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Transforming Darkness Into Light

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Abstract

This article looks at traditional treatment methods for severe emotional disorders and presents an alternative, integrative approach. It distinguishes between negative ideas that are generated from inside of a person and strong detrimental impacts that seem to attack from a source outside of the person. Two thousand years ago, these outside forces were called "evil spirits," and the procedure used with them was exorcism, which is still being used in the Catholic Church today. Exorcism casts out the dark force entity, which would be the psychological equivalent of repressing, dissociating, or splitting off a problem. The alternative method presented is facing the negative ideas by whatever name they are called (evil spirits, dark force entities, or demons), finding the cognitive distortions motivating their destructive behavior, and transforming the entities with the light of consciousness. In Jungian terms, the process is one of facing our shadow material rather than running from it. A case example is included, demonstrating the Soul Detective protocols the author developed to shift a long-standing pattern of deep sadness.

Key words: Negative life beliefs, dark energy, dark force entities, mental illness, Energy Psychology, Soul Detective protocols

Darkness is a natural part of the earth's binary cycle, as half of the planet is always facing away from the sun and the other half is facing toward the sun. The plant kingdom, animal kingdom, and humans all need to alternate periods of activity with rest, and sleeping is easier in a dark room than in a light one. Darkness has its place in the physical world. But in the emotional world, darkness consists of not understanding who we really are, how the world works, how much the Source of all Creation loves us, and how the web of unity connects everything in the universe.

I see the following spectrum of energy that pulls a person down emotionally, and I call that detrimental energy or dark energy:

1. Self critical thoughts, the mildest form of attack on oneself.
2. Negative life beliefs, systems of negative thoughts that become ingrained belief systems, such as "I am not lovable; the world is not safe; or I am inherently sinful."

3. Constellations of negative life beliefs that have become so ingrained in a person's emotional functioning that they seem to take on a life of their own, as if a fallen angel, a dark force entity, or what popular culture might call a demon, were pushing a person toward self-destructive activities.

The first two categories I see as coming from within a person. Regarding category one, as children we develop a critical inner parental voice to remind us of the rules of society and to keep us out of trouble. As adults, this critical voice can persist and undermine our happiness by giving us the feeling that no matter what we do, it is the wrong choice. For example, if I work on my book, the inner critic says I should be weeding the garden. If I work in the garden, the inner critic says I should be writing my book.

Regarding category two, many people are raised in families that have strong negative life beliefs inculcated by their cultural environment. Religious families may have the belief that humans are inherently sinful because of the choice that Adam and Eve made to disobey God's instructions not to eat of the fruit of the knowledge of good and evil. Other negative life beliefs may be generated by parents who have been abused and therefore may not be able to show love to their children. The children then reach the conclusion that they are not lovable.

Traditional approaches to working with entities

Regarding category three, the approach to mental illness in Bible times was to call it demon possession and to cast out the demons. Some indigenous cultures still see mental illness as demon possession. The way that the Catholic Church deals with demon possession is exorcism, casting out the demons. The problem I see in this tactic is that the demons may leave, but if the underlying wound that allowed the demons to enter the person is not healed, then more demons will come back to replace the ones that were cast out. Also, in Charismatic groups that regularly cast out demons, the demons seem to leave, run around the block, and then come back and attach themselves to different people – the most emotionally vulnerable members of the group. The process would be like trapping a ground hog that was devouring my garden and releasing it in my neighbor's garden. In psychological terms, casting something out is the equivalent of dissociating or repressing psychological material we do not want to face or trying to mask our feelings with an addiction.

A new integrative approach has come from the work of William Baldwin (2003), a hypnotherapist who ran into what he calls Dark Force Entities during his hypnosis sessions. He states,

Whether it is imagination, archetype, collective hallucinations, mass hypnosis, a projection of the beliefs of the therapist, or something else again, dark forces seem to exist in some form and are capable of intruding on living individuals in this reality." (p. 74)

Baldwin points out many ways that Dark Force Entities can gain entry into the psyche and interfere with people:

1. Mental distortion caused by alcohol or drugs
2. Sexual interaction with someone infested with Dark Force Entities
3. Feelings of intense anger, hatred, rage, and vengeance
4. Greed and desire for power and control over others
5. Calling on the forces of darkness for protection when going into battle (pp. 74-75)

An interesting facet about evil spirits that invade a person is that programs that come in from the outside and try to control us are actually easier to resolve than issues we create within ourselves. I did

not feel comfortable dealing with dark energy until I read William Baldwin's ingenious protocol for dealing with these problems. Rather than trying to cast out a Dark Force Entity, Baldwin interviews it to find out its purpose, when it attached, and what its belief system is about the Light. In Baldwin's work, the Dark Force Entities clearly have personality, attitudes, and specific instructions about their mission, which is usually to cause as much pain and suffering to humans as possible. Like vampires, they feed on the energy humans lose when they suffer.

