

# The SoulCleanse<sup>SM</sup> and Beyond

by Theresa Crabtree

Greetings,

As I perform each SoulCleanse, I find many patterns emerge that are common to the majority of people who ask for my assistance. In order to save time and also in the hopes of not forgetting to share anything important, I have created this letter with suggested tips and information that I hope you will find useful.

Some of this information may be new to you. Most of this information may come as a good reminder to help you get back on track. Whatever does not resonate with you, set it aside for another day or disregard it all together. Feel free to share any of this information with others that come to you for assistance.

Before I begin a SoulCleanse session, I first call in the Team of "Heavenly Helpers" who actually do the work. You can find out more about them on my website at [theresacrabtree.com/soulcleanse](http://theresacrabtree.com/soulcleanse). They cannot initiate work on humans or earth energies unless they are requested to do so. Permission from the Soul is always granted before any work begins.

I have not been trained by any humans in this work. My abilities were heightened after I "got out of my own way" and learned to connect directly with my Soul. Then the Team members, presented themselves to me, each teaching me what I need to know in order to be the spokesperson from them to you. I continue to learn more each day. This is my Soul Mission on earth and I am honored to be of assistance to you.

Once I connect with the Soul Cleanse team, I go into a meditative state, balancing my emotions and filling myself with love and gratitude. Then I see myself center stage with the SoulCleanse team members surrounding me. I "puff out" my energy, creating an expanded auric field of golden white light.

Then I focus on your name, "calling you in." Once the connection is made, I "see" your energy field "standing" before me, within the golden light aura. Next, I make a heart connection, visualizing energy of love flowing between us. Once I feel a sensation, which is usually a fluttering in my upper heart and oftentimes a tightness in my throat, I know the connection is made between me, you, my Soul and your Soul. If others are being "called" in addition to you, I make the same connection with them.

Next, your Soul meets the Team and is instructed on how the session is conducted, its purpose, etc. Your Soul then gives permission and becomes the overseer of what will and will not be done on your behalf.

Then the work begins, I mainly bear witness to what transpires and am the mouthpiece to answer any questions you have asked me. If there is other information to impart, I am given this, as well.

The first thing the Team does is seek for any outside interferences such as Earthbound spirits, misguided Elementals and Dark Force entities. Your mind would likely be blown if you knew of all that was going on around you, moment by moment. The main thing to remember about low vibrational energies, thoughtforms and entities is that nothing can assert itself on to you. At some level, at some point in time, they are either invited in or attracted to the human host because they are emitting a frequency that resonates with them.

Some of these Earthbound souls are attracted if there is alcohol and drug usage. This can also happen with prescribed medications, especially those that induce sleep and alter moods. When your energy is low from unresolved issues resulting in "stinking thinking," feeling like a victim, guilt, blame, anger, fear, shame, etc. these will attract floating thoughtforms that can glop onto your thoughtforms and clog up your energy field. There are many types of "entities" that feed off this energy as well.

For brevity, I categorize the conscious entities into two categories. Elementals gain their name from their association with the earth elements: earth, wind, fire and air. Fairies, elves, gnomes, trolls, sylphs, orbs and such that lean more towards the dark side are included in this category. There are also many more. Like all cultures, some lean towards the dark while others lean towards the light. That is the nature of those choosing life in this dual universe.

The Elementals, as I classify them, are very powerful and can induce chaos in a human's life, whether they are able to attach to the host's auric fields, or cause disturbance from outside the fields.

The Dark Force entities are those that are inherently evil. Their goal is to disrupt love relationships in any form. This includes self love, family ties, romantic relationships, friends, hobbies, careers, events and the earth itself. Anyone who is addicted to drugs or alcohol have them. No exceptions that I have found in my work. They also gain a foothold when a human's vibration is low due to unresolved emotional issues.

