

**CLEARING CURSES/ELEMENTALS** Copyright 1999 Judith A. Swack, Ph.D.  
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The word "curse" has two meanings. A *felt curse* is an emotional feeling of frustration due to inexplicable lack of results so that the client *feels* cursed or jinxed. If the client has a *felt curse*, find and clear the patterns causing that feeling.

A *supernatural curse* is an evil spell that causes bad luck. They interfere with the ability of a client to manifest results through good intentions and adequate behavioral capabilities and strategies. In other words, a perfectly well equipped person tries to get results in his/her life by doing a range of behaviors that would normally work for anybody else in the same situation, but for some mysterious, inexplicable reason, nothing works for them.

Curses are set in two ways. They can be set by practitioners of the occult arts such as witches and sorcerers, or by ordinary people who have enough compacted stored rage (11-16 years worth) to form a critical mass (like plutonium for an atomic bomb) which can be used to bomb someone. When someone sets a curse, however, it ricochets back and sticks to them as well as to the object of their ire. If the client has a *supernatural curse*, clear it as described below. Don't bother to ask for permission because you won't get it when there is a curse operating.

People can also acquire curses coming through someone else. I call these, "curses by association." For example, Sally wanted to get happily married, but 6 men in a row acted very enthusiastic towards her for about a month, but would suddenly stop communicating with her. She muscle tested negative for carrying any curses, but tested positive on carrying curses coming through someone else. Muscle testing revealed that her father was a gambler and womanizer who beat and eventually divorced her mother leaving her with ½ his gambling debts. The people he owed money to cursed him *and his family*. One of my newly married clients found that she was continuously fighting with her new husband. She was carrying a curse that his brother had set on him and his marriage out of jealousy for their happiness.

An **elemental** is a compact negative energy made from various emotions. When someone casts an elemental at you, it feels like they just slapped you with a negative emotion. To clear elementals, name the negative emotion it is composed of, (i.e. contempt, fear, hate, loneliness, etc.) and use the supernatural curse protocol.

## **SUPERNATURAL CURSE/ELEMENTAL PROTOCOL**

*Preface all Muscle Testing questions with, "From your deepest wisdom, (FYDW)."*

### **DIAGNOSIS**

1. "FYDW, is this being carrying any curses/elementals?" \_\_\_\_\_yes \_\_\_\_\_no  
"FYDW, are you not?" \_\_\_\_\_yes \_\_\_\_\_no

*If yes*, determine the **number** of curses/elementals the being is carrying.

2. "FYDW, did **you set any of the curse(s)/elemental(s)** on anyone." \_\_\_\_\_yes \_\_\_\_\_no  
"FYDW, did you not?" \_\_\_\_\_yes \_\_\_\_\_no

*If yes*, determine who you set the curse/elementals on.

3. “FYDW, did **someone set any of the curse(s)/elemental(s)** on you?” yes no  
 “Did they not?” yes no

*If yes*, determine who set the curse/elemental on you.

4. “FYDW, is this being carrying any curses coming through someone else?” yes no  
 “FYDW, do you not?” yes no

*If yes*, determine who you got cursed through.

## TREATMENT

*Note: Instruct the client to ask anything he/she wants to know before you clear the curse because after you clear it they must never call it back!*

1. **Clear the curse/elemental.** Determine the physical location of the curse/elemental energy in the client’s body. Do the intervention of choice.

*Note: If the curse/elemental was set on more than one person, i.e. a family group, instruct the client to inform the others and give them the instructions for clearing curses.*

2. Finish the balance by muscle testing that the client is 100% cleared at the conscious, unconscious, body, soul, etheric and all unknown levels. Write learnings.
3. If the **client set the curse/elemental**, he needs to work with an HBLU-trained practitioner to clear all patterns that predisposed or enabled him to set curses. The goal statement is often worded, “Get angry safely” or “Clear conscious (or unconscious) autocurse patterns.” The ability to set curses often comes from layers of the Enneagram wound (particularly for Enneagram 7’s and 9’s), blocked access to anger or occasionally other emotions, past life or ancestral trauma, or the dysfunctional family secrecy contract.

## SUPERNATURAL INTERVENTIONS

### 1. The JC Intervention

This is a simple prayer intervention given to me by Helen Tuggy that is apparently common in Christian circles, but that works for people of any religion. Have the client say to the darkside entity or curse (in a commanding voice),

***“I call upon the power of Jesus Christ. You are bound and defeated. Leave me now and go to the light.”***

*For Jewish people who make object to referring to Jesus, you may substitute the word God.*

## **2. Archangel Michael**

Ask the Archangel Michael to remove all curses and send them to the light.

## **3. White Light with the Angel**

Ask the client to put his hands together over his head, connect to the white light, and pull a bubble of white light down and around himself. Tell the client that his angel (or your angel) will pull the curse or entity off of him. This intervention is especially good for establishing 100% boundaries with evil.

## **4. Smudging**

This is a shamanic technique popular with Native Americans and as a religious practice in many religions and countries. Use a wand made of **sage or a combination of sage and cedar** for the smudging. Light the wand and use the smoke to smudge (ie smoke) the four corners of the room to allow evil spirits to escape and clear any contamination from the room. Smudge the client until he/she reports no remaining feeling of supernatural contamination and he/she tests clear at all 4 levels by muscle testing. I ask the client to stand up and rotate slowly while I smoke him/her from head to foot. Then sometimes I smudge myself or have the client smudge me.

More conveniently, you can use a spray mist made of white sage which I buy from <https://www.taosherb.com/store/white-sage-mist-80z.html> .

## **5. The Rattle**

This is a shamanic technique that you may use instead of smudging. Use a rattle made of only materials that were once alive. Shake it in the four corners of the room to allow evil spirits to escape and clear any contamination from the room. Shake it around the client until he/she reports no remaining feeling of supernatural contamination and he/she tests clear at all 4 levels by muscle testing. I ask the client to stand up and rotate slowly while I shake the rattle around him/her from head to foot. Then sometimes I use the rattle on myself or have the client use the rattle on me

## **6. Tibetan Singing Bowl**

Have the client ring a Tibetan singing bowl until the entity or curse is cleared.