

# PROTECTING THE DOORS TO THE SOUL

dealing  
with sexually  
transmitted  
spirits

In the shamanic view of healing, most causes of disturbance and illness can be traced back to an imbalanced, depleted or damaged soul

Last issue shamanic practitioner and healer MARY COURTIS shared her experience of checking out for spirit beings lodging in the client's energy or soul body, and how they can be moved on

Here Mary looks specifically at how 'suffering spirits' can travel from person to person through the everyday activities of a sexual relationship and at some preventative measures

Thanks to Sandra Ingerman's classic book 'Soul Retrieval', more and more people are becoming aware that physical and emotional traumas often result in soul loss. What is not as commonly recognized is that soul loss often opens the door to possession. As the soul part separates from the person's body an energetic gap is created. A possessing spirit, or suffering being can enter the space vacated by the departing soul part and take up residence.

While this can happen with any kind of soul loss, I believe that this is more likely when sexual traumas are involved. Over the past few years I have seen more and more clients for whom this is true. Their experiences indicate that sexual contact, especially intercourse, may lead to the sexual transmission of spirits from one person to another.

Sometimes this process occurs spontaneously, other times spirits pass from one person to another by design. These suffering spirits may want a new or better home, or may wish to vacate a home which has become energetically depleted, crowded or otherwise undesirable.

## SEX AND SPIRIT DOORS

In the summer of 2004 I took an introductory workshop in Heart-Centered Depossession with Betsy Bergstrom. One of the many important ideas I was introduced to was the concept of spirit doors. These are points on the body that are especially sensitive to spiritual energies.

Two of these points are at the back of the skull where it joins the neck. Another is located at the throat, the heart and the others run down the spine along the spine about midway down the back.

When shamanic practitioners merge with their helping spirits, they often feel a rush of energy in these areas. Helping spirits also frequently merge with a practitioner in ways that are designed to protect these areas, such as coming up from behind and wrapping themselves around the person like a cloak.

If the spirit doors are in good condition then they open smoothly and close tightly. This action helps prevent unwanted energies from getting in. However, if there has been physical damage to the spirit doors then they can 'leak' energy, or remain stuck half-open.

Individuals who have had spine, neck and head injuries or heart surgery may have weakened spirit doors. The integrity of the spirit doors can also be affected by substance abuse, stress or trauma. In both cases, an opportunity is created for intrusions or suffering beings to enter.

## SEXUAL SPIRIT TRANSMISSION

Many possessions occur when suffering beings move through a person's weakened or damaged spirit doors.

Physical sex, however, provides another route into an individual's energetic and physical system. Sex encourages energetic blending and transmission between people. While this sort of exchange is one of the pleasures of a healthy sexual relationship, it can also provide a doorway for a suffering being to move from one person to another.

Women may be especially vulnerable to 'sexually transmitted spirits' due to the nature of their reproductive role. As my helpers explained it to me: "the vagina is one big spirit door!" The biological receptivity that allows women to conceive a new life may also make them more apt to become

'impregnated' with a suffering being. Once inside, this being is also apt to insinuate themselves into the female reproductive system. Ovarian cysts, cancer, infertility, fibroids and other reproductive ailments can all result from having a suffering being residing in the pelvic area.

For example, one of my clients was a woman who had been suffering from migraines and various reproductive problems for over ten years. I asked her when the symptoms had first started, and she replied that it was shortly after she had been raped. I did a quick diagnostic journey, convinced that she had some suffering beings attached to her, and set up an appointment to do the depossession.

On the day of the appointment the client showed up with a blinding migraine, nausea and other pains in her pelvis. She said that the symptoms had begun the evening before and were so intense that she had gone to the emergency room for medical treatment. Despite the doctor giving her a heavy-duty narcotic pain killer, she was still in intense pain. I began the depossession process and found that she had three suffering beings inside of her. One was entwined around her neck and head and was responsible for her migraine headaches. As soon as it had been lifted out of her and crossed over, her headache vanished. The other suffering beings were located in her pelvic region. When they were lifted out the congestion and pain in this part of her body also disappeared.

### ENERGY CLUES

Another indications may be a feeling that something has entered or has been overshadowing the person during sex, sensations of numbness, deadening in the pelvic area, or a sense of depletion, depression or low energy after sexual contact. Suffering beings rely on their host's energy to meet their own needs. So it is not unusual for people to feel 'wiped out' by possession - especially if multiple spirits are involved.

One client came to me suffering from chronic fatigue, depression and a lack of motivation. She did not seem to be able to make decisions or move forward in her life. I asked her

when she had first started feeling this way and she said it was soon after she had begun having sex with a former boy friend. She was silent for a moment and then said "I think he gave me something". I asked what she meant by that and she said "Ever since that time I see a man's face in front of me whenever I have sex".

During the depossession I was able to talk to the suffering being and it affirmed that it had passed to the client during sexual intercourse. The client also had two other suffering beings that had been sexually passed to her by her current boy friend. After the depossession process had been completed the client stood up smiling and visibly re-energized. She said happily, "I'm free. This is the beginning of the rest of my life!"