Darkness is simply blocked awareness of the light. Baldwin has the Dark Force Entity look inside of itself to find the spark of light in its center. Everything in creation has light in its center. We know from sacred geometry that in a circle, all parts of the edge of the circle reflect energy to its center, creating a spark of light. This aspect of going inside to find truth rather than fighting the perceived enemy on the outside is a totally new idea for the dark forces. They are so surprised when they realize that the light they thought was their enemy is inside of themselves, and it actually feels good!

I wrote a Soul Detective® protocol to transform detrimental energy, building upon Baldwin's pioneer work and including ways to treat complications in the process that may come up. This protocol is included in my new book, *Transforming Fear into Gold*. It provides systematic procedures, using muscle testing to identify the level where the detrimental program originates, to find out whether it comes from inside or outside of the person. Muscle testing is also called Clinical Kinesiology. It helps people to find out whether or not a statement resonates to their deepest wisdom. When slight pressure is applied to an outstretched arm after a true statement, the muscle will lock into place. When making a statement that is not true, the muscle will unlock and give way a little bit.

The three levels mentioned earlier may overlap, as a Dark Force Entity may bombard a person with a negative life belief such as, "You are not good enough!" This attack is intended to tear down the person's self-esteem.

When a detrimental program is generated by people from inside themselves, I use Energy Psychology methods to identify and treat negative life beliefs, which may also be called limiting beliefs or barriers to treatment success. I muscle test the client to find out whether the best intervention for that person to dismantle the negative life belief is tapping on meridians or working with the chakras. When the negative program comes from the outside, it is defined as a dark force entity that is invading the person, and I use my detrimental energy protocol.

In Oriental medicine, viruses are called "evil spirits" because they do not ask permission to come into a person's body; they just invade whenever the immune system is down and they can get in. Likewise, when a child has been wounded by physical abuse, incest or other traumas, a dark force entity may come in under the guise of protecting the child and say, "Get mad! That will feel better than being helpless!" Once a dark force entity has a foothold in the person's emotional body, it does not like to leave. Without a spiritual healing intervention, a child infected by a dark force will grow up filled with anger and hatred.

In his preface to *The Screwtape Letters*, C.S. Lewis (2001) says that there are two equal and opposite errors into which we can fall concerning the topic of devils.

One is to disbelieve in their existence. The other is to believe, and to feel an excessive and unhealthy interest in them. They themselves are equally pleased by both errors and hail a materialist or a magician with the same delight.

Soul Detective work

The goal of Soul Detective work is to transform the entity so the energy behind its detrimental momentum can be converted to beneficial purposes. Before doing any of this work, we always set

sacred space. We ask for an octahedron (a double pyramid, one above ground and an inverted pyramid below the ground) of golden light to surround us with Archangels at the four sides and the points above and below. Then we invite in the guardians and guardian angels for the client, the therapist, and anyone else involved and set the intention that only what is in the highest good for everyone – including the dark force entities – will come to pass. Next we talk with the dark force entities about the job promotion opportunities available to them, an approach which catches their interest and makes them curious to know more. We ask what their current jobs are, who they are working for, and then invite them to find out what is in their own center. They are very surprised by the upgrade in their consciousness when they find the spark of light that has always been hidden in their own center. As they focus on this light, it expands, filling their entire being with light. Getting the entity to quit its job of making the client suffer and to come back to the brotherhood of angels working for the light leaves the client with a greater sense of safety and wholeness.

Fear of the Light

Dark force entities seem to be organized with rank and strict obedience to superiors. There seems to be an overall “employer” who keeps the dark force entities doing their jobs by terrorizing them, punishing them severely whenever they make a mistake, and making them think the light will destroy them. Dark force entities fear the light because they think it will burn and annihilate them.

