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UNINVITED PASSENGERS **AND WHAT TO DO ABOUT THEM**

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UNINVITED PASSENGERS

AND WHAT TO DO ABOUT THEM

By Michael G. Reccia

Author's note: *This piece was originally conceived as a one-part article for [the Joseph Communications website](#). However, in the writing of it, it quickly became apparent that there was far too much information to shoehorn into the confines of a single offering. The following is a compilation of the resulting three-part article the piece evolved into, born of a desire to do the subject justice and provide the reader with sufficient insights and techniques for their protection and wellbeing. Here, then, is the complete 'Insights and Inspirations' three-part-er: *Uninvited Passengers, and what to do about them*, presented in PDF format so that it can be referred to often and the techniques it spotlights can be incorporated into daily 'spiritual protection routines' (Please note that the extensive excerpt from Joseph's book [The Spaces Between](#) bridges parts one and two as the three parts have been gathered together as they originally appeared on the website).*

I.

It's a funny old physical world... Funny in that most souls, whilst here, are almost completely locked into their physicality, into that confined and limiting partial expression of what they truly are, relying totally on their five physical senses to interpret and navigate the seemingly immutable 'reality' they find themselves immersed in. Human beings, for the most part, choose to be either completely unaware of or, worse still, arrogantly dismissive of any suggestion that there just might be other dimensions permeating this one and (usually) existing outside the reach of their physical senses –

dimensions which are nevertheless capable of impacting on them in many ways, whether they happen to believe in their existence or not.

Many of the influencers working to reach us and forge a connection with us from those vibrations are beneficial and positive, a shining example of this being the information and guidance offered by Joseph and his enlightened soul group as they endeavour, in love, to provide us with a way out of our current challenges and to reintroduce a spiritual perspective to our world. ...However, just as there are positive

and negative approaches to life on Earth, there are also darker aspects of non-corporeal reality that spiritual seekers need to be aware of and forearmed against, allowing them to recognise and swiftly deal with these should they attempt to impact their lives in less than helpful ways.

The current chaotic state of our world notwithstanding, indications that those unseen but highly seductive negative dimensions exist (and that we subconsciously recognise them) regularly filter down to us via the imaginings of authors and scriptwriters as 'fictional' themes – as staple 'fantasy' fare in our literature, our films and our television series, where depictions of the afterlife, of visitations by discarnate spirits, of haunted houses and disturbed locations, of magical powers, of the 'possession' of minds and personalities, of 'monsters', etc, can be safely viewed from the comfort of our armchairs through gaps in our fingers as we cover our eyes in horror whilst simultaneously seeking a thrill, an adrenalin rush, a temporary scare from our entertainment. After all, we're only watching/reading a story ...a fantasy... right? It's frightening, yes. It's disturbing, certainly, but it's only fiction... a far cry from being based in fact and nothing whatsoever to do with the workings of the 'real world'.

From a spiritual perspective, however, many of those negative imaginings have

some basis in fact. No man or woman is an island. As spirit beings, as facets of the Whole, we are connected to each other, a part of each other, and as such each day of our lives each of us contributes to the collective field of human consciousness that shapes and determines our experience here by feeding back to us – surrounding us with – a construct of 'reality' that is based on our dominant beliefs, passions and wants. We each help to create, maintain and reinforce the global status quo via our daily vibrational donations as individuals to that field. Equally important, each of us is also the recipient of impressions from that field, and from the dimensions that lie beyond it too, and as a result we sometimes unknowingly take on board unseen discarnate 'passengers' as we travel through life... passengers with an agenda ...passengers actively seeking to affect our mood, our energies and our ability to 'think straight' in specific ways.

For example, not every human spirit automatically moves on to higher spheres of consciousness following its physical death. 'Devils' in this life don't suddenly become 'Angels' in the next, and until they can be persuaded to leave the earthly experience behind, certain individuals stubbornly refuse to do so, preferring to stay close to the pleasures and vices they have enjoyed whilst in a physical body, and discovering to their delight that they can re-experience some of those pleasures by pressing themselves against the auric fields of those

who are still in physicality and who indulge in similar pursuits. Not only that, but in connecting in this manner with such incarnated souls psychically, they realise that they can persuade them to indulge in those pursuits more frequently and more intensely than they might have done before they connected with and began to influence them.