Other warning symptoms of possession include a sudden change in sexual appetites or other uncharacteristic behaviour. One female client who had always been a heterosexual, abruptly began having homosexual fantasies after she started seeing a new partner. It turned out that she had picked up a male suffering being, and that her new fantasies were coming from him.

Another sign may be difficulty moving on after a relationship ends. One client was still 'obsessed' by thoughts of an old boy friend even though they had broken up three years before. I discovered that she had a suffering being attached to her that had originally come to her from her old boy friend. Once the suffering being was crossed over, her obsessive thoughts about her former lover also went away.

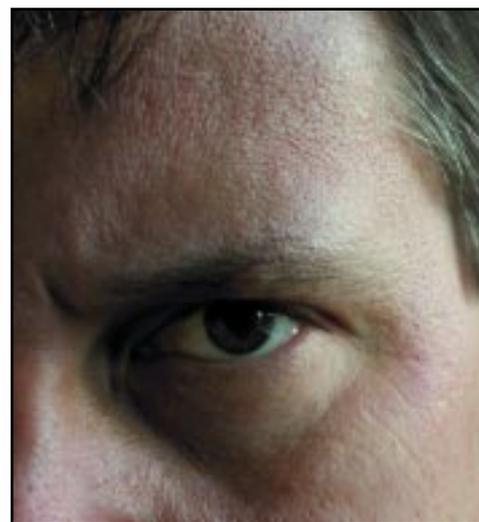
### MANIPULATING INTRUDERS

In some cases suffering beings may be sexually transmitted from one person to another by accident. They may get caught up in the momentum of the sexual act and end up going along for the ride. In other instances, a suffering being may consciously decide to change hosts. One reason may be that the new host offers a better and more inviting home than the old one. They may be drawn to individuals who are emotionally sensitive, have intense physical vitality, or possess many psychic abilities and are attracted to such people like moths are to a flame. When I have

asked them why they had decided to change bodies, the suffering beings frequently said things like "Good host; lots of light!".

Some suffering beings may even influence their current host to engage in uncharacteristic behaviour in order to initiate a transfer.

One client, whose boyfriend came home from the bar with a suffering being attached to him, is a good example. It had originally attached to him because he was the brightest person in the bar. Once he got home, however, the man's girlfriend appealed to the spirit more. So the suffering being overshadowed the boyfriend temporarily and used sex as a way to transfer from one body to another. The girlfriend explained: "Bill, was working at a bar to help pay for school. Sometimes he would come home after work and act strangely. I sort of ignored it at first. But then one night he came home really angry - I mean really angry! I asked him what



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Sandra Ingerman

was wrong. But he didn't answer. Instead he just grabbed me, pushed me down and essentially raped me. I was so shocked that I went on auto-pilot; I left my body. After it was over I started crying and asking him "Why did you do that?" He looked ashamed and confused and started shaking his head. "I don't know why I did it," he said, "It wasn't me!"

Where many suffering beings are present, one may resent sharing its home, or feel hemmed in and just as people in the city may wish to move to the peace of the country, it will want to move on. Sharing a host with others can also mean that there is less energy to go around. Many of the suffering beings I talked with were fearful of 'graying out' or losing their sense of individual consciousness. Moving to a fresh host periodically was one strategy they employed to maintain a sense of security and stability.

We can see from these examples that sex provides a convenient way for suffering beings to pass from one person to another. This process can happen when the sex is consensual. However, if sexual trauma is involved, it is even more likely.



### SURVIVING STRATEGY

In 'Soul Retrieval', Sandra Ingerman explicitly links sexual traumas and soul loss. "Women who have been raped have reported watching their experience from a distant point on the ceiling. For months or years after the rape, they have reported feeling as if they're not in their bodies".

Incest may also cause individual to disassociate from the pain and humiliation of the experience and the result is often soul loss. The flight of the soul under these circumstances is essentially a self protective mechanism. As Ingerman notes:

"Soul loss in an adaptive strategy to the original trauma. Leaving the body is at times the most intelligent way to escape the full weight of a particular horror. Whether it is a woman being raped or a man confronted with the brutalities of war, this adaptation can help the person survive. Likewise, a small child, dependent on parents for survival, cannot physically leave an abusive situation and must find a way to minimize the pain. It always touches me to hear a person say, "I put my soul in a safe place where no one can hurt it." When a soul catapults from the body, an intrinsic intelligence is at work."

This of course leaves those gaps in soul space that the suffering being can move into, and the fleeing soul part may not even wish to return!

### SOUL THEFT

Rape and incest frequently involve soul stealing as well as soul loss. (Ingerman) "I often hear incest survivors who know nothing about

shamanism say 'My father stole my soul,' or 'My uncle stole my soul.'" Similarly, people who have been caught in abusive relationships frequently claim, 'My lover stole my soul.'" Having a soul part actively stolen can induce even more trauma than just soul loss. The victim may feel unable to break away from the abuser and retain a sense of still being connected to them or hurt by them long after the actual rape or incest experience is over. Energetically the trauma tends to widen and weaken any breaks in the person's energetic field and make them more vulnerable to possession.