Baldwin commented that dark force entities “interfere with any and every form of love” and that they “attempt to interfere with projects and institutions that can advance or improve the human condition.” (p. 75) They may target healing practitioners working for the betterment of humanity because they think these lightworkers are their enemies. The dark forces try to stop people whose inner light is growing from fulfilling the mission that each person’s soul has set for this incarnation. Psychiatrist Shakuntala Modi (1997) writes,

If they do not succeed by directly influencing and interfering with the individuals, then they try to stop them through other people around them, including their loved ones. These special-purpose demons are there for one...special purpose, and that is to stop individuals from fulfilling their God-given missions. (p. 305)

The dark boss tells his demons half-truths to the effect that the Light would make them cease to exist. He does this in order to stimulate the fear of annihilation and whip them into compliance with his orders to cause as much pain and suffering in the world as they can. Here is the truth about this half-truth: When light comes into a dark room, the darkness is annihilated, but the room still exists and the light shows how big it is. Amazingly, when we shine the light of consciousness into any darkness, the darkness is transformed, and the dark entities are transmuted back to the original form they were given at creation. The dark entities become what I call “new lightworkers” and are given a chance to balance the negative karma they have accrued through their detrimental activities. They can achieve this karmic balance by doing lots of good, healing things.

While the idea that light would destroy a demon seems ludicrous, this concept forms a basic fear that creeps up inside many who have chosen to work for the light. It is a very common fear that if we really stand fully in the light of who we are, claiming all of the power that the creator has given each of us, and radiating our full measure of love, that we will be crucified, hanged, have our head chopped off, or be burned at the stake. These are the historic reactions of people caught in darkness to a person whose light contradicts the prevalent dark beliefs and dogmas. For some, these fears of retribution for speaking their truth may come from past life memories as well. As Marianne Williamson said, “Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us.” (Williamson, 1992, p. 190) As we work with the

dark side, we come to understand and transform the deeply ingrained fears embedded into the human race. We change the fear using the golden light of consciousness of who we really are and how bonds of love connect everything in the universe.

Sorcery and shadow

In my work in the Hispanic culture, clients would often tell me that their physical maladies were caused by “brujería,” their name for witchcraft. People in their culture who knew how to use energy could be hired either for beneficial purposes such as helping an infertile couple conceive or for detrimental ones. For example, if a woman suspected her husband of falling in love with another woman, she could go to the local “bruja,” a witch, and have a curse put on the rival woman. The dark magician then needed to find a flaw in the emotional body of the subject and aim the curse through that opening to make the other woman ill.

Unfortunately there can be no doubt that man is, on the whole, less good than he imagines himself or wants to be. Everyone carries a shadow, and the less it is embodied in the individual's conscious life, the blacker and denser it is. (Jung, 1938, p. 131)

Embracing and healing our shadow material is a basic tenet of Jungian psychology. The positive side of working with dark energy is that it shows us our weak spots and gives us the opportunity to heal patterns we may have carried unconsciously through many lifetimes. The process is a bit like the marking fluid injected into a joint before an MRI to highlight where the flaws are in muscle, tendon, ligament, cartilage, or bone.

The following case example shows how going to the origin of an emotion, to an “invisible root” of the problem, can transform shadow material. It demonstrates the growth in consciousness of one human who lived long ago from a primitive stance of looking out only for oneself and one's immediate family to the joy of extending a helping hand to others in the community. It also shows the change from a warrior stance of total self-reliance to the wisdom of knowing when to enlist help from a higher dimension to transform a problem.

Case example: Testosterone trauma

“Joannie” used her gifts of intelligence and resourcefulness to become a financially successful businesswoman working in public relations. She was well-liked by others and had good interpersonal skills, but underneath her cheerful persona, she felt a deep river of sadness that seemed as if it had always been with her, even as a child. She had faced many challenges and losses in her life with courage and had dedicated herself to a program of ongoing personal growth. In her mid-60s she asked for a Soul Detective session to see whether this pervasive underlying sadness might have a root in past life trauma.

After centering her energy field with simple corrective exercises and setting sacred space with an octahedron of light around us protected by archangels on the outside and with our guides and guardian angels inside, we used muscle testing to access unconscious information. Muscle testing indicated that this sadness had two origins: a past life trauma which involved an alternate dimension and a shut-down mechanism.

