



# A Course In Astral Travel

## WEEK 5

### Dealing with Negative Entities

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By Mark Pritchard

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#### Negative Entities

Its part of the structure of the way that life is created, that opposites exist, we have positive and negative, light and dark, etc.

This is necessary for life to exist; it is also necessary for learning and spiritual growth. If we had always existed in light alone, we would have no knowledge even of our own existence. It is the struggle against the darkness that makes us strong and gives us knowledge.

So we live here in this world, with all its duality and its opposites, but these opposites also exist in the fifth dimension, that's why negative things can be experienced in dreams or in the Astral.

Just as there are divine spiritual beings, so too there are beings who are the opposite, negative beings. The beings that are divine are that way because they have created themselves to be so, the same applies for the negative beings, they have transformed themselves from humans into creatures of darkness. It is the aim of these esoteric studies to explain how to transform oneself into a being of light, for which the darkness within (the egos, the different elements of the subconscious) must be overcome and the forces of darkness outside must be defeated in their attempt to stop one from awakening, they inevitably come to try to stop anyone who takes up the spiritual work.

These beings of darkness are the ones that you may have seen in nightmares or in dreams. They are the demons that are represented in the different religions throughout the world, many people when Astral projecting have been met by them or have sensed their presence.

They belong to a hierarchical structure of evil beings, organised according to the level of awakened evil consciousness that each of them has. There will be much more on these beings and how they are created in a future topic on the esoteric course.

We find them in the Astral and mental planes of the fifth dimension, although they reside in inferior dimensions (which I will explain about another time) and enter the Astral and Mental planes.

They do not so much as cause harm physically as harm someones spiritual development. For example, when you get to the Astral there may be some waiting for you there to frighten you so that you fly back to your body, or they can distract you so that you don't go somewhere more spiritual, or discover what you need to.

To the unwary they use deceit, they can say things that are misleading and can easily fool someone into taking their advice, which inevitably is harmful for the real spiritual work. They can even appear as ones idea of holy beings, preaching about love etc, but their real purpose is to take us away from the true path.

They can stir up egos, both in the Astral and in daily life, inflaming passions and desires and leading one astray. They can cause the Astral to look unclear or darkened, they can make an initiate fall and can do works on the Astral body so that the kundalini, an essential aspect of the spiritual path, does not rise, rendering the body useless for the Esoteric work.

Not long after I had begun to practice all the key elements needed to start the Esoteric path, I was giving lectures in a city when two new students joined, they looked like two angels, young, with blonde hair and impressed me with their ability to Astral project at will every night.

The woman had been in the national newspapers as many people had supposedly seen her flying over the top of a building. I was impressed, but I began to have doubts. The way they had achieved their powers was not through the slow hard work that each of us must do, but had supposedly started after a car crash in which they should have died.

Doubts appeared too, when we left them in a room with a pentagram, this is a symbol that protects against evil forces when it is used the right way up (more on this in the future). After they left the room I noticed that the pentagram had been taken down and was placed the wrong way up.

One night in the Astral I saw the guy doing a work on my spine, where the kundalini rises and inserting things into my kidneys that blocked the flow of energy. After this, a Master of the White Lodge called Rabolu appeared to me in the Astral and gave me a century plant (again, more on this in the future), which is used for protection. Then I asked the beings of light to undo what the negative beings had done to me. I conducted an exercise with a group of people (one that will be explained in a future course) to break their evil influence. I saw them both the next day, they looked completely different, gone was the angelic look, instead they looked like a couple of vampires, their faces were even swollen and they were only able to babble a load of rubbish.

We never saw them physically after that, although some months later I met the guy again in the Astral. This time however, I commanded him to reveal himself to me, he lifted into the air, turned into a grotesque demon and disappeared into the darkness from where he came.

These were two people who had awakened their consciousness for evil, but this time thanks to the protection of the beings of light they had failed in their evil mission.

This example is very unusual, because such beings are mostly found when we go to the Astral, some of you on the course have already experienced a little of these negative entities from experiences in the Astral, and those of you who will go there in the future are very likely to meet them, even more so if you actually take up the spiritual work properly.

