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## CHAPTER 1

### WHERE IT BEGINS

In the quiet space between what we know and what we feel, I discovered an unseen world....

“You are good at working with the dark entities,” this woman told me.

“Dark entities? I want to be a medium,” I said. I had never even considered working with dark entities; that sounded scary. “Isn't that like being the garbage collector of the metaphysical world?” I asked.

The lady shrugged. “It's what you're good at,” she replied.

Little did I know I had just met my best friend Lorna for the next several years.

I'm Cindy, and this is my story about being a public procurement manager and protector of the taxpayer dollar to becoming the entity doctor—a protector against dark entities—and an energy worker, healer, and teacher. You will share all my trials and tribulations, experiences, and pitfalls of this transformation as well as the exciting and sometimes

frightening things I have learned along the way. Apparently, I agreed to awaken spiritually in my soul contract before I entered this life. One thing is for sure: if you have agreed to do something in your soul contract, you will be drawn there, maybe kicking and screaming, but your angels will get you where you need to go. What you do with it once you get there is up to you. The smartest thing is to listen and follow what Spirit is telling you. You may be very surprised at where you end up, and it may be better than you ever imagined.

I'm certainly not doing anything I had previously conceived of, but as Lorna said, I'm good at it, and it gives me joy. It was not an easy path to get here, and I will tell you about my personal experiences. Should you decide to embark on a journey into the world of spirituality, your experiences will be different from mine. My hope is that this book will give you some information to base your decision on, including whether spirituality is your path and a little about what you might expect along the way. The things Spirit has taught me are based on my energy signature and strengths; again, your lessons will be different, but all these lessons are magnificent.

As humans, we consist of four parts: physical, mental, emotional, and spiritual. We are taught all about the first three and little or nothing about developing our spiritual side. This includes our faith, intuition, and the ability to trust ourselves and others. This book will explore many aspects of learning about your spiritual side and some things I was unprepared for as my vibration rose. Learning to recognize and manipulate energy is very challenging. There are many ways to utilize this talent and ways it can turn on you.

Here are some things to ask yourself to see whether you are ready for this journey:

*Becoming The Entity Doctor*

- Are you interested in developing or furthering your spiritual knowledge and talents?
- We all have spiritual gifts; do you recognize yours?
- Are you ready to enter the unseen world and work with your angels, guides, and highest self?
- Are you ready to find answers to some of your most tormented questions?
- Are you ready to adapt to the answers?

In this book, I will take you along as I learn how to figure out fundamental techniques all the way to an advanced understanding of negative energy and entity removal. And I'm still learning. You will share in my trials and errors, my growth and stagnation, and what I discovered along the way. Let me show you the pitfalls I encountered so you can try to avoid them for yourself, or at least be ready and know you will get through them.

You never know where life will take you, and it's not usually where you are expecting or even wanting to go.

“I want to be a ballerina!” said the little girl who grew up to be an accountant.

“I want to be a fireman!” said the little boy, now a contractor. We all find our niche, our gifts, and the area where we excel.

Like doctors each have their own specialty, so do metaphysicians. Patch.com has defined a metaphysician as:

*“A metaphysical doctor uses holistic healing. They know a variety of tools to help heal at the spirit level. Seeing a metaphysical doctor in addition to your medical doctor can be very useful when you want wellness for your whole being focusing in on body, mind and spirit.”*

*Mar 3, 2012*

When I began studying spirituality, I wasn't aware of all the possibilities, and I wasn't even aware that an entity doctor even existed. We usually hear about mediums and psychics. Here are a few more spiritual modalities you might be familiar with; you might even be drawn to one of these areas.

Information Practitioners:	Energy Workers:
➤ Readers	➤ Massage Therapists
➤ Astrologers	➤ Acupuncturists
➤ Palmists	➤ Pranic Healers
➤ Numerologists	➤ Reiki Practitioners
➤ Psychometrists	➤ Feng Shui Practitioners
➤ Shamans	➤ ThetaHealers™

You might be asking, “What is an entity doctor?”

As an entity doctor, I am able to detect external entities that are attached to people, places, and things. I can tell you what type of entities these are, how many of them there are of each kind, and if any are extremely powerful or dangerous. I can detect and repair damage to the soul from any lifetime, remove spells, seal portals, and address various other issues that we

will discuss later. In addition, I practice many forms of energy healing, such as Reiki and ThetaHealing™.

For this book, we will focus on developing the entity removal gifts.