As a hypothetical case, a heavy drinker might suddenly find themselves more-than-usually drawn to their favourite tippie as a result of the promptings of an unseen 'passenger', and of the seductive voice of that individual repeatedly whispering in their ear: 'Go on! You know you want to! Have another drink. You'll feel so much better! Go on. Have that drink now...' They don't 'hear' that disembodied voice consciously, of course, but on a subconscious level it is a loud, clear and compulsive contributor to their actions and desires.

In hitching an unseen ride, such 'passengers' create a vicious circle of desire and action. In this hypothetical case the need for a drink becomes an increasingly dominant vibration in the person's aura as a result of an unseen passenger's promptings, which in turn strengthens the spirit's ability to influence that person and to therefore relieve a portion of their earthly experience – in this case the sensual 'high' of imbibing, by proxy, excessive amounts of alcohol (or drugs, cigarettes, and so on).

In contrast, one may exhibit no self-destructive habits or tendencies whatsoever but perhaps be subject to occasional bouts of depression, worry and stress, and because all vibrations automatically seek out, lock onto and draw towards themselves energies of a similar frequency, such energy-draining states of mind can attract discarnate spirits who are of a similar outlook, who have not yet moved on, and who become linked to us because of our current state of being, intensifying our negative experiences and making it more difficult for us to rise above them.

On a non-human level of interference and unseen influence, and returning to the theme of 'it's a funny old world' for a moment, as souls seeking to gain greater spiritual awareness and understanding we need to be aware that our thoughts not only feed and influence the field of human consciousness but are also highly creative energies, with repeating negative thoughts and themes sometimes leading to the creation of semi-sentient 'thought forms' around us, which can affect and steer us just as effectively as the discarnate human-spirit passengers mentioned in the above paragraphs. The intent of these 'creatures' is to survive – and they do this by keeping you in a depleted state so that they can draw Light-energy from you at a level that they can absorb and which sustains them. And you, personally, needn't be the creator of these pesky little tykes – if you are

experiencing periods of low energy and outlook they can simply 'hop on board' from the ether or from some other person and seek to maintain you in that depleted state of being.

Here's Joseph on the subject of these 'feeders;' as he terms them (taken from a fuller examination of the subject in his book *The Spaces Between*). I'll conclude his explanation in the next part of this article, and I'll also explore this subject further and suggest ways in which you can keep yourself protected, on track spiritually and physically, elevated vibrationally, and can avoid and/or detach 'uninvited passengers'.

Joseph:

"Their need is to amplify your fear ...to amplify your depression ...to amplify your illness ...to amplify your negativity ...to amplify your anger. Now, in order to do those things and to exist as what they are, they have to have a source of energy.

"...And the source of energy, dear Reader, is you and people like you.

"For example, if you are depressed for any length of time – be it through illness or circumstance – then you emit a vibration at a lower level of energy than you usually do as the angelic being that you are in full health. That vibration connects to and attracts feeders of equal vibration. They are attracted to your Light – not as a fully conscious thing but as a magnetic attraction

with a limited degree of sentience. They then attach themselves to you. If you were to look at these beings, you would see that some of them have tentacles and some of them appear to be like a slug that is grey or black in colour with a changing form. But, they are able to latch on to a similar vibration (as all things do) so that they can take energy from that similar vibration.

"So, as an example, in your depression you will attract one or more of these feeders – these partially-formed, semi-sentient, embryonic angelic children – and they will subsequently attach themselves to the point on your etheric body from which they can draw the most energy. That is usually one of the major chakra points, and you will find that they attach themselves to your forehead, to your throat, to your heart-centre or to your solar plexus. They will magnetically connect to you and, from that point onwards in order to draw the low level of energy that they need to maintain themselves and to survive, it is in their interest to keep you (in this example) depressed and to keep you at that lower level of energy, because a higher level of energy is of no use to them. A higher level of energy does not feed them; it is 'above them', so to speak, and they cannot connect to it. So, they keep you focussed on that lower level of energy so that you can maintain them and they can maintain you in that state of mind, and on and on goes the cycle.

“What to do about these beings? What to do about feeders? How do you, first of all, detect that they are there, and how do you

detach yourself from them and they from you?”

Joseph:

“Well, first of all, we have to go back to the state of meditation. It is so important that you meditate daily and take yourself out of the ‘fast lane’ of this life and spend some time reviewing the state that you are in – not just physically but spiritually. In meditation, you come to a point where you can determine whether the thoughts that you are having and your predominant feelings and moods are solely yours, are partially yours or belong to something else. And, at that point, in daily meditation you will also be able to see with your third eye the feeders attached to you and where they are. You will sometimes feel a tightness across the throat that signifies that one of their tentacles has connected itself there; or you will feel a heaviness across the forehead, as though you are wearing a hat, which denotes that there is a connection to a feeder at that point; and there are various other points across the body.

