

So you want to speak to the dead?

Here are some rules to remember:

- 1. You will not be able to communicate with a loved one until a year and day has passed since their death. The reason for this is based on the belief that it takes the spirit a year and day to adjust to life in the ancestral realm.**
- 2. Spirits can communicate in various ways. The way they communicate depends on how much energy the spirit has and whether the spirit knows how to communicate and the ability of the person who is trying to communicate with them.**
- 3. The term "spirit" is a wide term, it may include entities, ancestral spirits, cultural spirits, house spirits, land spirits, animal spirits, guardian spirits, astral spirits, religious spirits etc. A ghost is a spirit that died traumatically and has not yet left this Earth. A spirit is one that has been called upon to assist humans.**
- 4. Everyone has an intuition. However, a medium is different. Mediums use their special psychic senses like:
clairvoyance - clear seeing
clairaudience - clear hearing
clairsentience - clear feeling
In other words, you'll have to be born with one or more of these abilities in order to be a medium.**
- 5. There is a difference between being an energy worker, spirit worker and a medium. All mediums are psychic, but not all psychics are a medium.**

Automatic Writing: Spirit Communication

Automatic writing, also called psychography, is a psychic ability allowing a person to write words without being consciously aware of what they are writing.

This is one of the safest and best ways to start spirit communication. It takes practice and may take you awhile to separate you from the writing, but it works and its amazing. Whole books have been written via automatic writing! You will need a notebook and a pen and a place where you will not be disturbed. Keep doing this until you are able to establish a strong connection with the spirits. Once you are able to do this, you will be able to move away from automatic writing and start working with clairsentience and clairaudience (psychic feeling and psychic hearing).

Automatic Writing Procedure:

1. Find a quiet spot without distractions.
2. Sit at a table or desk where you will be comfortable, with paper and pen (or pencil).
3. Take a few moments to clear your mind.
4. Touch the pen or pencil to the paper.
5. Try not to consciously write anything.
6. While keeping your mind as clear as possible, let your hand write whatever comes across.
7. Avoid looking at the paper; you might even keep your eyes closed.
8. Give it time to happen (nothing might happen for quite a while).
9. When it seems to be done, if and when automatic writing does occur, look over what your hand has produced carefully. The writing may appear to be nonsense or just scribbling but try to decipher it as best as possible.
10. In addition to letters and numbers, look for pictures or symbols in the writing as well.
11. Keep trying. Nothing might happen your first few attempts.
12. If you start to achieve success, you can try asking questions to see if you can receive responses.

Pendulums for Spirit Communications

Pendulums are another safe and effective way of communicating with spirits. Pendulums are easy to buy, and it is possible to purchase a range of pendulums. Once you have your pendulum you will want to “train” your pendulum; you need to know its way of communicating its answers to you. It is important to choose a time to work with your pendulum when you will be undisturbed, and when you have the time to do the process properly. Approach using a pendulum in a respectful way, and do not do it if you are unwell or over-tired. The reason for this is at these times you may not correctly interpret the answers.

Now you have your pendulum you will want to work with it, to decide its directions.

You are using the pendulum to communicate with spirit, so you may wish to approach this in a reverent way. Take your pendulum and decide how you would like the spirits to answer yes and no questions. I do this by stating out loud “Spirits, if the pendulum moves in a circle – (and move the pendulum in a circle) it means yes. If the pendulum moves right to left (and move the pendulum right to left) it means no.” Or, you can simply ask, “spirits what is yes?” and allow the pendulum to move in the direction the spirits would prefer.

I also recommend a pendulum board or chart, which again you can purchase or make on your own (it looks very similar to a Ouija board but smaller).

Some people like to make a chart, to aid them in ensuring that their answers are accurate. This is a tried and true method to add to the above, to give you total surety.

Draw a circle and dissect it, showing eight different points on the circle, eight different directions.

Put "**Yes**" on the top and bottom, "**No**" to the left and right, "**Maybe**" on the diagonal one way, and "**I don't want to answer**" on the diagonal the other way.

Then instruct the pendulum to show you the answers via the chart. It will work perfectly once you have given the pendulum the instructions.

Being An Empath **(by Kier Brady)**

If you are an empath, you can easily identify with and experience another's feelings. Empathy can be a very good quality as it can help you connect with others through a deep level of understanding. You probably have good intuition, are a natural nurturer, and exude a healing energy. Being around joyful, excited people energizes you and makes you feel good. The difficult part of being empathic is that you also pick up on the negative energy and feelings of sadness and despair. This can lead to problems with anxiety and depression when it is hard to separate yourself from the unpleasant emotions of others. If you are sensitive to other people's feelings and emotions, there are things you can do to keep yourself from absorbing all of the negative energy around you.