There are many cases in history and folklore of these beings, one very well recorded type of encounter happens when a person is partly in the Astral, lying in bed and feels totally paralysed, sensing or seeing a negative entity close by or actually in contact with them. These entities can take advantage of that natural time when we're not quite in the physical body and not quite detached in the Astral and so are unable to move.

In times like this, you can use what we call conjurations, which are words that dispel evil entities.

### Conjurations

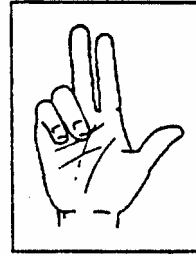
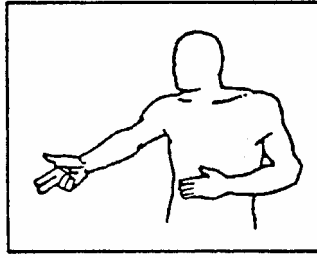
These are phrases that have the power to return negative entities back to their abode or to disable them. They have been used throughout history and references can be found in many esoteric texts. They work best when done strongly with a lot of conviction and when ones energies are strong.

Whenever you see an evil entity in the Astral, or a being that you are unsure of, or if you go into the astral and its dark, or in the physical world if you sense a negative vibe or presence, or before going to sleep, you should use them.

There are two that you can use; 'Jupiter' and 'Bellilin'. They are both available as sound files.

### Jupiter

To do this conjuration, you place your left hand over your solar plexus; which is around the navel. This protects against evil entities while the conjuration is being pronounced.



You put your fingers of your right hand in the shape of a gun with the index and middle fingers extended, the other two fingers closed and the thumb up. You extend your arm straight in front of you, pointing at the entity if you see one, and then pronounce the following words three times:

In the Name of Jupiter,  
Father of Gods,  
I conjure you,  
Te Vigos Cosilim.

You say that over three times.

If you are in the Astral you can sometimes see rays coming out of your hand, so you can imagine the rays as you do it in the physical world.

### Bellilin

You don't need to do anything with your arms with this one; you sing it, using the sound file as a guide to learn it.

Here are the words, you pronounce it three times:

Bellilin Bellilin Bellilin,  
Amphora of salvation,  
I would like to be next to you,  
Materialism has no strength next to me,  
Bellilin Bellilin Bellilin,

This conjuration is particularly useful if for some reason you cannot move or cannot put your hands into position for the conjuration of Jupiter.

You need to say both conjurations all the way through three times for them to be fully effective.

There is no need to be frightened if the entity is still there while you are still pronouncing the conjuration, although it can sometimes disappear once you begin the conjuration, if it is there while you're doing it, continue and the conjuration will be effective as soon as you finish.

I remember a horrible animal attacking me in the astral, as soon as I saw it I began to use Jupiter, because it's faster, it started running at me and bit me on the arm, even though I was conjuring it. I continued to conjure and the animal stayed there, it only left when I had completed the conjuration totally.

If for any reason you come across something and you are not sure whether it is from the good side or from the evil side; use a conjuration to check, if it's good it will stay, if it's bad, it will usually go, or be disabled.

Many people have been deceived by these entities, so if in doubt, conjure. But also use your intuition, because sometimes you can tell an evil entity just by looking at it, particularly if you look into its eyes, they can look dark and evil, many times I have been met by an entity who took the form of a spiritual guide, in order to deceive me, but you can learn to tell just by looking into their eyes what they really are. If you see that they are evil, conjure them.

In the Astral, you can call spiritual beings and get help and teachings from them, but often if you call, a negative entity will arrive that looks exactly like the spiritual being you are calling, so use your intuition and conjure if you need to, if the entity is evil it will go, if it is the real one, it will stay, and don't worry; the good ones don't get offended if you conjure them.

You can also use the conjurations at night before you go to sleep, so that you clear away any negative entities that might be there or might appear during the night.

In this case, if you have made sure that your room is clear, you will then need to seal yourself or your room so that nothing can get back in. You do this by drawing a circle of protection around you.

### **Circle of Protection**

This forms a barrier that stops any evil entity from entering, it is drawn in a circle, using the imagination and doing a work with the elementals of nature, which makes the circle strong and sustains it.

Elementals of nature are essences of creatures that are evolving, they have been known throughout history in various myths and legends as for example, fairies, pixies, gnomes, salamanders, sylphs, etc.