“Having determined that you are ‘not alone’, as it were, and are providing a ‘tasty snack’ for some of these beings, you then have to deal with them. The most efficient way to deal with them is to use the action of

II.

your physical hands and arms and to see yourself pulling away the feeder from the point at which it has attached itself to you. If you reach out with your psychic senses, you will feel the width, breadth, and form of the feeder, and you can put your hands around it and then gently draw it away from the chakra. As you do so, you will normally notice that the main body of the feeder is not the only aspect of it but that there are tentacles attached to the chakra in question. Keep pulling outwards from your body until you feel that you have moved the feeder far enough away from your body so that the connection to your chakra detaches.

“...And at that point you find yourself with hands full of feeder!

“You have got the being away from you in that it is not drawing energy anymore, but you have not dealt with it and it is still there.

“So, now hold it and use your ability, as an angelic child connected to God, to put Light into it – not the low level of vibration that it has been attached to you by and feeding from, but a higher level... White Light... God-Light. See, in your mind’s eye, the God-Light infusing that feeder and see the feeder becoming lighter and lighter and

lighter. Then, there will come a point at which you will feel the weight in your hands dissipate and you will feel the feeder disappear. You will feel it disintegrate, as it were, into the White Light and it will, most certainly, be disconnected from you so that it can no longer connect to you and you are of no use to it.

“This exercise should be done at least once a week and should certainly be done whenever you feel that your mood has suddenly changed and there is no apparent reason for it – if you wake up depressed or fearful, for example, for no apparent reason and you didn't go to sleep with that weight upon you.

“As with all physical life here the feeder has a need to exist, and remember that you have partially created it. So, there is a responsibility (even to these feeders that you could call ‘psychic ticks’ that connect to people) to restore this Earth to a balance of vibration that excludes that type of sentience being formed.

“As I have said, the feeders are a coalescing of your fears and worries and your aches and pains, but they are also a pocket of expression from the Field, which is set to negative (as we have discussed in previous books). It is as though the Field is using that analogy of the pincushion that I gave you in an earlier chapter and putting out aspects of itself that are partially sentient and partially aware. And so, you can

regard feeders as little pinpoints of coalesced Field-energy that are having a high old time by connecting to you... but the irony is that they were created by you in the first place – as was the Field of consciousness. So, we are back to the project that I have given you from the beginning of these books which is the need to project Light into the Field; and also not to be disturbed if you find yourself connected to a feeder or ‘psychic tick’ but to love it away and to love the Field away through the projection of Light.

“In your dealings with people, be aware that when they react badly to you oftentimes it is because they too have unseen ‘guests’ feeding at the ‘table’ of their spiritual and psychic energy. And so, in dealing with people in a potentially explosive situation where there could be an argument or worse, before your meeting with these people or at the time when they are acting unreasonably, project enough Light to surround them and infuse their bodies with Light so that their ticks dissipate. The feeders can only connect to a low level of energy. When you are depressed... when you are fearful... when you are worried... when you are ill, the amount of Light you exhibit is shrouded, is shadowed and becomes darker and greyer – and it is that Light that allows the feeders and ticks to maintain themselves. They cannot cope with a higher level of spiritual energy.”

- I regularly check myself for such 'attachments' and, if I find any, deal with them as *Joseph* recommends above.

Now... thus far in this mini-series of articles we've looked at the ability of certain discarnate spirits who have not yet moved on from the earth plane to connect with souls still in the body, encouraging their 'victims' to indulge in physical excesses and, as a consequence of doing so, to unknowingly permit their 'uninvited passengers' to vicariously re-experience earthly pleasures. I've also examined the phenomena of 'feeders', semi-sentient thought forms capable of attaching themselves to a person's energy centres and keeping their host in a depleted state of being in order to gorge themselves with 'watered down' spiritual energies that allow them to survive and maintain their existence...

