

WHITE PHOENIX - Do it Yourself Exorcism / for spiritually connected individuals

If you have received this document, it is because you, a family member, or a friend are in need of relief from an unseen force or spirit that is causing harm to one's physical or mental being. This could have been a result from a house haunting situation or a result of a psychic attack against one's person. This writing was designed to help eliminate any spirit attachments or demon like attacks. If you know someone who is under attack by negative spiritual forces, please share this document with them. In addition, please pray for them and ask for Divine intervention on their behalf. Do whatever you must to support them and help them in any way you can before things worsen.

- **Belief In God.** Where there is evil there is good. This applies to the spirit world as well as the physical world. The opposite of God is the Devil. Negative entities will deceive you into thinking that God doesn't exist. It is up to you to fight back. Remember, if you believe in the evil influences, you must also believe in God.
- **Call out to one of God's ArchAngels for help:**
 - **Archangel Michael:** Protection
 - **Archangel Tzaphkiel:** Combat against evil forces.
 - **Archangel Raphael:** Self-healing meditations. These healings are for extracting negative effects upon the body due to demonic entities. Other negative spirits, such as uncrossed over spirits, usually do not attempt possession. If one's eyes change color or clouds over, this is an indication of a demonic force interfering with one's mental state of being. If this is happening to you or someone you love, please don't hesitate to contact me for assistance @610-883-6804 (email or texting is preferred).

This document will help you in removing the entity from you, but you must follow this document exactly. If you need further assistance in ridding yourself of the entity permanently, please contact me and I will try my best to assist you further. An additional healing from me may be necessary to detach this entity from you. **If long distance or financial concerns are an issue**, daily self-healing meditations will be necessary. A self-healing meditation will require a 30 minute minimum of your time anytime you feel it necessary. However, once a day is mandatory. In addition to self-healing I do offer a **Long-Distance Healing** session from the Angelic realm. This may be necessary to further remove any association you have with this entity and your physical body. This is an optional service and is offered with this document at a discounted rate if you feel you need it. If you decide to continue on your own with the self-healing meditations without any Long-Distance Healings, please continue to follow the advice on this document. Steady improvement should continue. This can take up to a couple of months for each individual's situation to be different. These entities will diminish over time if you are persistent and patient.

My gift is working with spirit guides who are specialized in the extraction of all negative/demonic entities and any attachments they may have created with the physical body. So if you live locally to me, I recommend you schedule an appointment with me as soon as possible.

- **Angelic Healing Sessions (local only):** I'm also available for additional spiritual healings if for any reason you feel drawn to continue to receive my healing services. Please don't hesitate to schedule follow up appointments if you feel it necessary. I offer discounted rates for local areas within 20 minutes from Brookhaven PA 19015. My service for extraction of negative entities, known as Spiritual Healings, requires me to come to you. However, all my healing services can be done as in home services. My service fees are priced at a competitive rate. This does include extra time for discussion; however, extra traveling time will result in an additional cost. This service includes a 2hr time frame for new clients.
- **Long Distance Sessions:** To these long distance sessions this document pertains. If you live far away from Brookhaven PA 19015 and wish for a healing session, please contact me for pricing. This would include special assistance from the Angelic Healing Realm in helping you remove

entities that are interfering with your mind and body. This does include a self-healing meditation of at least 45 minutes to an hour.