They have been used by ancient peoples to protect sacred or important things, we hear tales for example of ancient burial grounds being protected by loads of snakes, or by swarms of bees.

Overlooking the town where I grew up was an ancient burial site, legends said that these sites were protected by bees and indeed there were very many recorded cases of people disrupting the sites and being attacked by bees. So when some unemployed people were made to work for their unemployment benefit by cutting steps into the burial site, they were chased away by swarms of bees that seemed to appear out of nowhere.

Many ancient peoples knew how to work with these elementals of nature; they are the same ones that we use for this circle.

Having conjured away, then you draw the circle, it is done like this:

You say the following words:

My father please, order my elemental intercessor to wrap a magical circle of protection around me (or the bed or the room, whatever), so that no evil entity can harm me.

The father is the male aspect of each one's own Being. We ask that part of our Being, because he has the power to do it.

Then you imagine a circle formed by a beam of light being drawn around wherever you have chosen.

You do this three times making sure that the circle is joined and complete.

This can be done before going to bed at night, or at any time that you feel you need to do it. Then once it's done, no evil entity can get in. The circle stays until you move out of it, when you move out of it you break it.

A student of ours once was a bit sceptical, but he drew the circle around him before going to sleep nevertheless, he woke up in the Astral to find himself unable to move, with an evil looking cat in front of him. He became frightened and started spitting at the cat, because that was all he thought he could do, then he noticed that he had a circle of light around him and that the cat could not get in. He then woke up, back in his body. He should have practiced the conjuration of Bellilin more because he could have used it to make the cat disappear.

Jesus used this circle of protection when he protected a woman who was about to be stoned, he drew a circle in the sand around her and she was saved.

The more that you practice these conjurations; the more you will remember to use them and remember the words to them in the Astral. You can also find yourself using them in your dreams if you practice them enough.

Once you actually use them, you see just how effective they are and you realise that you are able to deal with negative entities and to go and get teachings in the Astral, unhindered by them.

So practice them and get them right, because you will need them.



### **Exercises to do for this week**

**1. Use the Conjurations and the circle of protection** – Practice them as written above, enough times so that they are recorded in your subconscious and you do them in your dreams or in the astral.

## **2. To Astral Project**

Continue with the technique to project using Mantras, you still need to be able to concentrate upon the Mantra and, to go back to visualisation techniques (as we will soon do in future topics), you will need to have maintained your ability to concentrate upon what you are doing and to visualise, therefore we are going to continue with what is important to maintain and increase these while we use Mantras.

These weekly exercises are most important for getting into the Astral, if you do them all methodically each day this week you will have a much better chance of being able to succeed than if you just try a mix of things here and there.

### **a). Mantras –**

Try two different ones this week, develop each one properly and to learn about how each one works, because they are all slightly different and each different sound has a different effect on the chakras, so if you keep to a particular one for long enough you will activate that chakra much more, making the exercise more effective.

**b). Visualising an object for ten minutes each day** – Vary the objects, for example, a glass of water, a plant, flowers, etc and continue with at least ten minutes each day. Remember to close your eyes when you are recreating the object in your mind and to recreate it often. Don't try to stay there with your eyes open or force yourself to keep staring at the object for a long period of time. Gradually increase the time you spend on this exercise, begin with just a little.

## **3. To wake up in dreams**

**a). Questioning where you are** - Ask whether you are in the physical world or in the Astral world by using the jump and pulling your finger and by seeing if there is anything strange around you, in the ways that I have described above, remember to genuinely question, looking around you with as much awareness as you can and try it as often as you can.

**b). Practicing Awareness** - Being aware during the day, helping this exercise to work by making sure you try when you do the three things I mentioned last week – remembering to be aware whenever you are washing yourself, putting your shoes on and eating.

**c). Practicing Awareness and Questioning** – Go for a walk for 10 – 15 minutes each day and intensively practice being aware and practicing questioning which dimension you are in by pulling the finger and jumping.

#### **4. To Remember Dreams**

Lying still when you wake up, going back over the night's dreams, using the mantra Raom Gaom.