***Most often, what appears to be entities are deeply entrenched thoughtforms that create a life of their own. They just are, they don't think or create, but just hold the memory of the accumulated thoughts.***

You have likely experienced this phenomena when you have gone to places that creepy or heavy. You may have personally experienced this when you have a persistent thought that you just cannot get rid of. Every thought that has even been thought, is floating around. Many thoughts you generate stay in your auric field, being fed daily by your repeated thought on the subject. The more you think about this subject and the more emotion that is generated about the thought, makes this thoughtform denser and more likely to magnetize similar floating thoughtforms and people who have similar thoughts about the subject. This is the law of attraction in action. One of the powerful benefits of the SoulCleanse is the removal of these dense thoughtforms, as permitted by your Soul. Most clients feel their energy shift and gain much mental clarity immediately.

This accumulation of thoughtforms is great when you are happy and feeling gratitude. However, when you have an unresolved issue, especially from early childhood or ones that linger for years, these heavy thoughts can clog the free flow of chi in your energy field. Accumulated thought forms are the basis of every physical disease and discomfort.

Energy imbalances most often begin within the family unit. When someone in the family is off balance, it affects everyone else. Then the problem perpetuates itself with the children (you). The little ones begin to forget their true god-self and perfection of who they are before coming into this incarnation. When there are severe traumas such as sexual abuse, loss of a parent through death or divorce, adoption and any other experiences that keeps the child from having a solid foundation, the problems are escalated.

The fears and belief codes associated with the trauma, attract the same from others. If the child feels like a victim, he will unknowingly emit the vibration of "victim" out to the world. Other victims will be drawn to them. Together they may continue to tell their "woe is me" stories, thus entrenching these thoughts more into their reality. They will also magnetize perpetrators to them, since this frequency matches victimhood. This is why adults who were abused often choose abusive partners and find it difficult to break the pattern.

Many times, the unresolved issues lead to withdrawal, drug use or alcohol as a means of medicating the pain. This seriously hampers the ability to break the pattern and may lead to criminal behavior and anti-social behaviors.

Even though humans often do things they know are not "right" there may be a compulsion to do the behavior anyway. Part of this is due to the law of attraction. When you are vibrating at a low frequency that is fear-based, you may fool yourself into thinking you are doing things coming from unconditional love. Test your true motives by paying attention to how you feel when what you say or do is not mirrored back to you in ways that you expect, such as receiving acknowledgement or praise. How do you feel when you say, "I love you" to someone and they don't say it back? Do you give gifts and the person does not say, thank you? How does that feel? If you have an expectation of receiving anything in return, this is not an act of unconditional love.

This is how most of us live. We need the acknowledgement. We need to feel heard. We need the compliments. We need to be told we are good, pretty, right, smart, etc. Yet, many times when do receive a compliment, we do not believe it. This happens when we have issues of low self-esteem, lack of confidence and are not self-empowered. These patterns of imbalance open the doorway to anxiety, depression, substance abuse and possible entity interference.

During the SoulCleanse, these non-beneficial thoughtforms are cleared out and cords broken with those that helped keep this energy flowing. As a result, many clients are able to break the pattern that has kept them stuck, oftentimes for many decades.

***Many "entities" are merely compressed thoughtforms from your own imaginings.***

This may be hard to accept. Who wants to believe they are creating their own demons? Although this was never your intention, it is the way creation operates. You are such a powerful creator that what you believe and strongly feel becomes your reality. There is good news in this, because whatever you create, you can uncreate.

When you understand that your thoughts, words, actions and emotions created your past, then you can do something in the present moment to change the pattern. When you have undesirable thoughts, think again. Divert your attention to things such as a song or mantra that is uplifting. Do this until it becomes a new habit.

Pay close attention to where you place your attention, such as the TV news, books, movies and online social groups. If the people, places and events you chose in the past are not uplifting, choose another others that are. Get out in nature whenever you can and observe and enjoy what you see there.

Daily mediation is crucial to changing behaviors and working towards staying centered, no matter what happens around you. A simple technique is to simply taking some deep breaths until you feel relaxed. You do not need to sit on your head or do complex things with your hands or empty your mind of all thoughts. Simply pay attention to your breath as you deeply breathe in and breathe out, until you feel relaxed.

Your Soul is a vast and powerful creative being. You coming to earth as a human in this moment in time was not an accident. It was a well-planned adventure made before you chose your parents. Yes, you chose them! When you connect with your Soul, you will "know" what is best for you at any moment in time. Consider yourself an ambassador of your Soul, here to experience and create in the physical realm all the delicious treats that are readily available in other dimensions.