An entity doctor is your first stop as you embark down the road of spirituality. To be able to make progress in addressing your inner self, it is best to have any parasites and clutter removed in advance. For example, imagine you are ready to plant new seeds in your garden, but last year's growth has overtaken the bed. The entity doctor will remove the thorny vines, leaves, and overgrowth to get down to the fresh fertile soil so you can easily grow unencumbered by external forces.

It is not easy to find sources to learn about these dark issues. I was lucky to learn the basics of entity removal from my first spiritual teacher, and from there, I listened to guidance from Spirit. Spirit has many names. You select the energy that you find best: God, Source Creator, the Universe, Jesus, Muhammed, Buddha, Allah; it's your choice.

I will tell you what I have learned from Spirit; some things you will resonate with, and other things will not suit you. Everyone is different, and the information you learn will go into one of three categories;

1. I accept this theory and put it into practice.
2. I reject this theory.
3. Someone believes this, so it may be a workable theory. I'll keep an eye on it.

“I just finished building this house; it was such a nightmare. We have moved in, and everything is going wrong. Can you help me?”

I could hear the desperation and helplessness in Brittany's voice. I said, "Let's check in and see what's going on."

I asked Brittany about her family, home, and pets. I connected with my Spirit council and asked several questions about each family member, home, and property. I spoke with each of the animals who were willing to talk and discovered the problem.

"You have two underworld portals coming into your home; the dog told me where they are."

Brittany protested. "That's impossible! This is a brand new house."

I asked, "Okay, how long has the land been there? What has happened on this property in the past?"

Brittany agreed that we couldn't account for the history of the land.

I closed and sealed the portals and cleared the home, property, and family members that needed clearing. I cleansed and healed each one and cut their cords. Brittany reported back that the energy in the house was totally different. The fights and frights had stopped, and everyone was calmly enjoying their new home. Even the animals were getting along.

Brittany checked back with me every three months at first to see if any tune-up sessions were needed to maintain her freedom from negative attachments. Now she checks back when the energy in her home or of any of her family members feels off. So she knows I'm here for her whenever she needs me.

## *Becoming The Entity Doctor*

Are you ready to begin or accelerate your spiritual experience? You can be anything where your talents excel; you don't have to be an entity doctor. You can explore the possibilities, and as your gifts develop, Spirit will guide you toward your best fit. When you are ready, teachers will present themselves, and you can take your studies as far as you like. You may use your new skills as your profession, or you can play and have fun with your gifts for yourself. Knowing how to ask Spirit questions and confidently receive the answers will help you and your family in the future.

The first step is learning to raise your vibration. This opens you to communicate with Spirit and find your happiest path toward your goal, which may be better than you ever imagined. Take the first step with me.



## CHAPTER 2

### IN YOUR WAY

“I’ve been looking for help for so long,” Kathy told me. “I’m always depressed and tired. I’ve been to my doctor and had all the tests, but they can’t find anything. I don’t want to go on mood-altering drugs; I want to get back to being me.”

I tuned into Kathy and found that she had a significant number of lost souls attached and an underworld portal which means unlimited underworlds on her. She was ridden with negative stimuli, which is why she felt so bad. She couldn’t “will herself” into feeling better because the problem was external and not something Kathy could control. I explained what was wrong and how much it would cost to fix it. I told her it would only take an afternoon and a few days of recovery. Kathy said she would think about it.

The next time I heard from Kathy was a text a few months later complaining about how bad she felt and that she couldn’t take it anymore, but she never scheduled her clearing; she wouldn’t commit the time, finances, and attention to clear up the issue. I would sympathize and say, “I’m sure with that many entities, you feel terrible. When do you want to schedule your

clearing?” These texts continued for over a year. Kathy never did get cleared. She eventually stopped contacting me regularly, but I hear from her occasionally.

Are you serious about learning to communicate with Spirit, raising your vibration, and finding your joy? In that case, you must commit to focusing on incorporating this into your everyday life. When you learn to dance, play an instrument, play a sport, learn a language, or anything else, you must practice. I love the old joke;

A tourist goes to New York City, climbs into a cab, and asks the driver:

“How do you get to Carnegie Hall?”

The driver responds, “Practice, practice, practice.”

Many people who contact me for help explain that they don't have the time to commit to becoming spiritual; they just want it to happen. Many people believe that spirituality is magic, and I agree. However, it takes time and requires consistent effort. Like anything worth your attention, if you don't *have* the time for it, you *find* or *make* the time. The good news is that the practice of raising your vibration is much more laid-back than the other activities mentioned above.

With this in mind, this book will not teach you to become an entity doctor and battle dark entities any more than reading a book on becoming a ski jumper prepares you to strap on your first pair of skis and head for the launch. Your goal may be the PhD but you must start with 101.

