**Exercise: Checking For "Stowaways"**  
  
As we talk about in the above, other beings exist in this universe beyond our vision.  We are all able to sense these energies, whether or not we realize it.  Some being are more positive and some sap your energy more.  Here are a few of the ones we come across the most: energy attachments, entities and spirits.  Energy attachments are almost leech or slug like.  They can be sort of funny and funny looking.  They are attracted to negativity and tend to lower your vibration.  The second type, entities, are more human like than the slug variety of energies.  They sometimes manifest in scary ways, and likewise feed off of fear and lower vibrations.  The third are spirits, which are just human souls that have passed on but have not yet found their way to the light.  These use you to stay in the Earthly realm, typically because they think there's something here that they don't want to leave behind or they have unfinished business.  
  
Before your imaginations run wild, while this may seem scary; it really isn't.  Think of parasite removal of your body the same as you would for your garden.  You have a pest?  It's not a big deal, you just have to get the right tools to get rid of it, and protect the garden with additional security measures in the future.  
  
Ways People Have Known They Have a "Stowaway":  
- sudden or drastic change in behavior, especially behaviors leaning towards self-sabotage.  
- suddenly feeling more tired, negative, or anxious without any real reason behind it.  
- seeing an entity in a dream or visualization.  
- having unexplainable persistent ache or pain.  
- a low grade constant feeling of fear or feelings of being stuck.  
- avoidance of an empath or psychic.  
- feeling "under attack."  
- a memory, even from long ago, of feeling that something else was there.  
- being drawn to things you wouldn't normally be drawn to (ex: drugs, alcohol, harmful behavior)  
  
If you are experiencing one or more of these issues, you may have some sort of an energetic attachment.  Let's find out with the following:  
  
Exercise to Help Discover "Stowaways"  
Sit in a quiet place.  
Imagine yourself surrounded in the white light of love and protection.  
Call in your high white light angels, guides, masters and loved ones.  
Mentally locate the ache, pain, feeling of fear, or anxiety and confront it. Ask yourself the following and listen for the answers.  They will come immediately and they will feel almost instinctual.

* Is this me?
* Is this an energy attachment?
* Is this an entity?
* Is this a spirit that needs help passing on?

Let the answers come.  If you feel like the source is something other than you, please [contact us to schedule an entity removal](mailto:miylana@aol.com" \t "_blank).  Remember, that these entities don't really want to be removed and they may try to sabotage you're coming by creating time conflicts, instigating lapses in memory, or other "technical" difficulties.  It's important that you have someone who knows what they are doing to help the transition.  Just asking the entity to leave gives it permission to attach to someone else, or even you again after time has passed.