- **Self-Healing Meditation:** Select a music selection of your choice that has no lyrics. For instance: Reiki, nature, classical, or chakra meditation music. Something smooth and relaxing to you. This can be found on youtube or Amazon Prime music. Once you have chosen your music selection, find a place where you can be undisturbed for at least 45 minutes or more. Before any meditation one should always say prayers of protection. A candle and/or incense is optional. Get your-self in a relaxed position and try to let the thoughts of the day leave your mind. Begin to listen to your music and let yourself slowly relax into a meditative state. During this meditation you may feel sensations throughout the body. Everyone experiences different sensations. Don't get alarmed, just trust that you are protected by loving and peaceful angels. You can use the prayers included with this document or any other prayer you may feel drawn to. This is entirely up to you.
- **Drink Holy Water:** If you feel that negative energies are affecting you physically, this may help; despite how bizarre it may sound. This is done by filling up a glass of water and asking a Saint or Archangel that you feel strongly attached to, to bless the water. This can also be God, Jesus, or the Virgin Mary. It doesn't really matter. It is whoever you feel most drawn to, to call upon. Everyone is different and there is no right or wrong. Despite how weird this may seem, this does work. I have had clients who swear by it, but you must believe in, or be open to divine intervention.
- **Eucharist:** This is a holy tradition of the Roman Catholic faith; however, one does not have to be Catholic in order for this to work. If one believes in a one divine god and believes in the power of the Eucharist, this will help fight off spiritual influences on the physical body. It is known as the Body of Jesus Christ. Despite the fact that one may not be Christian or Catholic this will work if one believes. It is through the belief of the one divine god that oversees humanity that makes it effective. (Eucharist can be purchased on Amazon.com)
- **Herbs / Supplements:** also used to extract negative spirit influences on the physical body.
 - St John's Wort (strongly recommended) was used in ancient times for exorcisms.
 - Dose: 400-500 mg capsules - 1 to 3 times a day. Also available in liquid drops.
 - **Warning:** Like any supplements, please use caution and do not exceed the manufacturer's recommendations until you are confident that you're not experiencing side effects. Any new supplement that one is not used to taking may cause side effects for that person; therefore always use caution when taking any new supplement.
 - Alternate supplements: Valerian Root, Angelica Root, or Osha Root.
- **Trust your instincts.** Don't let others dictate to you what you should or should not do. If you are psychic (can hear, see, or sense spirits) others without these gifts will not understand what you are going through. Please trust your instincts. Do what you feel compelled to do despite how bizarre it may seem to others.
- **Negative Entities/Spirits/Demons are Masters of manipulation, deception and lies.** When communicating with Archangels always call out to them three (3) times. If there is any confusion or deception, calling out their names three times will clear up any deception. Ask them if they are your true spirit guides. They must answer Yes or No. **Anything else is deception.** If they avoid your question or refuse to answer Yes or No, then they are not who they portray themselves to be. This applies to all psychics including clairvoyants. These spirit entities can interfere with you telepathically and visually so always be on guard and question your communication with any spirit.
- **Meditation** is highly recommended. This will draw in the positive energies around you. Always ask for protection from negative influences beforehand, by saying a simple pray.
 - Recommended Prayer: (a personal prayer channeled to me upon my awakening, intuitively)
 - **By the power of God, I give my body**
 - **By the power of Christ, I give my soul**
 - **By the power of Heaven, I give my being.**

- During meditation you can listen to any meditation music. You can find such music by conducting a search on YouTube or Amazon Prime videos. Soft relaxing music without lyrics is what you are looking for. You can also light a desired incense or use aromatherapy to help relieve tension and stress. I recommend lavender. Anything that helps put you in a relaxed state of mind.
- Repeat this prayer three times even if you feel like you are under attack by negative entities.
- **Support:** I provide all my clients with ongoing text / phone support. The best way to contact me ASAP is through texting. I am there for you with any questions or concerns you may have before or after my services are rendered. If you feel you have an emergency at any time, please don't hesitate to contact me. These situations can get out of control quickly and unexpectedly.
- **Recommended crystals:** Selenite, Black Tourmaline, Citrine. These are very protective crystals that can be used to help protect against negative entities. They are excellent to draw in and reinforce positive, peace loving spirits. They also can't absorb negativity. Crystals will not solve the issue at hand, but will help keep the negative energies at bay. Placing a crystal grid of Selenite around your bed and bedroom is recommended if the negative energies continue to harass you. Additional crystals like Amethyst, Rose Quartz, Red Jasper, or Dragon's blood can also be used; however, they can absorb negative energies and will need to be cleansed every so often.
- **Crystal-grid:** Setting up a crystal grid around your home, bed (under mattress and boxspring), or your sacred room (meditation room / bedroom) may also help. I recommend placing **Citrine and Black Tourmaline** around the border of your sacred space or bedroom. I also recommend using **Selenite** crystals for your bed by placing them all around the edge of your bed between the mattress and boxspring. I personally use 3 to 5 inch long Selenite sticks that I buy in bulk lots of 1 to 2 lbs. I suggest placing the crystals 8 to 12 inches apart when implementing the grid. Other crystals can be purchased in bulk in 1 lb lots as well. They can be anywhere from ½ to 1 inch in size.
- **Sage:** Saging your home with Tibetan incense from Tibet or Dragon's blood. Both can be found on Amazon.com website and can be purchased in cones or sticks. Please use caution when dealing with fire and follow the manufacturer's safety instructions.
- **Church:** Going to church is highly recommended. It doesn't really matter which church you attend, but this is very important. My gifts and advice are sent to me through God/Archangels. The God that oversees all humanity no matter what religion you may be involved with. I was born and raised Roman Catholic; therefore my church was Roman Catholic despite their disagreements towards spiritualism. My church had a small room where individuals could come and pray to God at any time of the day when the church was open. This made it easy for me to come and go as I saw fit. I went as often as I needed. As long as I was within the church, no negativity entities could touch me. There I was able to communicate with my spirit guides without interference. Roman Catholic churches are open to all, you do not need to talk to anyone. If a priest confronts you, it is best to quietly say you just need to be left alone.
- **A note to you from me:** This is my advice to you. You can either follow it or ignore it. It is totally up to you on how you handle your situation. I highly recommend that you call out for help to the four archangels assigned to each of the four directions.
 - North: Archangel Michael color: red
 - East: Archangel Raphael color: yellow
 - South: Archangel Ariel color: green / Lakota tradition (white)
 - West: Archangel Gabriel color: blue / Lakota tradition (black)
- **If the situation persists:** If you have tried all of my suggestions on this document and you feel that you are not getting the help you need, there is a reason behind the situation. More than likely there may be a lesson or understanding that you need to realize. Try to communicate with the Archangels and/or your Spirit Guides to find out the meaning behind the ongoing situation. Years ago I went through a similar situation, but once I realized the meaning behind it, I was able to accept it and struggle through it. As long as you are not physically being hurt (a life threatening attack by spirit) then more than likely this is