I talk to people who tell me they have no psychic abilities; they are in awe of people who do. They say that they don't receive messages or know what is going to happen before it

does. They are totally without any intuition whatsoever. One of my first classes was animal communication. We were taken to a stable and told to ask the horse how old she was. About 65 percent of the students said the horse told them she was 16; the teacher verified this. I didn't hear anything. In another class, they brought in a dog, and we asked him questions; my answers were different from the majority of the students. Was I making up my answers? Was I connected to another dog, or did I want to hear these animals so badly that my subconscious took control and tried to give me what I wanted? How do you tell the difference? How do you know when it's you and when it's real? How do you get out of your own way?

When we talk about getting out of your own way, this means looking beyond all the preconceived notions and beliefs from this lifetime and past lives that work against you. Sometimes it's your tendencies that make trouble; other times, it's the part of your zodiac sign that drives you nuts about yourself. You're probably making a list of these now. Let me tell tales about myself. I am a petite, redheaded, left-handed, A-personality Virgo. What does this mean?

Petite means short; we wee ones live at a lower elevation than the average person. It is interesting because when I meet people, I receive energy from their torsos more than their heads. For me, the vertical challenge results in *small dog syndrome*. I must be noticed, included, and valued. If I am disrespected or disregarded, I growl and bite ankles like any small dog would. I don't really bite physically, but my energy and words can be biting. I'm sure you know a powerful petite bundle of dynamite. As William Shakespeare said,

“Though she be but little, she is fierce.”

Redheaded people tend to be quick to anger, very stubborn, and tenacious. Not many people are willing to take me on in a controversial discussion. When I took a negotiations class as a procurement manager, the senior member of the class said he didn't want to partner with me for the negotiation assignment; I was too much for him. This makes me good at dealing with vendors and negative entities. I stick with my project until it is done, no matter what it takes.

Left-handed means I'm in my right mind. Right-handed people use their left brain more, making them logical, analytical, and methodical. Lefties tend to be more creative and have a unique perspective. We address problems from a different angle than most people. I can't tell you how many times someone has responded to my suggestion with:

“I would never have thought of that!”

I suppose this helps me get out of 3D thinking and get creative with solutions to removing various types of entities.

A-personality means I'm the boss! I'm in charge. As a procurement officer, I used my energy field to control a situation well. A-personalities are competitive and have a strong sense of urgency. We are impatient and can be hostile when we aren't achieving our goals. With these high standards, we stress out when we push ourselves too hard. In my procurement life, I was an overachiever. I worked sixty hours a week and sat on two prestigious boards of directors.

If I haven't painted enough of a high-strung picture, we get to Virgo. If you know any Virgos, you know them to be meticulous and anal-retentive. This person handles the organization and details of whatever comes up. When I close a portal, I don't close it once; I put on four layers and then cure

the seal to ensure it stays entirely inaccessible to the bad guys. This nit-pickiness is how I drive myself crazy. The strive for perfectionism takes much longer than less stringent people might take to do a job, but I haven't had a portal reopen yet, so it's worth it.

With all these personality traits put together, you can see why Spirit selected me to be The Entity Doctor: I take no flak from entities, and what I start, I finish. On the other hand, if becoming a spiritual being means relaxing, releasing control, and allowing, you can see how that has been a struggle for me. It shows you that if I can do it, you can too. Some clients want me to be the patient and compassionate coach where they can cry on my shoulder, and I will stroke their hair and tell them, "It's not your fault."

Instead, I tell them, "If you aren't ready to take responsibility for your own happiness, I'm not the right person to help you."

They don't really want help anyway. I am patient and compassionate with people who want to develop their spiritual side and are willing to put in the practice.

When I talk with a new client, many times the conversation begins with them saying,

"You're going to think I'm crazy, but..."

"You're not going to believe this, but..."

People, especially those with the ability to see, hear, or feel, will be hesitant about revealing these gifts. They are afraid of being ridiculed and called crazy. I've got news for you: everyone is crazy in their own way. Yes, you too, and me. Think of each family member; you can identify the area of crazy for all of them.

The fear of revealing your gifts may stem from childhood when a friend or parent ridiculed or mocked you for talking about your experiences. Some people turn off their gifts, choosing not to listen to the messages that Spirit is sending them. Other people retain the gift but suffer in silence, not knowing who to trust with what can sometimes be harrowing experiences. They might receive a message and ask, “Is this scary? Is this from a friend or something trying to trick me? Can I trust this information? What do I do with this information?”

Without a point of reference or a sounding board, this situation is overwhelming and confusing, with nowhere to turn. So you get frightened and depressed and are afraid to reveal yourself to your friends and family. Where do you go to learn about the information you are receiving?

