

3Sep25 New   **The Dangers of Open Channels: Guarding the Light Within**

In the spiritual life, there are passages we must tread with caution. Some paths, what may be called open channels or hollow chords, are spaces that leave us exposed. These are no-go zones of the soul where malevolent spirits or destructive human energies may seep through, eager to exploit our vulnerability. To step into such channels without discernment is to invite danger; they are not to be taken lightly. If given the opportunity, these entities will harm us, diminish our light, and attempt to plant seeds of despair.

Young individuals, especially, must learn this truth early: safety, awareness, and guardianship of the mind, body, and spirit are essential. Negative entities—whether human or spiritual—prey on openness without boundaries. They desire to overpower, to pull us into their current, to strip away the divine light that belongs to us. When we cross paths with them, we feel the chill of their intent, and the encounter can leave scars that echo far beyond the moment.

Yet, there is hope. It is crucial to remember that their energy is not ours. We may be empathic beings who absorb from the environments around us, but we remain whole and distinct creations. God, in divine wisdom, fashioned us as complete beings, capable of generating and sustaining our own sacred environments. This is a miraculous gift: the soul is resilient, the spirit self-sustaining, the light within eternally ours.

When we encounter harm, the memory of it often lingers, carrying a frequency—charged, heavy, and negative. Still, this charge is foreign; it does not belong to us. We may have walked through the shadows, experienced their weight, even carried memories of such trials, but we are not bound to them. We are navigators of our own vessels, captains of body and spirit. Time itself, as God created it, ensures our freedom. Every second is a new reality, a new chance, a new birth. We do not live transfixed in the past, for reality is dynamic and ever-changing. Is this not a wondrous gift?

In this truth lies liberation: negative energy cannot chain us, no matter how dark the path we once walked. God, in divine love, calls us to release these heavy charges. We are asked to rise, to shine, to walk in the brilliance of heaven's sun.