1. Name The Feeling

When you are sensitive to other people's energy, it is difficult to know if what you are feeling belongs to you, or someone else. Naming the feeling you are experiencing can help with this. If you were having a great day and when someone joined you anger came up, this feeling might not belong to you. Being able to differentiate and name your feelings, can help you realize what feelings belong to you and which ones might belong to someone else.

2. Ground Yourself

If you notice yourself absorbing the energy of those around you, ground yourself back in the present moment. Focus on a specific object nearby. Name the things that are around you. Touch something with a unique texture. Take some deep, cleansing belly breaths. When your focus is on the experience rather than the feeling, it is easier to keep the energy around you separate from you. Practicing mindfulness and meditation can be helpful as well. The more you are able to be fully present in the moment, the less likely you are to take on the negative emotions of others.

3. Be Self-Aware

Self-awareness is important when you are sensitive to other people's feelings. Acknowledge your need for alone time. Spend time with your own emotions. Allow your feelings to be without judgment. Learn what triggers you in a negative way. Also, become aware of what brings you feelings of joy. When you are more aware of your own feelings, moods, and triggers, it is easier to tell when you are picking up on someone else's energy. Being more self-aware will enable you to cultivate different ways to acknowledge emotions that do not belong to you without absorbing them.

4. Visualize A Glass Wall

There are a number of techniques that you can use to keep other people's energy separate. One technique includes visualizing a glass wall between yourself and the other person. The glass wall allows you to see the other person's emotions. However, the emotions are not able to penetrate the wall. When they hit the wall, they bounce back to the other person, not to you. You can see and acknowledge the feelings, but you do not absorb them. This technique can work in large crowds as well. You can picture yourself surrounded by a glass wall as you move through the crowd. Although you may notice their energy, you do not have to take it on as it cannot get through the wall.

5. Be Curious

When it is easier to pick up on the feelings of someone else, you might also believe that you understand how this impacts them. Even if your assumptions are correct, sometimes people just want to be heard. Being curious about the other person and what they are feeling and how it is affecting them can help you separate what they are feeling from what you are feeling. Instead of taking on someone else's bad mood, you can ask them questions about what they are going through. Gaining a deeper understanding of what the other person is experiencing and why can keep your own feelings separate, no matter how empathic you might be. Showing curiosity about what someone is going through enables them to begin to process their experience through sharing, which can help you both feel closer.

6. Have Strong Boundaries

If you are empathetic, it is very important to have strong boundaries. Since it is natural for you to understand and empathize with others, you might easily become a dumping ground for their negative emotions. It is essential that you know yourself and what you are and are not able to handle. You might need more alone time than others to feel energized. Certain people and situations might be particularly draining for you and you may have to limit your exposure to them. Effective boundaries help you set limits based on your own needs, feelings, and energy levels. This way you can limit your exposure to those people that consistently drain your energy.

7. Release The Emotion

Even if you incorporate all of the above, if you are naturally sensitive to the emotions of others, there will be times when you will absorb them. When this happens, you can use another visualization technique to keep from becoming overwhelmed. To do this, you can picture leaves floating down a stream. Picture yourself writing down the feeling you have absorbed onto a leaf. As the leaf flows down the stream and out

of sight, the feeling goes with it and you are left with the calmness of the flowing water. Try this the next time you pick up on someone else's emotions and see if it is helpful.

Demonic Possession???
Zehara Nachash Blog Post

9/2/2018

I watch A TON of horror movies...it's just a known fact that when you get invited over for a movie night—a horror movie is on the menu! Of course, my favorites are the ones where people get possessed by demons- I always love how the characters over act to make themselves look like unnatural beings. And I always love how Satan is always the possessor- or of course one of minions. Then I am most always asked--- "do you believe in demonic possession?"

Before I tell you my take on it, let me just say that demons and possession play differently in everyone's religious or spiritual beliefs. And in almost all religious practices, there is always some type of possession.

Now... for my answer.

No. I do not think you can be possessed by demons. Now don't get me wrong, I 100% believe in possession; I do after all practice Vodou. I know that spirits can take over your body, but do I believe demonic energy can- no. To me a "demon" is something that can attach itself to you and drain your energy. But, this something can only attach itself to you if you are already possessed by something else that is not good for you: a bad relationship, drugs, alcohol. Those things that feed whatever it is that you cannot release yourself from. That is when negative energy can "possess" you.