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### **Questions And Answers**

**Q. What does Amphora mean? Does it have a translation? Does it mean Jug or container?**

A. Yes, Amphora means a container, but one of a spiritual nature.

**What does 'Te Vigos Cosilim' Mean? Who is Bellilin? What does it mean?**

They are both words that dispel evil that come from the higher dimensions, they do not have a literal translation here, although the Hindus used Bellilin representing a wind that casts away evil.

**Are there also other ways of dealing with negative entities besides the conjurations and circle? I have heard that if you mention Jesus' name these entities disappear.**

Pronouncing a Masters name is not a reliable way of getting rid of them. You will find it more effective to use one of these conjurations on the course rather than using the name of a Master. In any case, negative entities often appear in disguise when you invoke a Master in the Astral.

**Are some of these entities created by us from negative habits like negative thinking or even smoking?**

These entities are beings that have awakened in evil, however there are entities that are created by people, called larvae, these predominate in places where there is a lot of emotion, for example in a room where there has been a lot of anger or drunkenness, these larvae harm the astral body.

There are also ones that are created by sexual desires, these are called incubus or succubus, they have an existence outside of the individual, they have to be destroyed with an alchemical work which is explained in the esoteric course.

There are also the parts of the subconscious that affect the astral which we call egos; these are various elements such as anger, pride, fear, etc. These will be explained about in detail in the self-knowledge course



**When you dream about a negative creature does that mean that in the astral there is a negative entity that is working on you? I had a dream about a Vampire Bat and it flew down and bit me in the left shoulder. It felt so real and I couldn't get it off of me. I woke up and my shoulder felt funny. So was something doing me harm in the astral and I just didn't realize I was in the astral?**

Yes it can be, they do attack at night like that and bats in the astral can also have associations with black magic. But animals attacking can also symbolise egos that are attacking.

**While creating circle of protection do I also have to say the statement three times or is only the circle to be created three times?**

You have to say the statement three times and draw the circle three times as well.

**I understand that negative entities not only affect us in Astral but physical plane also. Can we use conjuration and circle of protection in physical plane also to keep negative entities away?**

Yes, you can also use the conjurations and circle of protection in the physical plane to keep negative entities away if you feel you need to.

**Will the circle of protection keep negative entities away from only me or all the persons and work with in the circle of protection?**

The circle can protect everyone inside it as long as no one goes in or out of it and breaks it.

**Can I create circle of protection of others even if I am not in the circle? If yes in that case what will be the statement?**

Yes you can draw it around others even if you are not in it, you say everything the same as when you draw it around yourself except that instead of asking it to be drawn around yourself, you ask for it to be drawn around the people.

**Since my Lord is Christ (not the lesser god, Jupiter), how am I going to protect myself when I astral travel?**

**I cannot, therefore, invoke Jupiter for protection because I don't believe lesser gods. Can I invoke Christ for protection instead?**

Jupiter is another name for the 'Father' and he is very important in Christianity, these are just names for the same thing, its not worth getting stuck over them. If you stick to the rigid confines of a religion you will not be able to progress esoterically. If you want to be an esotericist you have to ask yourself what you really know and whether you only want to believe. Because experience is needed to discover the truth, if you try this conjuration you will see that it works.

**As I lay in bed, right before the astral split, in the moment of paralysis a form descended on me in my bed. I fought out of fear at first and tried to fight it off,**

**but I felt nothing there, then finally I felt an arm wrap around me and I touched it {in my astral body} it was not threatening, but benign and unthreatening. Last night as I lay upon the couch and drifted off, at the moment of the split, and the paralysis, I felt an animal, that seemed like a cat jump upon the couch and lay upon me. I tried out of fear to smack it away but nothing was there, only making myself move to regain bodily control. This repeated over and over until I let the fear go, and then I could feel it, I WAS feeling it with my astral arms not the physical ones. The first step is in learning how our astral bodies are different from our physical, and we don't move them the same way. I am learning, all be it small steps, but the most amazing thing about it is, someone is helping me, showing me things, I am slowly but surely going down a new road, and am growing into much more than I was before.**

There are negative entities that use that very common astral experience known as sleep paralysis to frighten people and put them off the astral and esoteric things, they sometimes take the shape of animals. It is likely to be this is what you are seeing, not be the spiritual being that is helping you, to check this, use the conjuration all the way through and see what happens to the entity.