Another issue people get tangled up with is what their religious leaders have taught them and how it fits with their becoming spiritual individuals. One of the ladies in my advanced class, Natalie, is a talented biomagnetism therapist and Reiki energy practitioner. She does healings using magnets placed strategically on the client incorporating Reiki energy. She has worked on me and does a fabulous job.

Natalie was raised Catholic and felt a conflict between being unfaithful to God and learning to listen directly to Spirit. This conflict hinders her from getting out of her own way and believing the information she receives. When we were reading clients in class, she would always talk last and sound a little unsure of herself, although her information always rang true. She says she doesn't see or feel, but on one occasion, I was on her massage table, and she was doing a treatment for me. I felt an angel working on my legs to the right of me. Natalie got up

from the stool at my feet, walked around the angel, and came up to my head. She could have walked straight up the side of the table and through the angel if she didn't feel its presence, but she walked around it. I'm sure this wasn't a conscious act, and she was surprised when I told her about it, but she obviously felt it there.

Some religions teach that only the officiant—priest, minister, rabbi, or cardinal—can connect with God or that this can only be done in a place of worship. Any deviation from this is a sin worthy of an eternity in hell. If this is ingrained at an early age, I can see how someone seeking Spirit can stand in their own way.

We all have a little spark of God within us called our Highest Self. Learning to communicate with this inner spark, along with your guides and angels assigned to help you throughout your life, is the start of your journey, and isn't it nice to know that you have this divine team on your side? You are not alone on your journey, and they will help guide you along your path.

## **CHAPTER 3**

### **MY JOURNEY**

You may be looking at your list of personality traits that drive you crazy about yourself. Let's see if we can turn up your vibration to spin things around and see them as assets. My list of things still drives me up the wall, but I have learned to accept the benefits of having these strong qualities. This book will show you the unique spiritual gifts that you possess, teach you to enter the unseen world and work with your angels, guides, and highest self, and work together to find the answers you seek.

You will learn to work with energy to manifest what is in your best and highest good. As I found out, it can be a surprise. Spirit will bring you the sweetest surprises; all you need to do is exude the energy you would like back. The following chapters will teach you to tune your energy to make life easier and show you through my experience



what can happen if you decide to take your vibration higher and higher.

Thank you for joining me on my journey from a not-very-nice person-but-good-at-my-job to a much calmer and in touch spiritual individual to the energy worker on multiple levels as The Entity Doctor. This ride has many bumps and a fair share of twists and turns. When I think I have something figured out, it turns out I was only half right; now, I must figure out the rest. Spirit keeps me challenged and definitely not bored.

We will talk about:

- How I got started.
- What is vibration?
- How do you know if you're psychic?
- The difference between entities and energies.
- How do you figure this stuff out?
- How Spirit helps out.
- How does it feel to work with energy?
- How dark does it go?
- Now we're getting weird!
- What else is there?
- Things aren't as they seem.

### **How I Got Started**

It's extraordinary how Spirit will get you where you need to go, and even stranger that you go without

questioning why; you just do it. Spirit took a long and winding path involving two continents and past life lovers to get me where I was supposed to be. I was eager to accept the next challenge once again without prior planning or forethought. That is not very Virgo of me.

I ended up in a spirituality class—nothing I had ever considered studying. When I was a teen, I had a bad experience with church and never returned. Religion and spirituality were nowhere near my radar, yet here I was. In Chapter 4, you will see how this class got me started learning the skills and knowledge I would need to make my occupation as an entity doctor. They introduced me to some of my best friends and colleagues and laid the groundwork for me to learn and grow in my field.

### **What Is Vibration?**

Vibration is the frequency at which your energy as a living being vibrates. We all know low-vibrational people; they are low-energy and slow. As our vibration rises, we don't move faster; we are better able to connect with Spirit and our spiritual team. We are able to gain guidance and input from these unseen helpers. It sounds simple enough: “Raising your vibration.”

Is it really that easy? Actually, no. Many things change. Join my client Mary in Chapter 5 as she experiences a drastic rise in her vibration in a short period of time and

the information she receives. Spirit determines when you are ready for an upgrade in your vibration; they say how much and what you need to release as this happens. We are not usually prepared for this boost, yet here it comes. It's surprising what we find coming out the other side.

### **How Do You Know If You're Psychic?**

Everyone is psychic. We all have a little voice that tells us what we should and shouldn't do. The problem is when this little voice doesn't align with our logical minds. Who is this little voice, and where does it come from? Who is right—the little voice or the logic? We will closely examine this and determine our best course of action in Chapter 6.