In doing so I seem to have painted quite a bleak and scary picture of the unseen world around us, don't I? My intention, however, has not been to frighten you but to empower you to 'read the signs' and take positive action should you ever feel you are under attack from the negative forces *Joseph* and I have described to this point. Forewarned is forearmed, and in recognising the 'symptoms', either in yourself or in others, from now on you will be able to reach into your 'spiritual medical cabinet' whenever necessary to bring out and apply

appropriate and effective cures. 'But Michael', you are no doubt screaming in frustration by this point, *Joseph* has told us what to do about feeders, but *you* haven't provided us with a single cure yet! I *will* shortly, Dear Reader, *I promise*, but I first needed to furnish you with a comprehensive list of the negative influences that can impinge on you. Talking of which, there's one more phenomenon I must add to that list, and it's one you will likely be very familiar with as most of us encounter it on a regular basis. Let me ask you this: How often have you begun your day bright, breezy, and upbeat only to meet up with a friend, family member or work colleague and then, following that connection, find yourself feeling absolutely dreadful... drained... tired... listless... *!!!?*

You're no doubt familiar with the term 'psychic vampire'. It's often used to describe those individuals who, when we're in their presence, seem to have an uncanny knack of making us feel as though we're losing the will to live. They seem to somehow drain the life essence out of us whenever we're with them... sometimes even when we're only in contact with them via our phones. In fact, and almost always unknown to them, that's *exactly* what they're doing. Usually, it's because such individuals have an urgent need for life-force energy. For a variety of reasons, they're burning up more spiritual energy than they are personally capable of generating and maintaining, so each time

they connect with you they automatically siphon off some of yours. In almost all cases they are unaware *consciously* that they're doing this, but as a needy spirit they take the opportunity on a subconscious level to top themselves up, using you as a convenient 'filling station' whenever you come into contact with them.

What to do in such circumstances?

Often these individuals are friends and family members – there's no way we would seek to shun them, but how can we stop them leaving us feeling so depleted? *Silver Star*, a key communicator from *Joseph's* soul group, once recommended that I place myself, using my imagination, in a transparent silver 'bell jar' construct which I should see forming around my head then descending around my body and tucking under my feet to provide all-round protection should I think it likely that I'm about to find myself in situations where my energy could be siphoned off, and to do this *before* encountering such situations or connecting with a person/persons known to have a detrimental, draining effect on my being.

We can't always be prepared in advance, of course, as we are often dropped into circumstances we have no way of anticipating ahead of schedule, and as a result we sometimes discover – too late – that we are suddenly in the presence of a

someone or 'someones' with a need for the spiritual energy we can unwittingly provide them with.

In such cases a damage limitation, exercise is the quickest way to re-establish our spiritual equilibrium and prevent any further 'leakage'. The 'bell jar' image can, of course, be rapidly deployed around you at any stage during your interaction with an energy-drainer to stop further life force being taken from you, with you in your mind's eye then flooding the 'inside space' between the interior of the jar and you at its centre with restorative gold light. Then, once your unfortunate encounter is over, you can head straight for the nearest sink. Turn on the cold-water tap, run the water with some force, and hold your wrists under the vigorous flow. You will feel life force energy streaming back into your body. Also splash/sprinkle/flick drops of water over the crown of your head, and in a downwards, cutting motion across your brow and heart centre with your fingertips whilst affirming that any connection that has been made has just been severed. As you do this also mentally run through your principal chakras and systematically close and seal each one (safely opening and closing the chakras is explained and demonstrated in [my free Higher Consciousness Living course – Module 1 Part 5](#)).

III.

It felt like Groundhog Day. I had drawn the church service to a close with a short prayer and then could see – and I didn't need to be psychic to predict that this would happen – that the path between me and the medium's room, where a much-anticipated cup of tea and some biscuits lay waiting, had become blocked due to the sudden formation of a queue of people, eagerly waiting to ask me questions. *Sigh! No rest for the wicked!* In amongst the crowd stood two teenage girls. Pale-faced. Wide-eyed. Almost, but not quite, shaking. *What was my advice regarding ouija boards?* they nervously asked me. *Were they safe? Were they dangerous?*

Earlier, I opened this chapter with the *Groundhog Day* reference because the above was by no means a unique occurrence. I'd spoken to individuals on numerous occasions regarding this self-same subject following other services in other churches, and in each case their questions were almost identical: *Ouija boards. ...What did I think of them? What did I recommend regarding their use? Were they good or bad things?*

This lead-in to the concluding part of our investigation into 'uninvited passengers' – into some of the unseen negative forces that can latch onto us and affect us adversely and what to do to make sure they

don't – begins with an appropriate subject, as we shall see, and I have a single word of advice for all and everyone regarding ouija boards:

...DON'T.

You wouldn't leave your door open and unlocked at night, would you, then go to bed hoping you were safe in your home? Similarly, and as an analogy, on the basis of a single telephone call to someone you had never spoken to before, you wouldn't invite that person, without knowing anything at all about them except that they 'seemed nice' on the phone, into your life from that point onwards ...trusting them to advise you on the course of your life by them predicting for you things concerning your future that may or may not be accurate and helpful (which could also apply to the 'facts' they are asking you to believe as to their identity)?