However, you are not a puppet of your Soul. You have been given the gift of free will. Although, exercising this gift may at times cause you to have some not so wonderful experiences. Whenever you begin to go too far off your chosen path, you will be nudged back into line. Pay attention to your intuition and gut feelings. Release fears and change your thoughts, words and actions to higher frequencies.

Most importantly, pay attention to your emotions. This is your GPS system. If you feel off balance, then you are going against your own flow. Speak your truth, walk your talk and resolve issues that arise as soon as possible. When you vibrate at a high level frequency such as joy, happiness, compassion, love and gratitude, it is much easier to navigate your path.

There is currently a lot of hype about past life regressions and hypnosis to resolve problems. Even if your issues were caused or repeated in past lives, the issue remains the same. The healing begins in this current moment. What will you choose to do next?

Perhaps you find yourself repeatedly in abusive relationships. Through regression or hypnosis you may find out that this has been your pattern for centuries. What happened in the past is history. The way to heal the problem is to stop choosing the same type of people to be in relationship with. The way to undo this pattern and all patterns, is to select differently.

Any pattern can be broken if you raise your vibration. This means making better choices, which often begins with learning how to say "no" to what you don't want and "yes" to what you do want. You are simply breaking undesirable habits. With each success, it becomes easier. Why? Because you are removing the layers of the heavy energies that have accumulated in your auric field. The higher you raise your frequency, the less you will be attracting more of these low vibrational people and events to you.

Say "no" to jobs you do not like. Say "no" to people that bring you down. Avoid them, even if they are family members, at least until you become more firmly rooted. Then you will be able to stand your ground even when they hit you with their own fears and beliefs.

When you catch yourself saying unkind things, stop yourself immediately. You may have to stop being with others that keep you in this pattern. To heal faster, stop telling your stories over and over. This keeps the story alive, making it harder to break out of the pattern. Watch your words carefully, replacing them with higher vibrational choices.

The creation process begins with a thought. The spoken word brings it into fruition and your emotions are the catalyst that brings it into reality. Thus, pay attention to where you place your thoughts, every word you utter and how you feel.

The emotions are your barometer, telling you how you are doing. If you feel sad, consider what is making you feel sad in that moment. You don't have to pull out all the trunks of garbage from this lifetime and certainly not the baggage from past lives. Just stop in the moment and see if you can uncover what is making you feel sad right now. Then do what you can to resolve the root cause and switch to a higher vibrational emotion.

Sometimes you need to express the emotion in order for the healing to occur. Have you ever felt like someone didn't hear something important that you wanted to impart to them? When this happens you feel like you have to repeat it over and over until you feel heard. Your emotions are the same way. They want to be heard and expressed. If you have stuffed tears from childhood traumas, those tears want to come out.

When emotions are allowed to flow freely, healing is often spontaneous, issues can be resolved immediately and forgiveness may become easier. If you feel emotionally off balance, it is your mind, body and Soul's way of saying, "Pay attention, we are trying to tell you something."

This often manifests in the dream state. After the SoulCleanse, many clients begin to have vivid or recurring dreams. Pay attention to these. They are messages trying to get through to you. Most often they are answers to your questions or ways to heal repressed issues. Sometimes it may be loved ones, dead or alive, who are trying to reach out and reassure you.

Whenever you feel a loved one who has passed is nearby, you are likely correct. If the energy feels loving, then embrace it. If the energy feels dark, disregard it. Keep in mind that when loved ones cross over, very quickly after death, they remember who they are in their Soul essence. If they abused you or others, they are cleansed from those transgressions. They now remember the fuller picture and when they come to you, it is with love and respect from their Soul level. They want you to remember who you are, in your Soul essence and not to remain bogged down in the misery of the human condition.

This brings me to the subject of Earthbound spirits. Many of these are not the full embodiment of who they were when they were alive. Most humans, upon death, feel a "tug" and follow it to the "Light" or a similar situation. Those who were murdered, died unexpectedly, have a tremendous fear of dying or addiction to a substance, experience or another human, may not fully cross over. Again, free will comes into play. These spirits may get stuck in limbo, or choose to remain in the earth realm for a time. Some do not even know they are dead.