First interference pattern: a past life trauma

Muscle testing following my Soul Detective® protocol for healing past life trauma (Stone, 2008) outlined the framework of this lifetime as a male who had been born in 5,315 B.C. on the eastern

coast of what is now Canada. Joannie is highly intuitive and easily entered into the memory of this past life. The man she saw was powerful, productive, and responsible. His mother was one of the Homo sapiens and his father was Anunnaki, from a race of ETs that came to the planet Earth to mine gold and gene spliced Homo sapiens to work in the gold mines for them. These details are consistent with the history of our race according to the Sumerian tablets, translated by Zecharia Sitchin (2002). Sitchin's work has been elaborated by Michael Tellinger (2009), who has gathered archeological evidence of the presence of the Anunnaki and their gold mining activities in South Africa (Tellinger, 2009). The name this man wanted us to call him was Mark.

Happiest moment

The Soul Detective® Protocol for past life trauma asks the client to remember the happiest moment in the lifetime as an easy entry point for the client to directly access the soul memory of that incarnation. The happiest moment in Mark's life was looking at his newborn son, a child he treasured and loved greatly. Gathering enough food to survive was difficult, but Mark worked very hard to provide for his family and had food stored for them. One day when his baby was about 18 months old, while Mark was out gathering food, six people broke into his house to steal his food supply. His wife was home with the child and tried to protect herself and the baby. As the attackers rushed in, she had to make a terrible choice: she had a weapon on the table that needed two hands to operate and she had to put her baby down by her feet to pick up the weapon. If she did not use the weapon, both of them would be killed. She put down the baby, grabbed the weapon, and killed a couple of the thieves before they killed her and grabbed the food.

Mark heard the commotion and rushed back into his home. He was standing in the doorway blocking the exit of the remaining four thieves. Trying to distract Mark, one man stabbed his baby boy and threw the baby at him. Mark caught the baby with one hand and the attacker with the other hand. He killed all four of the remaining thieves. The baby would not have died in today's world, but Mark did not know what to do to stop the bleeding. The child soon died and Mark's heart broke.

He blamed himself, thinking that he should have stayed home that day. However, in our session he realized that if he had stayed home, he would also have been killed in the surprise attack. He felt that dying along with his family would have been better than living with the guilt, loss, and sense of failure as a man and as a father that came with this catastrophic tragedy.

Trapped in the underworld

We checked the whereabouts of the baby's spirit. Joannie reported it was trapped by demons and held hostage in a lower, alternate dimension. The spirit of the mother was also trapped in this lower world but was isolated from the child. Mark did not have demons attached to him but had remained stuck between the worlds due to his self-imposed guilt and shame. He did not need any additional help to be miserable!

When we explained to Mark that his son needed him to come rescue him, Mark realized he was wasting time with his honorable guilt and shame and was ready to go immediately into the lower dimension to rescue his son. The idea that his son's spirit was somewhere that he could reach was new to Mark, and he wanted to take off immediately to look for his son. I advised he take along angelic help, but he wanted to do it all by himself. Joannie described Mark as strong and bullheaded with lots of testosterone. I yelled at Mark, "Don't do it alone! You need protection!" I rarely yell at my clients, but on this occasion I felt a shout was necessary. We explained to him that he was going into an alternate dimension of darkness that wanted to trap him too, and we told him about beings of light that could assist him. This idea was also new to Mark, that simply by asking, helpful beings of light

would spring into action. Understanding Mark's warrior nature, Joannie told him that he could look over the array of angels available to help him and pick out the best warriors and weapons for the rescue. He liked that idea. He asked Archangel Michael for help, and Michael responded, "It's about damn time!"

Mark did not have a strong emotional bond to his wife, but he was very bonded to his son and set out to find him first. He quickly found the baby without any help. Then Mark threw an attitude into our faces like, "Nah nah nah! I did it myself!" He knew the baby needed his mother also and set off to find her. She was very well guarded by the dark side, and when he got close to her and saw the opposition he was up against, he realized that getting the baby so easily had been a trap set for him to ensnare him too. The dark side wanted the soul that Mark and Joannie shared to be crippled by deep sadness and feelings of failure and wanted to catch Mark in their dark web also. They did not want his soul to shine the full measure of its light. Mark realized he needed the angelic help that he had enlisted.

A major battle ensued. As Mark and Archangel Michael and his legions fought off the dark entities, more and more came to take their places. We asked to change Michael's intervention from slaying the dark entities to zapping each of them with a beam of love and light that would ignite the spark of light that each one carried in their center. This kind of thinking was totally foreign to Mark, as he just wanted to punish them all and smash in their heads, but the change in attitude really worked. Archangel Michael had great fun, zapping each of the dark entities. The light that came from Michael's sword ignited the light within the entities, transmuting them into light. This action ended the battle and the scene faded away leaving just Mark, his baby, and his wife.

