to knock on your door." We are responsible but it is hard to believe that when we "see" them in this form, for our minds have hidden or shuttered these things away into other levels of the mind where we do not have to interact with them in daily life, even if they appear in our dreams. Then we can carry on in our cheerful lives without ever knowing of these creatures; but when we venture into the meditation realms, and *Kundalini* puts us into the quantum universe where we are neophytes and beginners.

I was so shocked by my entity that I stopped meditation for a while and hit the books to find something that would explain how this creature could talk to me as an independent being yet not be flesh and blood. It was not easy to come up with someone who could explain it and then help me deal with it. All I had were my guru's books with questions and answers... and I found some.

Susan Carlson continues with a warning about the entities:

You can ask them to remove their masks. They have to do it. If you look deeper behind the mask you will find yourself staring back into your own eyes. Most people don't want to take it that far. They would rather play or interact with the entities, figure out how to control or kill them. Or they

remain in fear of them and build shrines and altars.

I met a man who had had *Kundalini* awakening from my guru and we started talking about entities. He told me that his entity was like a “best friend” to him. I told him how by reading my guru’s books I had learned not to fear them, but to be indifferent to them. They come to “meet” us and give us their audience. They will not harm a person as they do not have a real body. Don Juan the Toltec says that we should welcome them and not react to their appearance. Because of this advice, I had gotten rid of the entity in a few weeks. The man with the “friendly” entity was quite sure that he liked his entity and that he was going to keep it around. However, there is more to it than that.

This is information that was given by Dr. Glenn Morris. This article was probably written in 2005 and submitted by Susan Carlson.

Interdimensional Diplomacy: Boogey Manual for the Void  
by Dr. Glenn Morris

*One of the embarrassing things about going through a full blown kundalini arousal is you have to learn to deal with an expanded consciousness and awareness of subtle energies and differences that are not apparent to non-evolved or "ordinary" folks. In the Kundalini Awakening Seminars III and IV Susan and Glenn teach participants how to interact and manipulate various consciousnesses that exist in the super-organum or higher conscious energy that we all exist within which some consider the highest form of God.*

*However, when your energy first begins to kick in you may develop clairvoyance and clairaudience, meaning you may start to hear and see things. Sometimes what you see are simple hallucinations as your brain and visual filters try to sort out your new abilities. Some, however, are well documented historically and in mythology. One person's myth tends to be another's religion. (Read Dr. Morris's Shadow Strategies of a Ninja Master for a more in depth exposure.)*

*When you first begin to get enough juice to send your energy body out your third eye or ten tien (lotus chakra) you attract the attention of energy beings that already exist on this frequency or plane of energy. Depending on your skill or power you will be regarded as a food source, accident of little interest, feared and hidden from, ignored,*

or initiate or student to be trained, or colleague to hang with. The void is a lot like here. "As above, so below," is how the western mystery schools described the experience. You have probably noticed certain inequalities in our material existence? Similar inequities exist in the spiritual worlds. They have amusing parallels in our material world. One must remember we are rhetorical by nature and everybody lies. Hungry Ghosts or Vampires. These wimps hang out in the lower levels. They don't have enough juice to remain coherent without sucking energy from other beings. Some are ancestral spirits that have been abandoned by their families. They will attempt to frighten you so you give off a burst of adrenalin on which they feed. Even slyer ones will attach to you and drain off just enough of your life force to keep them healthy and you (depending on your strength) in a weakened condition.

Solutions: (1) If you are weak of spirit, quit meditating and have a good energy worker clear off any attachments.

(2) If you are strong and want a real rush of energy suck them into your macrocosmic orbit and circulate them until they are part of you. One less predator in the void.

(3) Protect yourself with appropriate techniques and quickly move up to higher energy level where they can't exist because their energy is too weak and heavy.

(4) Properly train so you can travel into the higher planes and don't have to interact with the riff raff. Jesus said, "The weak of spirit are with us, always."

Spirits: Dead or living people with enough power drawn from personal skill or their lineage if ancestral to exist as an autonomous spiritual or energy being. These often act as guides and will show you interesting things that you can try to manifest in your material existence or "lay up your treasures in heaven."

Solutions: (1) Just because spirits are dead does not necessitate they are up to date, truthful, or smart. Exercise some discretion.

(2) If dealing with a living "void traveler" observe all aspects of their life and exercise some discretion. Be polite and discrete. Discretion is the better part of valor.

(3) Show some respect and learn. You might get a guiding spirit or make a good friend. You might also waste a lot of time on a fraud.

Mythological Critters: Leprechauns, Harpies, Sphinx, Dragons, Succubae, Angels, Foreign Gods and Devils. What can I say? Some consider it a blessing.

*Solutions: (1) Get yourself a good mythological encyclopedia or two. These babies invariably have jobs and characteristics when dealing with living humans.*

*(2) There are some very specific ways of dealing with them that you ignore to your peril. (Kundalini Awakening Seminars III and IV will give you some tools.)*

*Demi-gods: These are powerful spirits who have established religions around themselves so they live freely in the void. Many are mythological to our thinking but if one starts showing up in your dreams and visions you should pay them appropriate attention.*

*Solutions: (1) Become a religious convert.*

*(2) Learn how they are properly worshipped and give them their due. You might have a lot of fun, particularly if you are into goddess worship.*

*(3) Share your body in fun ways. Take them to a concert, dance, or movie.*

*(4) Run away. Save yourself.*

*(5) Learn how to tell the real thing from hallucinations and wannabes. Take Kundalini Awakening Level III and IV.*

*Egregores: These babies are really strange. Egregores are like lineages or ryus in the void. They can be like schools, churches, or groups that have a particular way of doing things. You usually have to kiss up to be accepted. Often they are the past (dead) members and masters of a particular school of thought that have carved out a place for their particular belief or practice.*

*Solution: (1) Make friends. See what they have to offer?*

*(2) Run away. Save yourself.*

*The void or spirit world opens with your third eye or as your lotus chakra energizes. Bringing sexual energy from the genitals to the brain up the spine energizes the lotus. If you have learned to see into yourself by using the third eye (a technique taught in Kundalini Awakening I and II), you will learn how to push and draw this sexual energy up the spine. The passage of the energy through the vertebrae shapes it into a snake like stream that legend identifies as the kundalini. This energy snake rejuvenates the endocrine system and changes the configuration of brain dominance enough that many gifts of evolution reemerge and we sense entities around us that normally would*

*escape our attention. The most important thing to remember is **not to be afraid**. Remember what is so attractive about you to them is you have a body and they don't. You have dominion because you are physical. You really are the one who gives orders here, not them.*

So the advice for anyone who is getting these visitors in meditation or even with your eyes open, is to consider it their curiosity about you. Avoid getting fearful or afraid giving no activation of your adrenals from which they might be feeding. Be indifferent, unresponsive, detached. It worked in my case in just weeks, and that was 34 years ago. The entity has never returned, no doubt he has plenty of other victims to frighten and feed from.

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