

Greetings,

I am writing this newsletter on the topic of nighttime intruders because of the large number of people, who are traumatized by them. On December 7, 2001, I was listening to the Art Bell talk show. The main subject of the show was 'entity attacks', and Art had asked callers to tell their story. Well, Art was surprised at the large number of callers, who were relating their horrifying stories. After listening to a few callers, who were suffering from terrible nighttime attacks, I was shocked that no techniques or remedies were given to alleviate the problem. It was a real mystery and phenomenon to the callers and Art Bell, and I felt great compassion for those people, who were living with such fear and horror. The stories that were told that night reminded me of similar experiences from my past. So, I emailed Art on his 'fastblast' email line to inform him of my experience and a sure-fire remedy. I wanted to explain this mystery and detail some methodology to help those callers. Since I inserted my telephone number into the 'fastblast' to Art, I stayed close to my phone, waiting for the opportunity to inform his callers of some techniques that work. The call from Art Bell never came, and I was disheartened by the continuous stream of calls from tortured people. Frankly, I was a little angry that Art Bell seemed to be more interested in hearing about the hardships and misery of his callers, rather than finding a solution to ease their suffering.

Because of that talk show, I decided that it was important to facilitate an understanding of the subject with some techniques. The subject, nighttime intruders, was of such significance to me that I included it in a chapter of my book, *Secret Faith*, which encompasses my personal experiences. The following is an excerpt from the book:

"My screams fell short of my vocal cords as I perceived an invisible hand that pushed my head down into my bedding. I felt as if I was suffocating and my muscles were incapacitated. My attempts to move were futile, and I thought that this thing would kill me, when deep from within my being, came an anger that I didn't know existed. I forced the name of Jesus through my vocal cords, and on the third scream of the Lord's name, it relented. I found myself standing in the middle of my bed in a fighter's stance while screaming at the presence, as I perceived it walking out the door of my bedroom."

For the rest of this newsletter, I will explain this mystery, and I hope that my words will give you hope and comfort, if you are a victim to those entities. To understand the basics of elementals, the astral entities, who attack seemly innocent victims, I will explain the place of their existence... the astral dimension.

Believe it or not, we exist in a multi-dimensional universe. One such dimension, the astral plane or region, is connected to our emotions, thoughts, and subconscious. We, as humans, are constantly creating in the astral plane through our emotionally charged thoughts and desires. Also, we become connected to other humans by way of astral cords, which are normally the result of bonding relationships. It can be good or bad, depending upon the condition of the relationship. The pull and tug feeling from the solar plexus region of our body, emotional pain, is an example of the negative effect of the astral cords, which have tied us, ethereally, to another person. I'm sure that most people, who have been in a serious relationship, can testify to the good and bad parts of this connection. Distance is no barrier to the cords because those connections transcend the Third dimension, and couples while apart can have instant knowledge of their partner's transgressions, emotional or physical pains, and even traumas.

When working with a client in emotional healing, one of the things that I have to accomplish is the removal of the astral cords from the client. Without cords, we have a sense of lightness and freedom and no emotional pain. The explanation of cords leads us to another type of connection to the astral... the repressed subconscious. Emotional or mental issues, addictions, and suppressed desires from our subconscious 'bleed over' into the astral plane. Our issues become a flag in the astral, and the message is clear, "Here I am." The energy 'bleed over' works like a magnet to attract many types of astral entities. From astral vampires, who will suck your energy, to astral intruders, who will attack you in the middle of the night, the list of types of nighttime entities is as great, as one's imagination. In general, most of the nighttime intruders are called 'elementals'. I could present dozens of testimonials from clients, who have been terrorized by them, but my main purpose is to outline a defense to stop and prevent the intrusions.

The outline of techniques of which there are four is the following:

1. Proclaim your space.
2. Mentally create a cocoon of light.
3. Say the 91st Psalm.
4. Visualize the 'Golden Bars.'

**PROCLAIM YOUR SPACE.** Literally, go to the corners of every room of your space and proclaim the space in the name of Jesus Christ. As an example, "I proclaim this space in the name of Jesus Christ." If your belief system is different than mine, then I suggest the usage of a different name, other than Jesus, but I'm not sure of the result.

**MENTALLY CREATE A COCOON OF LIGHT** around your body. If you have developed some meditative prowess, then this step is a snap. Practice visualizing a beautiful, bright blue light that originates about six inches above the head. Once you're able to mentally see the blue light, then bring it from the crown to the feet. As the light moves toward the feet, see it expanding out from the body to 2-3 feet. See this bright, blue light encircling the body from head to feet, as if you're within a cylinder. After you're satisfied with your blue cylinder of light, then visualize a magnesium bright white light, which starts within the blue cylinder at the top of the head. Make this white light emanate like a sparkler; that is, see a sparkling white light, which fills a space of about 'one foot out' from the body while next to your skin and within the blue cylinder. After you're satisfied with the white light, then mentally re-enforce the blue cylinder of light. The next step is very powerful, but it takes some practice.

Put the cylinders of light to motion. The idea is that you create a mini-tornado or vortex of light, which swirls around you. Starting with the white light, visualize the light taking motion from left to right. Once that is accomplished, then visualize the blue light taking motion from right to left. Practice this technique, as often as possible or until little focused thought is necessary.

**SAY THE 91ST PSALM.** The Psalm is used for protection, and, historically, it has been used successfully in wars and battles. I recommend memorizing at least the first verse of the Psalm because you employ its protection, readily.

**VISUALIZE THE 'GOLDEN BARS.'** Let me explain the purpose of the 'Golden Bars.' The 'Golden Bars' are used to seal off all of the openings of your dwelling. In other words, by visualizing golden bars that cover the windows and doors of your house, a protective barrier is created that presents a real obstacle to elementals in the astral. Remember, we create with our focused thought, and the creation takes form in the astral, firstly. Start at one end of your home and completely circumvent all of the openings. Visualize at every opening a golden bar that crosses the door or window. The key to this visualization is detail, so, see a beautifully etched golden bar, which crosses the opening horizontally. Have golden latches, which lock the bar into place, and are formidable. I like my golden bars to be an inch in thickness, at least six inches in width, and long enough to cover the moldings of the doors and windows. Also, I like very ornate golden

bars with a large golden cross, which is etched in the center of the bar. Visualize your creation covering every opening and practice, as often as possible. With practice, this exercise will become very easy, and you'll be able to cover your home with the 'Golden Bars' within a minute.

I know that some of you might think that I'm as crazy as a tree full of hoot owls, but I can assure you that these techniques work. I have extensively experimented with this phenomenon, and I could go into greater detail, if it was necessary. I know that you don't have to understand all of the mechanics that are involved, but the techniques are necessary. My purpose in presenting this information is to assist any of you, who are experiencing these nighttime intrusions. If you have never experienced this phenomenon, then disregard this information or file it away for future reference because the problem is becoming epidemic.

Peace Be With You

Garry

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