I always think of negative energy possession as a virus. You are already sick with an illness (and yes drug abuse and alcohol abuse are an illness). Since you already sick, your susceptible to other viruses- negative energy. The negative energy already sees you like a wounded animal- and it goes at you like carrion. Then you start to feel more burnt out, more darkness and more out of control. This to me is a negative possession.

So, what is negative energy and what does it look like? As someone who works closely with the land of spirit, whenever I see negative energy around a person or

even in a place, it forms itself into a dark dense floating mass. Its an energy being as I like to call them. It just floats around until it finds something or someone to feed off.

Sometimes people have these floating masses of energy around them and when they see another person to feed off, a part of it attaches it to that person. Have you ever been in a toxic relationship? A toxic friendship? When you couldn't figure out why you were feeling so shitty even though these relationships made you feel "good" ... It's that dark mass of energy interlinking you to those people. It is often why you can't break away. Why you stay in a relationship that you know is not good for you.

The next question is-how do you get rid of it? For starters you need to look at the root of the virus. What is making you feel physically ill? Once you break from that you can start to get rid of the possession.

I highly recommend Cut and Clear oil and bath crystals (from a reputable root worker of course!). Make yourself a nice bath, add the crystals and soak. As you are soaking imagine whatever your holding on to is washing away. Pull the drain and visualize yourself breaking free of whatever was holding you down.

Get a figure candle and anoint with the cut and clear oil. As you do this, say: "all negative energies holding me down is now gone. As this candle burns, so you diminish," and light the candle.

When the candle is finally burned down, take the wax and bury it in a place where most people do not walk. This is you burying the negative energy. Walk away and do not look back.

You may need to do this several times until you feel yourself free from the energy!

To Speak to the Dead

Zehara Nachash Blog Post

10/22/2017

I am often asked how one can communicate with spirits without using the Ouija Board. As stated in my last blog post, I am really against the use of spirit boards to contact spirits.

So, what are safe ways to not only respect the dead, but also to communicate? First, let me state that spirits should NEVER be contacted for FUN. Its disrespectful and ultimately, it can come and bite you on the ass if you don't watch out. I never take my work with the dead slightly.

1. Ancestor Altars: These can be placed in a special area of your home. It can be filled with photos of loved ones who have crossed. You can add their favorite things to the altar: drinks, cigarettes, flowers or even a favorite perfume. This is a place where you come to ask for guidance and advice from those who have crossed to the other side. It should be warm and welcoming and make you feel comfortable.

2. Automatic Writing: This is something that takes skill, but you can learn over time. I started doing automatic writing at a young age, mostly because I was experiencing spirit contact and didn't know any other way to communicate. Often when I do this type of work, my left arm will get very heavy and numb, and that is when I know that a spirit was nearby who needed to get me a message. Automatic writing is easy. Just relax in a comfortable chair and have a notebook and pen handy. When you get a "feeling" that someone is trying to reach you, pick up the pen, close your eyes and let your hand do all the writing. Your mind should be empty so as not to influence what comes onto the paper. After you are done, you can thank the spirit* and see what message was written. If names and dates were left, its always good to go investigate. If the message makes no sense, just hang on to it. It may later!

***If at any time you feel the spirit is being malicious or just "won't let go" - remember YOU ARE IN CHARGE. Tell the spirit you are done and to leave.**

3. Pendulum: Again an easy way to communicate and one that I use a lot. Holding a pendulum spin it in a circle and say "YES" out loud. The spin in forward and back and say "NO" out loud. This helps the spirits know which direction to turn the pendulum when you are seeking guidance. Ask you question and see how the pendulum moves!

Remember, never just ask "is someone there"-- if someone is "there" and they want to communicate, they will let you know. You never want to invite in unwelcome guests!

Also, as someone who has worked with the dead for a very long time, I must remind you that you do not interrupt the dead just when you NEED something. Its like having a friend who only wants to hang out with you when they need money. It works for the same in spirit. Do not go to your ancestor altar only in times of need. Do not start using your pendulum when you only need advice relating to a certain problem. Working with the dead is the same as working with the living. There is a set line of rules and respect that must be passed along both ways. If you visit a cemetery, always remember to bring an offering- flowers and water are great. If you know the deceased, leave a bottle of their favorite rum next to their stone.

These are just some of the ways you can work with spirit. Of course, nothing beats a good old meditation where thoughts and messages can come through. The same goes with dream work! Spirits often visit us in our dreams because they can tap into the subconscious.