Since we know you are psychic, how do you receive information? There are six ways to receive information. Let's talk about them all and see your strongest gift. This will help you discern what information is most important and most relevant to you.

### **The Difference between Entities and Energies**

“Entities and energies: I thought they were the same thing. I didn't know there was a difference.” This is usually what I hear when checking someone for the first time. Energy is all around us; it comes in the form of light,

sound, heat, and other stimuli. We are very good at interpreting energy; we have done so all our lives, and it is second nature. Chapter 7 delves into negative energy that makes you uncomfortable; this can be cleansed.

Entities are sentient beings. They may be in the physical or not. They may be here for our best and highest good or not. Dealing with entities is vastly different from energy. Although both must be addressed during a spirit clearing, I had to learn the order and procedures to remove each effectively.

### **How Do You Figure This Stuff Out?**

Figuring out how to clear entities, what kind of entities we are dealing with, and the distinction between them can be a steep learning curve. I was lucky to find a good teacher, and I learned to listen to Spirit for the rest. In Chapter 8, we will discuss the two main types of entity attachments I find on people and how they differ.

Come with me to my very first clearing, and together we will see how to figure out what to do and when. It takes a lot of trial and error to see what works and elation and exhaustion when we succeed. I get attacked a lot, especially in the early days. I have survived, so it must be lessons that Spirit sends me to share the experience and to see how I am doing. If this is an issue you experience, you, too, can work through it with help.

## **How Spirit Helps Out**

The energy you put out is the energy you get back. This is a universal law. So how do you adjust the energy you are putting out to create a better life for yourself? How do you tailor your energy to increase your vibration and achieve your desired results? Chapter 9 will explain this so you can become more aware of what you are calling into your reality.

As your vibration rises, you get more attention from both the light and the dark sides. There can be consequences that you should be aware of. As your vibration rises, you are able to take on more responsibility, and your spiritual team is thrilled! See how the increase in my vibration allowed me to learn skills I use in every clearing.

## **How Does It Feel to Work with Energy?**

Different types of energies feel very different. Clearing evil entities can be uncomfortable, distasteful, and sometimes painful. Doing healings can be quite comforting, warm, and loving. Occasionally, what you feel as you work on a client is not your own. We will determine how to tell the difference.

How do you send your consciousness into another dimension, and what does this look like? Chapter 10 will help you find out what it feels like to channel Spirit and the best way to deliver the messages that you receive. I get feelings about people I haven't met yet or clearings that are happening soon. You will discover what I feel during a clearing and how I tell whether my efforts succeeded.

### **How Dark Does It Go?**

So I've learned about negative entities; what more could there be? HOLY COW! Hold on to your socks. Although not my first underworld portal, the story in Chapter 11 was my first huge one. This job taught me what is expected of an entity doctor and just how hard a good one must work to get the job done.

Moving up the dark ladder, we meet the bosses of the negative entities; Spirit calls them Karalians. Come along as I am introduced to this demonic entity. I must figure out the best approach to removing it and the energy it leaves behind. If I've given you the impression this stuff is easy, it's not.

### **Now We're Getting Weird!**

I know you thought we got weird before, but more types of entities were revealed to me. These are different because some are physical, but not in this dimension. This makes the client very uncomfortable, but it is a challenge to track down the source. We have heard of aliens; well, there are numerous types with all different ulterior motives.

In Chapter 12, you will learn about the species that surprised me most: the Inner Earth beings. I had never heard of them; nobody taught me how to help them, and I was at a loss. Come with me as I figure out how to return these very aggressive creatures to their home.

### **What Else Is There?**

Not all spiritual issues involve external entities. Many types of damage happen to the soul; it doesn't totally heal. When this happens, the emotion left in the scar can affect subsequent lifetimes until it is repaired. Soul damage results in many fears and phobias. See how damage from many lifetimes ago is affecting people today in Chapter 13.

### **Things Aren't as They Seem**

For years, clients would come to me complaining of a powerful entity that nobody could remove. I was confident that I was the chosen one, and I would work like

crazy to get rid of this malicious attachment. I would do my best work, go above and beyond the call, and it wouldn't have any effect on it. I called in my colleagues to discuss this situation and got many workable theories of what it might be. I finally think I have it figured out. Chapter 14 will show you that this is fascinating, although very difficult to fix.

I hope my story will inspire you to embark on your unique spiritual journey. You are not alone; you have your guides and angels making up your spiritual team. You can always find a mentor or fellow student to assist and accompany you on this journey into the unseen realm. Enjoy these experiences; they are as unique as you are.