You see, the first – the *golden* – rule in protecting yourself against unseen and uninvited passengers is: ***don't ever invite them in.*** Many neophyte spiritual seekers make the mistake of looking for the initial 'thrill' of connecting with a discarnate spirit or spirits and becoming the focus of their attention and the recipient of help and guidance from 'beyond'. In hoping to establish such a connection via a ouija board, you have no idea who might be on the other side of the open-ended 'call' you are

attempting to make ...who your unseen contact really is ...what their true motives are. There is, however, one thing you can be absolutely certain of: they are not communicating with you from a high spiritual sphere or from an evolved state of being – because, if they were, they would get in touch with you ‘via the proper channels’ and would have no need of a ouija board. So, it’s a big **NO** to the use of this seductive little occult instrument (believe me, I’ve seen more pale and frightened faces than I care to remember, and could tell you tales regarding communication via ouija boards that would make your blood run cold). Similarly, and in seeking spiritually, never, ever, without *first going through the proper channels*, stare in excited anticipation at the ceiling of your living room and ask *is there’s anybody there*, hoping to attract into that room a highly evolved guiding influence... And never, ever ask for physical proof that a discarnate someone is around you – ask them to move something, for example – because, as a result of doing so, you just might find out that someone *is* there and they’re not ‘a someone’ you would want in your home... Poltergeist activity, anyone?

In using the phrase ‘going through the proper channels’ I’m referring to making a regular connection with – and, therefore, being on the receiving end of protection from – the Divine-within. Before undertaking *any* spiritual work or, indeed,

before simply setting off on your usual physical and mental journey through each new day, it is essential that you actively align yourself with the highest and the best – with the God-within, with the Divine energy you came from and are a part of and which, if invited to do so (you have free will, remember) can and will surround you in love and Light and ensure no harm comes to you and that any potential ‘uninvited passengers’ are unable to sneak on board.

Which brings us to the related subject of *motive*. Your motive in seeking unseen spiritual connections also acts as your protection. You have to be honest with yourself as to what you are hoping to achieve from your ongoing journey of spiritual discovery. What do you intend to do with any spiritual knowledge you will gain as a result of setting out on that journey? Is your quest for spiritual knowledge focused solely on yourself and your needs or do you intend to also use it to help elevate others; to work to lift all humanity and all life here into the Light? Your initial, core question... one that requires a stripped-bare, honest response, has to be: *why do I want to develop spiritually?*

OK – the fact that you’re reading this, that you are reading this right now, means it’s almost certain you’re not just interested in receiving message after message from departed friends and family but are seeking a higher level of spiritual input. You are a

spiritually-minded; a seeker for the right reasons... but in and of themselves these qualities are not guarantees of your protection. You also need to be aware of the potentially negative implications of your development journey as, in earnestly desiring to help all humanity, in selflessly seeking to share spiritual truths and insights and Light with as many souls as you are able to bring such uplifting energies to, you are 'sticking your head above the parapet,' as it were, and as a consequence of doing so can become a target for the 'uninvited passengers' you are reading this article in order to learn how to avoid. Not only that, but as the heart-Light you emanate grows ever brighter, ever stronger, it will become a beacon that can be easily and clearly seen by the unseen – enlightened or otherwise.

– *Catch 22*, as the saying goes.

So... what to do? You wish to progress spiritually and you have the right motivation but, of course, you want to remain protected as you're doing so. The key to personal spiritual enlightenment and being able to share that knowledge with others to maximum effect whilst keeping yourself 'passenger-free' is to build into each of your days safety routines that become second nature to you, and to have to hand certain practical 'fixes' that can rapidly re-energise you and put you back on course should you find you have been adversely affected by the heaviness of the material world, the

Field of human consciousness, the thoughts and actions of others, and negative unseen influences.

Here are a few procedures you might like to incorporate into your day which can help you do just that:

1. Waking Dedication. On awakening each day, make a connection with the God-within your first priority. Before you get out of bed, spend a few moments affirming that the inner power and wisdom of the 'big two' – the Divine-within and your Higher Self – will guide, inspire and protect you during your day ahead. Thank the Divine and your Higher Self in advance for doing so.