**Since this lecture, every night before I hit the pillow, I have conjured the house and asked for a circle of protection around the entire house. Although I have not knowingly experienced anything that would indicate I needed to protect my house in this manner before now, I try to be diligent and practice what I'm learning.**

**After forgetting to conjure and circle one night, everything you said came true and I have no hesitation in heeding every word of advice offered on this subject!**

**As I said, I have never knowingly been troubled by negative entities before, but it seems that now they know what I'm up to, they really are out to annoy me!**

Yes, they really are there, there is a huge war going on between the forces of light and darkness, most of this is unknown to the average person.

**Having the right tools is enabling me to observe aspects of fear and have the potential to deal effectively with each issue that arises. I agree that ultimately there isn't actually anything to fear - it's just a matter of proving it to myself, which gives me solid confidence.**

**In your experience, is an individual's level of spiritual development likely to be tested to the same degree by negative entities?**

The more we progress spiritually; the more the negative entities attack us and try to stop us. They see us then as people who are getting away from their grip and who begin to pose a threat to them.

The further into the light we go the more the darkness comes against us.

**I am glad to get these tools. I have had several friends who have become very involved in the psychic without really having any interest in the spiritual work**

**that must go along with it. Without an exception, they have all been negatively influenced by it within a couple of years. I was interested in such things at first myself, but was always more interested in self-awareness and knowledge than in the psychic and other 'parlor games'. I had a situation a couple of years ago with a friend who had developed her clairvoyant skill fairly highly, and had put together an informal class dealing with different topics. I didn't take it too seriously and out of curiosity decided to attend. I had been working with awareness and self-knowledge, but didn't take seriously the need to protect myself. One night I attended her class, but in the early hours of the morning I was awakened with a strange sensation. It's very difficult to explain the sensation, but similar to an extreme shame or ego attack. Now, I'm not prone to huge bouts of shame or anxiety, but, not knowing what was going on, didn't halt it soon enough. After a while, I realized it was an attack, and I was able to stop it immediately. But, not soon enough, and by the time I woke up, I was physically sick. I literally felt de-energized for months. It taught me a very valuable lesson/s though. Don't set yourself up for these attacks. Protect yourself. Practice awareness. Don't be where (if you can help it) these influences are being called upon. I wouldn't go around this woman, or classes such as that, for anything**

You are quite right about those entities and about dealing with them and avoiding harmful places.

Self-knowledge is a vital basis for development, because the esoteric path is all about inner transformation.

**I was just wondering whether these are things that must be said out loud, or may be said silently in the mind.**

You say them aloud, because the word has strength and because then you do it aloud in a dream or in the astral too and it has more power there.

It depends on the situation in the physical, though, because there are times when you have to pronounce it silently.

**At one stage I remember rising slowly towards the ceiling from my bed. Then all of a sudden I heard a very evil growl right beside me. It was what I thought at the time my cat. But my cat is only a kitten and I remember thinking this can't be my kitten making such a noise. Anyway I remember this growl was stopping me to fully project and then it was simply over. Does this sound like a negative entity? I didn't really feel scared at the time because I thought to myself that this isn't real and I said for it to go away. But then I felt it was quite over-powering and I didn't succeed to project.**

Yes it was a negative entity, if you had used Belillin then it would have gone away. As it was it succeeded in its attempt to stop you in the astral. Next time you will have learned from this one and will be able to get rid of anything negative that appears.

**When the two (angelic) people turned up to the course, and showed special powers. Were these powers seen in the physical?**

**How did they obtain these powers? (I.e. Were they tricked by other negative entities, was there a transfer of energy?)**

**Do these powers manifest in all of us already (positive and negative)?**

**What would have happened to them if they had resorted to doing good rather than evil?**

**Would they have still disappeared in the physical after doing good, and re-joined The Wheel, or remained in the astral off the Wheel?**

No, these powers were seen in the astral at the time, but there were reports in the local newspaper by people who had seen the woman hovering in the air in the physical. The dark side always likes to show off powers.

They consciously awakened in evil, just as some of us here are working to awaken in light.

No these powers have to be developed, although the forces of light and darkness exist within everyone.

They would have had to repent and want to change, then they would have had to start the esoteric work from the beginning like everyone else.

They would start in the physical like anyone else and stay on the wheel unless they eventually managed to progress far enough to get off.

