

“Possession” and “Intrusion”

I feel this is a decent article, but always remember spiritual possession is fairly rare and spiritual intrusion can happen, but never ever feel that this replaces emotional and mental professional help. Professional help is very important with these matters of the mind. - Mahala

“Possession” and “Intrusion” A shamanic healer has written this. here’s a couple definitions to work with:

The mystic assumes that all matter is infused with consciousness. It is in constant motion and all reality is what we collectively or individually make of it. It is also assumed, in general, that our thoughts have power and can be infused with independent intent. (consider the outcome of creative visualization) Further more it is assumed that there are many forms of life and intelligence that inhabit many dimensions of reality. Mystics believe that we need to consume spiritual energy just as we do food, light and water and that all beings need to do this.

Possession is a term used to describe when another consciousness is cohabiting the same space as yours. Some mystics do this purposefully for a healing or some other shamanic ritual. Sometimes a parasitic spirit simply begins to feed from someone...other times, unhealthy thought habits create and release thought forms imbued with a voracious intent which then feed on whoever is handy that has what they want.

Intrusions is a term that describes blobs of energy that are stuck in the energy system. They don’t have consciousness. Generally, it’s just stuck energy that belonged to the client to begin with or that was drawn into the energy system for consumption and then found unpalatable.

The following list applies, not only in the case of spiritual possession and the intrusion of spiritual blobs of energy, but to soul and power loss. These symptoms can also be indicative of serious medical conditions or serious character flaws, or more commonly all of the above combined. Do not just assume that you have a spiritual condition, as opposed to a mental health or character condition that needs attention if you find you are experiencing one of these signs in your life. Always examine all possibilities with an open mind and try out professional recommendations to see if they alleviate your condition...you can always try something else later. Here’s that list:

Feeling “beside yourself” or “above yourself”.

Feeling chronically ungrounded.

Out of character selfishness, hatefulness, greed, jealousy.

Feeling carried away by something avaricious during trance or dreaming.

Experiencing the feeling that something is just beside or behind you, followed by a stabbing sensation or pressure.

Experiencing chronic distraction whenever you try to get centered or do something good for yourself. Also experiencing unusual and remarkable hurdles to this.

Compulsive behavior that is out of character.

Loss of good judgment.

Restlessness, forgetfulness, general lack of mental focus, chronic boredom, and depression.

Suicidal thoughts and behavior.

Obsessive thinking and behavior.

Self abusive behavior and/or body neglect.

Feeling lost or betrayed for no specific reason.

Feeling “driven” or “captive” emotionally or mentally by a cycle of anger, fear, resentment, or sadness. This also applies when it pertains to feeling held hostage by a person or idea.

Nightmares which recur; especially those which consume or color your thoughts most or all of the day following the dreaming.

Waking feeling suffocated or feeling that the darkness is smothering or very scary.

Unreasoned fear.

Pain, pressure, paralysis or muscle spasms which have no medical explanation.

Cycles of events which amount to ongoing crisis, tragedy or stress.

Sleeping plenty, but awaking completely drained.

Saying, thinking or doing things which are usually associated with another person you live with or associate with the environment you are currently in.

Cycles of interactions with others which recur and cause pain, i.e.; repeatedly choosing lovers who are abusive or abandoning. This can be more subtle too, such as choosing friends who refuse, avoid or are unable to resolve conflicts and which always or nearly always result in eventual loss of or disconnection with the each friend made.

Illness or recurrent and chronic illness.

Impending sense of doom.

All or several signs combined which cycle over and over despite best efforts to resolve in usually effective ways. Each cycle ends in feeling drained and "mortally tired", even feeling abused.

Generally, Possession and Intrusion occurs when a person is out of balance or not properly prepared for the current environment. By properly prepared, I mean grounded, centered and oriented to the now moment. Also this means focused and calm emotionally and mentally. If we are really getting down to brass tacks, then I'd be remiss in not mentioning that to truly prevent all such instances, there needs to be ongoing practice of karmic release and psycho-spiritual purification. And finally, properly prepared means that one is robed in personal power in a peaceful but effective manner. One robes oneself in a peaceful and effective manner through spiritual Invocation and through Windhorse practices. It is also very important to point out that these practices I just mentioned must be habitual to be effective against spiritual possession or intrusion.