During the SoulCleanse, if any Earthbounds were attached to you, it is likely there is something in your thoughts or actions that resonated with them. However, this is not always true. Many pick up these types of entities by being in their presence. This often happens in bars and hospitals and other places where Earthbound spirits tend to linger. Sometimes humans who die stay around loved ones for a number of reasons.

The problem with Earthbound entities is their thoughtforms, beliefs, fears, addictions and agendas will intermingle with those of the human host. The host then picks up the behaviors, emotions, and thoughts of the Earthbound. The host may all of a sudden start craving food, alcohol, drugs, have suicidal tendencies, criminal thoughts and many other abnormalities. The host doesn't feel like himself. The Earthbound cannot assert himself onto a human. However, if the human's frequency matches that of the Earthbound, they can magnetize to each other.

Dark Force entities are a whole other story. Sometimes what appears to be demonic entities are nothing more than the person's accumulated thoughtforms based on fear. However, there are a myriad of low vibrational energies and conscious beings that can attach to or harass humans.

During the SoulCleanse, most low vibe thoughtforms and low conscious entities are easily removed during the initial session. They do not resist or have their free will encroached upon because they are not at that level of being. However, humans who have mental and emotional issues are often dealing with conscious Dark Force entities who knowingly are manipulating them in order to feed off of them and to have the human host fulfill their own agendas.

These entities are known by many names such as devil, demon, etc. They are interdimensional beings who are making choices based on their own beliefs, much like humans who choose to "be bad." One way my work differs from others is that we approach these entities with love and compassion. Many of these entities want to change but don't know how.

If you or a loved one has Earthbound spirits or Dark Force entities, they are usually removed in layers. Here are some basics on what happens. During the initial SoulCleanse, the Team has a chat with these intruders and offers them safe passage to "go to the Light" if they want to change their ways. Usually, the Earthbounds and some of the Dark Force entities will go.

During the initial Cleanse, you are also going through a lot of energetic changes as your chakras are cleared, energies balanced, thoughtforms cleared, cords removed, auric field repaired, physical healing taking place and so on. A lot of emphasis may not be placed on removing every entity that may be harassing you. Usually, I will be Guided to wait a few days for the energies to settle in before starting any Follow-Up Cleanses.

Dark Force entities feed off low vibrations. Thus if a human exhibits fear, shame, guilt, etc., an attraction occurs. The more conscious beings do all they can to create more chaos around their human host. They will do anything to break up loving relationships and cause fear. Then they feed off these emotions, gaining more strength. The strongest Dark Force entity is usually the last to go. Its strength is significantly decreased when the host begins to raise his/her vibration. The stronghold is also weakened when all of the entities' "pawns and allies" are removed.

During the Cleanses, all of the entities are encouraged by the Team to go to the light. Many do and once they are transformed, they come back and join our team, helping to encourage their "peers" to choose the light, too.

At some point, any entities that refuse to leave are removed against their will. Those who choose not to go to the Light are taken into a place of quarantine where they can no longer interfere with humans. At any time, they can choose to go to the Light. We honor and respect their free will as much as we do those of the Light. Remember, this world was created to be a polarity. The Dark beings were invited at the same moment the Light beings were invited. When it comes to the Soul Essence, we all are One.

During the SoulCleanse, when there is entity activity, there may be portals that need to be cleared out, then closed. Sometimes, especially in congested areas such as large apartment buildings or metropolitan sites, portals may be in the vicinity. This almost always occurs where there were battlefields or other places where there was a lot of trauma. Until the portals are cleared and closed, other entities have a way to come through and harass humans. Portals take time to clear and close, most often within two weeks.

After the initial SoulCleanse, until you change your thoughts, emotions, words and habits, you may unknowingly continue to magnetize low vibe thoughtforms and entities to you. Therefore, you may have everything cleared off during the Cleanse, then accumulate more over time. The group Celestial Cleanses are a great support that you might want to consider for maintenance.

Now, you can think that I am completely nuts and that is okay. I haven't always believed the things I am writing about. However, experience has shown me that these things exist. I witness miraculous healings every day.