**If you use circle protection and conjurations around newborn babies, is this beneficial in saving them from the harm of negative entities and their egos from previous lives?**

Yes it can be beneficial to protect them from outside evil entities, although they are much less susceptible to attack than adults because fewer of their egos have manifested and their essence manifests more.

**Is there any shield of protection that moves with you, without breaking to protect you from sinister beings?**

There is a work with an elemental of a century plant, which gives a more all-round protection; this is given in a later course.

**Last night I resumed working on trying to astral travel in accordance with this weeks assigned practices and I have had some success! I began by doing the Conjunction and Casting Magical Circle and then recited the mantra FaRaOn which I haven't tried before.**

**I must have gone straight to sleep but after about an hour I found that I was awake in the middle of a dream and began walking around and doing things as though awake! While walking around I found that I was able to walk through things. It was then that a bad entity attacked me. I was grabbed from behind - I**

**turned around and saw that it was non-human - possibly an ego as I think I have seen it before. So I applied the Jupiter Conjunction and it worked! After saying it three times the entity disappeared. Then I did some flying.**

**I still haven't been able to astral travel straight away by rising out of the body but continue to work on it. But I have succeeded in remembering and using the conjunctions so I am feeling pleased.**

You see - if you practice the techniques given here they do work.

**I think it may help me to know more about the negative entities. Do we find out more about the lodge's etc?**

There will be more information on negative entities in future courses. They are fallen beings who are awakened in darkness.

**I have had experiences where I was threatened by beings. In these experiences I seem to be conscious that I am dreaming/in the astral when I am threatened. I still feel unclear as to when it is an experience in the astral, or whether it is my subconscious producing these experiences. Is there a way to tell?**

You get to know whether something is real or whether it is a projection from the subconscious through experience, by using your intuition and with progress in the elimination of the egos (the elements of the subconscious).

In either case you should use the conjunctions if you see any negative entities and are aware enough to, then you will get rid of them.

**I had a strange experience last night, while asleep. I Woke up suddenly after a vision of a rock band in black. One of the people from it I recognised from the past. I woke up feeling I was being shown negative beings. It felt like it was connected to my questioning at the moment regarding negative entities. I Still find it difficult to differentiate whether it has come from my own subconscious or from the astral. Should I be going with the initial feelings when I wake up? I have found several times in this course I have my questions answered in dreams. Is this a reliable source? Is it common?**

Yes go with the initial feeling you had when you woke up. Information is given through dreams so you need to be able to differentiate between those and projections from the subconscious.

Answers to problems are quite common in dreams, that is the place where we get direct teachings, things do get clearer though with the elimination of the egos and the whole esoteric work in general.

**Can you really be sure of the nature of bodhisattvas? I would like to share my story. My brother's son had what was said to be an imaginary friend. I discovered in that month that it was not imaginary. As I slept one evening, I was awakened to the sensation of a child-sized figure jumping up and down on me. When I began to awaken, it ran away giggling; yet there was no one physically**

**there in my room with me. A couple nights later, my father experienced the same encounter, and testified to it without first hearing of my own encounter. My father was a total skeptic of all things paranormal. This spirit paid visits to me for over a year, and after a time, the sleep disruptions became irritating and I was no longer a willing participant in the games. The spirit came to me again, this time appearing in a strange, cherubic form. It said, "I don't want to be dead anymore. You need to open up so I can get in." I began to realize that this spirit was no innocent little boy. It was evil, if not a full-fledged demon.**

**My point is that these bodhisattvas may not be what they appear.**

You are confusing a negative entity with a bodhisattva, what you saw was a negative entity. As you have experienced, there are many negative entities wishing to deceive anyone who is searching for knowledge. That's why it's important to learn to use the Conjurations to check whether something is good or bad and to know what the Esoteric Path is.

A true bodhisattva is a person in the physical world who has incarnated their Master or Spirit, if someone has this (they are extremely rare) you can invoke their Master or Being who is part of them and who looks like them and he will appear. If in doubt, you should use the conjurations to check whether the Being is good or evil, if it was evil, it would have gone or become disabled, so you invoke the Master again until the spiritual one appears. You can only do this with people (bodhisattvas) who have their Master incarnated and the Master has its own name, the immortal name.

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