In some cases, an abuser may possess a victim physically as well: one of my recent clients was a woman in recovery from substance abuse. She complained of depression, low energy, and a feeling of being numb, disconnected and unable to stay in her body. She did not mention sexual trauma explicitly at this point, other than to say that "I've had a rough life". However, as we were talking, her expression and body language changed dramatically. I also felt a large upsurge of dark energy swirling within and around her. As these are classic signs that a person may have a possession, I asked the client if she would mind if I checked something else out before we did the soul retrieval. The client agreed. So I asked her a series of questions designed to encourage any suffering being to show itself. The spirit who eventually presented was a relative who had sexually abused her. The spirit thought of the client's body as belonging to him, and he had been enjoying using it for his own



purposes. He was also scared to cross over because he believed that he would be punished for his actions. After a period of negotiation the spirit agreed to leave. I then did a soul retrieval for the client. The parts that came back were very relieved that the possession had departed. They told me that they had left to protect her from the abuse. The client also reported an immediate upsurge of energy and well-being after the work. She felt more grounded, got more value out of her counselling sessions with a psychotherapist, was able to hold down a steady job, and move forward with many other aspects of her life.

### AVOIDING POSSESSION

I am alerted to check for possible possession if a client has experienced sexual abuse, or complains of infertility or other reproductive problems, or has an especially colourful or prolific sexual past.

Also, a client dealing with bereavement of a partner who may feel unable to move on and is experiencing soul loss symptoms. Of course it is common for widows and widowers to experience soul loss when their partner dies, but they are sometimes also being overshadowed and/or possessed by their former partner. I recently worked with a widow whose husband had died after a long battle with cancer; she said that she had suffered from depression and poor health ever since. Although the client originally came to me for a soul retrieval, it quickly became apparent that her deceased husband was still attached to her.

Once they were able - with guidance and support - to say goodbye, my spirit helpers helped him to make his transition. The client was quite shocked to discover that she had been carrying her husband around with her all this time, but was relieved that she was able to help him cross over. We then did a soul retrieval to restore her lost vitality. Her health began to improve once her husband's presence was no longer draining her energetically, and she reported a renewed sense of enthusiasm and interest in life.

### CONCLUSIONS

The phenomenon of sexually transmitted spirits deserves to be

## KEEPING BOUNDARIES

I usually advise clients to engage in sex consciously and take steps to protect themselves from picking up unwanted hitch-hikers.

The following list provides some helpful tips on 'good soul practice'



1: Find out your partner's sexual history and habits beforehand. Many of my clients reported picking up suffering beings from a current partner and one or more of their former lovers. Partners who have been particularly active, promiscuous or suffered abuse or trauma themselves are particularly risky. Just as many people require potential partners to have an AIDS test, it is also a smart idea to require them to get checked out and shamanically cleared prior to having sex.

2: Avoid sexual situations and places where disincarnate spirits are more apt to be present. Certain places - like bars, cemeteries, battlefields and museums - tend to attract disincarnate spirits. So a person who works at one of these places may inadvertently bring a spirit home with them and pass it on to an unsuspecting partner. Similarly, booking a centuries-old French chateau for your honeymoon may sound wildly romantic, but it might also lead to picking up an unexpected hitch-hiker - and I don't mean a baby!

3: Be aware during sex of what is coming in and out of you. Many people have told me that they knew when something had happened to them at the time. Most of them, however, did not know how to talk about their experience or where to go for help. Even if it turns out to be a false alarm, it is much better

to seek help from a shamanic practitioner if you suspect all is not well.

4: Cultivate personal power and learn self protection methods. It is more difficult for a suffering being to enter a person who is filled with power and vitality. Eating and sleeping well, reducing stress, regular exercise and other preventative health measures are good first steps. Another tactic is being able to call upon spiritual allies for protection and help. Merging with a power animal or teacher can be especially beneficial. For example, a person who is forced to be employed in a high risk location for financial reasons may be able to protect themselves from possession by merging with their helpers before they go to work. Similarly, a person who suspects that a suffering being may be trying to enter them during a sexual encounter may be able to call upon their allies to intervene.

5: Cleanse your spirit doors after sex. Since suffering beings frequently enter individuals through damaged or blocked spirit doors, keeping your spirit doors clean and healthy is an important step to avoid possession. Taking herbal or salt baths, anointing yourself with essential oils, or having your spirit allies check and clean your spirit doors after sex, are all ways to minimize the chances of possession occurring.

better understood. I have only been able to cover a small area of this vast subject here, and I feel it needs exploration by a variety of people working with different kinds of clients. I believe that an ongoing dialogue between practitioners who specialize in soul retrieval, and those who specialize in depossession, would be especially helpful.

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