Mark did not have a clue what to do next. His baby still had the stab wound, so I asked Mark to take his wife and the baby to the healing place in a higher dimension. Mark looked for the right one, and then all three were instantly in the healing world. We asked to multiply the benefits by inviting any other parents who had lost their beloved children to couple to Mark's courage and bravery and for their loved ones in the Light to come guide them to their home in a higher dimension.

Joannie reported this intervention was another totally new idea to Mark, as his people had no concept of sharing healings. Their societal attitude was each man for himself and his family, an attitude he could see had led to the robbery, since he had gathered quite a bit of food and the others were hungry. Mark realized that by inviting others to join in recovering their loved ones, he had acted with great wisdom and honor. We also multiplied the benefits by asking Michael to zap any other dark entities trying to trap lightworkers and to transform them into the light of their original essence.

Soul lesson

Joannie reported her soul learned the following lesson from this lifetime as Mark:

The asking for help thing was hard for him, but he realized that not asking for help was more wasteful as he remained ignorant and did not know anything else was possible. He was getting the whole concept of needing other people, as their community did not have a whole lot of trust of others. Mark had a sense of wonder, realizing the world was bigger than he had been aware of. Mark also realized that if he had the same knowledge as the angelic warriors, he would have been better able to protect his family.

Mark spent some time playing with his child and was overflowing with joy at the restoration of connection with this beloved child he had lost. He saw that his baby was very happy having both of his parents back. As we watched, Joannie reported the baby grew up really fast, and Mark took him off for father-son training with the warrior angels.

Joannie reflected, “I always thought we left our crap behind when we left an incarnation.” She realized that Mark’s feelings of guilt and loss had come with her through 7,000 years of time. She also saw the applications to her current life. One of her values is doing all she can independently. Asking for help has been difficult for her. She also expects others in her life to do their own homework instead of just whining and wanting her to take care of them. They need to do their part. She understood the wisdom Mark conveyed to her with his understanding that asking for help when necessary was wisdom, not a sign of weakness.

Second Interference pattern: a shut-down mechanism

We muscle tested that Joannie’s deep sadness was like a device or program installed by the dark side to shut her down emotionally. Psychiatrist Shakuntala Modi (1997) talks about machinelike inert devices her patients report are installed in them to increase suffering, like prongs that irritate tissue and cause pain, screws in joints to make the bones misalign, or radio receivers to pick up the negative thoughts the demons broadcast to the patient. I asked Joannie to check inside and see whether this testing made any sense. After a few seconds, she exclaimed, “Yes, it’s like a switch that just shuts me down.” Using computer language, we asked her angelic helpers to simply uninstall the shut-down mechanism. Over the next 30 seconds, Joannie felt physical sensations of her insides being rearranged and then exclaimed, “It’s out!”

Results

At the end of our session, Joannie could no longer find the deep well of sadness she had never remembered being without. She experienced the joy of Mark and his son being together again. After a couple of weeks she sent me the following message:

Dear Barbara,

Thank you for our session. My plan was to try a different approach to deal with my constant sadness—and wow was that different—but I cannot deny its impact on me. The deep pervasive weight I called sadness that I carried around and the feeling of restraint, like something or someone was holding me back, seems gone. It is hard to believe that sharing a story that just “popped” into my mind and then resolving the issues in it using your process could have such impact on a feeling I carried my entire life. Where there used to be heaviness and darkness and restraint, now I have a sensation of lightness. I certainly feel lighter and more comfortable in getting things done and making decisions without the heaviness and the inner turmoil of “what if I’m wrong” and feeling like I was slogging through thick mud to accomplish anything. So whether it was really a past life carried forward or just symbolism to sneak around my conscious mind, it matters not—it worked.

With love and appreciation,

Joannie

Summary and conclusion

When we run from our own shadow material, the things we do not want to face in ourselves, then the bad feelings we have tried to repress grow in power and eventually start to exert more control over our lives. Facing the things that frighten us the most helps us take our power back and bring light into our own darkness. Likewise, we can find the dark force entities that have been torturing our clients behind the scenes and give these entities the opportunity to find their own light and convert into Lightworkers. This process, followed by healing the original wounds that allowed the dark force entities to enter, can bring about deep and lasting transformation in clients. Multiplying the benefits of each individual's work also sends out beacons of light into the universe, setting a template for others to couple to the healing effects of this growth in consciousness.

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