



# Removing Darkness and Its Grasp on You

by Julie Hollingsworth, PhD & Kathleen Markham, ND

**E**nergy is a wonderful thing and can be used for so many beautiful ideas, goals, and feelings. Frequencies and vibrations go along with energy, and those things can sometimes get into areas that are not so beautiful, such as the arena of darkness. Darkness is composed of negative and low frequencies (i.e. anger, fear, deceit and obsessions) and vibrations that can make an individual feel the feelings that do not belong to them, be in places where it cannot or does not want to be removed, or even be on an object that you picked up that it is attached to.

Have you ever experienced someone walking up to you and noticing that you automatically feel something different or that you feel an aversion to that person? You are feeling negative energy whether it is theirs or something that has gotten on them.

Have you ever walked into a room and noticed the feeling is just not right or into a house and you cannot quite get comfortable in it? You may be feeling darkness. Darkness changes everything it touches by taking what it can of the positive or light energy out of someone or something and using that energy to become larger and take control.

The wonderful thing about energy is that it can always change, and many times be changed. Understand that there is a battle above you between Darkness and Light and the majority of people do not know this is even going on. For example, people with addictions are taught in recovery to have a concept of a Higher Power, whatever that may be to them. They do this to learn that Higher Power is of Light and addiction is of darkness. Addiction is nothing less than a breeding ground for darkness and literally takes the person hostage.

Very few people do this type of work, removing darkness, in any of its forms from individuals, homes, properties, land, etc. Some people depend on the Light, the Holy Trinity, Archangels, Ascended Masters, and other levels of help. Individuals who do this type of work have their own special gifts that make them able to work with the Higher Realms. An example is Intuitive Empaths. This work requires daily attention in every thought, word and deed and the daily removing of all types of darkness that ranges from simple Triggers to unimaginable Dark Entities. When removed, you will feel lighter and a sense of freedom that is real, something you might not have experienced before. Everyone needs to put attention to this so that their daily lives can be on a more conscious level. You have got to experience it to believe it!

Darkness is unseen by the naked eye. People who do this kind of work surrender themselves to the Light and are gifted by it. The Angels are waiting to assist you in removing any kind of darkness and please know that they are truly there for you.

*Whisper of the Angels, LLC*  
713-526-4357  
[whisperoftheangels.com](http://whisperoftheangels.com)

*Julie Hollingsworth, PhD*  
*Doctor of Esoteric Studies*  
*Intuitive Empath*

*Kathleen Markham, ND*  
*Doctor of Naturopathy*  
*Intuitive Empath*

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