2. Regularly check yourself for 'uninvited passengers'. If your mood suddenly and inexplicably nosedives at some point in your day and/or your energy levels bottom out, and this is not as a result of a physical need for food or rest, take yourself away somewhere quiet (this can be the established peaceful meditation spot in your home or the rest room if you are at work) then calmly check yourself psychically for feeders (with practice you will be able to sense and see these attached to your major chakras), dealing with any you might discover as Joseph advises in the first two parts of this article.

3. Ask yourself, 'Is it me or is it someone else?' Depressions, dark moods and overwhelming feelings of sadness suddenly

coming over you for no apparent reason can mean that someone you have connections with is in trouble or has a problem that is pulling them down; that they are currently thinking in your direction and/or you are picking up their depleted thoughts and mood. As spirits we are each transmitters and receivers of energy and, as you progress spiritually, you will find yourself becoming increasingly sensitive to the unseen connections that can reach you and impact on your consciousness. Ask yourself in such circumstances: **'Is it me?'** And, if you sense that it isn't, ask the Divine-within to reveal to you the source of the negative cloud that has settled over you – ask to be shown who the person is that has made a mood-altering connection with you. As a result of asking this, you will find that someone you know either phones you, emails you or turns up on your doorstep, or that you have an overwhelming urge to contact someone you know. Once you have been contacted by or spoken to the person concerned, your mood will rapidly lift to its usual setting – meaning you have identified the source of your remotely influenced mood-crash.

4. Check yourself for 'filaments'. The 'psychic vampirism' you can be subjected to and which is detailed in the preceding instalment of this article can sometimes be difficult to deal with, not because you are incapable of doing so, but because some of the souls unknowingly taking your energies may turn out to be close friends or relatives

going through a hard time, or other people you care about and wish to help and strengthen. You have to be able to 'live to fight another day', however – you can't help someone you care for tomorrow if they are unconsciously draining your energies today via an undetected filament of energy that is linking you to them and allowing your energy to constantly flow along it and into them. Remember to regularly look for and disconnect such energy links using the methods outlined in the last instalment. You're not being cruel in doing this... you're maintaining your energies at optimum levels so you can continue to help those around you from a position of strength and health.

5. Become a living mirror. There will be times when you find yourself unable to pinpoint the origins of your suddenly heavy feelings and plummeting mood and rid yourself of them. This is hardly surprising as we make countless psychic connections in our daily lives with those we know, plus connections with those we don't know, also picking up – sensing and being affected by – underlying dominant trends in the Field of human consciousness. As an example, during the course of a single day I can be subjected to the thoughts of a great many people because of the higher-than-average profile of the Band of Light – putting itself out in public as it does via videos and articles such as this one, etc. As a result, we are recipients of both the kind thoughts of individuals who support what we do, and

also the less-than-benevolent emanations of individuals who don't agree with Joseph's viewpoint, and who become a little 'needed' each time we put out something new. Those resentments reach me/us psychically and we have to be mindful and take care to keep ourselves free of them.

One way to do this is to visualise yourself as being within the silver bell jar mentioned in the last part of this article, then to 'mirror' its outside surface in your imagination, so that all thoughts reaching you are reflected away from you by this invisible barrier.

6. Make your home a house of mirrors.

My good friend, [Meria Heller, with whom I co-host *the Bigger Picture* radio show every two months](#), suggested that we can also do this with our homes, again using our imagination to first of all visualise encasing them on all sides within a 'steel' frame, then to place mirror surfaces, facing outwards on all sides of this frame, effectively making our homes a fortress within which we are safe and protected from all negative influences and intentions. This is a very beneficial exercise to do at night before sleeping.

7. Return to Sender. We don't have to take on board – to accept – incoming

negative influences simply because they intend to attach to us. Sometimes we will know we are under attack but won't know where that attack is coming from. In such cases, a quick and effective remedy is to simply become quiet and say: 'Thank you for the gift of your thoughts. However, I have no need of them on my journey, and so, with love, I send your gift back... I return it to you.'

– Negative influences... A vast subject – but I hope I've been able to share with you some effective methods of ridding yourself of 'uninvited passengers'. In closing, I would wholeheartedly encourage you to 'keep on keeping on'. Please don't become discouraged simply because I've pointed out some of the pitfalls you can encounter on your journey of spiritual development. I bring them to your attention to make you aware of them, to give you the means of protecting yourself, and to help you maintain buoyancy and positivity as you continue to unfold the wonders, delights, peace, fulfilment and life-enhancing perspectives that are to be found in seeking and connecting to higher realities and the Divine-within.

Discover more at www.thejosephcommunications.co.uk