a learning curve. Over a period of time, this situation should improve. Everyone's life path is different, therefore each person will experience different symptoms and situations. Please don't give up, just keep following my advice within this document and keep praying to God and his Archangel for protection. Text me for ongoing support if needed. It is provided through my service.

- **Caution:** If you know someone who is experiencing a situation below, please forward them this document and pray for them.
 - Being physically or mentally attacked by unseen forces/sprit.
 - Physical objects are being thrown at you or someone you knew by unseen forces / spirit.
 - Having nightmares constantly at night and feeling like something is stalking you at night.
 - Your bed levitates.
 - See black shadows constantly. Emotions that are felt with these spirits are fear.
 - Have had a sexual encounter by an unseen force / spirit.
 - One is experiencing color changes in one's eyes, server behavior/personality changes that are clearly unexplained. These changes seemed to occur after moving into a new residence or beginning to work at a new job location that has a history of being haunted.
 - If you, a friend, or a loved one has experienced one or more of the above, they are in need of your help. Please don't hesitate to help them in any way possible. Even if they refuse your help. Please feel free to give them my Information if they are willing to accept help.
- **Testimonials** - Testimonials are greatly appreciated and are vital to my business, so please contact me at RiseoftheWhitePhoenix@gmail.com and write a referral/testimonial. Or write one on my website under the pulldown menu to the far right "MORE" and select "Write a Testimonial" @ RiseoftheWhitePhoenix.com.
- **Donations:** - Please Help my Cause. I provide help for many who do not have adequate funds to pay for my services, yet are in need of immediate attention. Any amount you can give is greatly appreciated.
- **What to expect from this document:** This document will provide relief from negative spirit influences that are affecting one's physical body. These situations are not an instant fix and anyone who says that they are is mistaken. If you are not a Catholic or Christian, try to work with the document's instructions. It may not be easy, but what do you have to lose? This document calls out to the Angles of Heaven and it is through them my work is carried out. If you have received this document then you are crying out for help. Your situation involves negative or demon-like spirits to influence you mentally, physically, or emotionally. At this point you just want to be loved and be surrounded by positive loving spirits and not those who want to bring you down, manipulate, or deceive you. This document is for those who are psychic themselves; however, will be on different levels of their spiritual path. If you are one who is not that familiar with the spiritual / psychic path but has realized that you are psychic, this is probably the reason why negative spirits have targeted you. You must be strong, determined, and persistent and this document will provide you with relief. This can take up to a couple of days to months depending on the individual situation. I'm not the person to deceive you. My goal is to help you get through this ordeal. I only ask for the minimal amount of money to cover my business costs and time. I will try my best to satisfy your individual needs to the best of my abilities. In return, you must be patient with me, I'm still learning myself through each client's situation; therefore, I'm willing to negotiate with your personal financial situations if you are in dire need of help. Sincerely, Gwen Cole Owner and Operator of Rise of the White Phoenix.
- **Removal of unwanted items that may be a link to negative activity within your home:**
Ouija boards are no exception. Anything relating to or formula to a Ouija board should be removed from the home and destroyed. Soak in water or burn it under a safe environment