During the SoulCleanse, all energetic cords or implants deemed non-beneficial by your Soul were cut, healed and sealed. These are interactive threads of energy between you and others you have been in relationship with during this and other lifetimes. As an example, you have had a lifelong relationship with your mother. This is true even if she died at childbirth or gave you up for adoption. The cords are still there. Some are dormant, such as the times you were angry at her for making you eat foods you didn't like when you little.

Other ties have a little more energy, such as when you had minor disagreements. You likely don't even remember those conversations unless something happens that brings it back to the surface. If it did come back into your remembrance, it wouldn't bring up any emotional residue. These types of cords have been severed. They serve no purpose for you or the other person.

When people "push your buttons," these are cords that have an energetic charge. When this happens, you are given a choice of how to respond. Your choice determines how much energy will flow from your end and will affect the other person, whether they know you are thinking of them or not. You may choose to recharge the cord with low vibrational energies such as fear, anger, revenge, guilt, etc. These choices disempower both of you. You may choose to continue the interaction from a higher vibrational frequency such as love, gratitude and appreciation. Most waiver back and forth until they become more in alignment with their Soul.

Your choices from this moment forward will create more cords. Choose your thoughts, words, actions and reactions wisely. Moving forward with positive intentions and gratitude will help prevent future non-beneficial cords. Focusing on high frequency thoughts, words and actions makes it much easier to forgive yourself and others, change your thought patterns and unwanted behaviors, as well as release fears and undesirable belief codes.

Cord cutting during the SoulCleanse is more efficient than the means used by most other healers. Just like a vine growing on a tree, unless you remove the roots, the vine can reattach and continue to grow. The SoulCleanse Team cuts the cords and removes the roots from both parties. The cords are sent to the "Light" or transmuted to Light. The wounds created by the roots are then healed and sealed. These cords will never reattach. This does not mean you will completely detach from a person, just the non-beneficial cords are severed. All other cords serve a purpose, such as keeping you energetically tied to people, places and animals that you are in a loving relationship with. Cords that offer you an opportunity of growth are not cut. Which cords are cut and which are left intact is overseen by your Soul.

The following are suggestions to enhance the flow of chi throughout your body, to increase the strength of your auric field, and to override non-beneficial behaviors. Monitor your thoughts, words, emotions and reactions as they arise. Any that are non-beneficial, immediately stop and redirect yourself.

Low vibrational thought patterns can quickly be changed by singing or humming a mantra or uplifting song. This can be done out loud or silently. At first it may seem tedious to monitor your thoughts, but soon you will re-pattern the brain and find yourself having far more positive thoughts. Also, due to the universal law of "like attracts like," you will attract more positive people into your life, as the others fall away.

If you find yourself gossiping or saying unkind words, stop yourself immediately. If you are with others and they insist on keeping the conversation at a low level, remove yourself from their presence. Taking a quick bathroom break can be enough to disengage. Pay attention to what you do with your time and energy. Avoid movies, books, people, events and other experiences that bring you down energetically.

As your emotions rise to the surface, monitor your reactions to them. Take time to find the root cause of unhealed emotions and role-play ways you can act, rather than react, when the same or a similar event occurs in the future.

You are a physical manifestation of your Soul, an ambassador of Love. You did not come into this realm to balance any karma or to be a puppet for your Soul. You came to co-create with your Soul any experience that you desire. Your Soul essence is pure Love and the more you align vibrationally, the better your co-creation efforts will manifest the reality you desire.

Ask your Soul questions and listen for the response. At first, you may question whether what you hear is from your Soul or another source. As you tune into your body, you will know the difference. When in alignment, things feel right and flow smoothly and effortlessly. Releasing fears, stuck emotions and outdated beliefs will also make the connection stronger, for resistance and fear creates doubt and energy blockages.

Daily quiet time with the purpose of connecting on a more conscious level with your Soul is imperative if you wish to consciously create your reality. Daily meditation/ prayer time is essential to make your Path more efficient and enjoyable. This can easily be done just before you fall asleep and as you awaken and are still in that dreamy state. This can also be done at other times when your brain states are more relaxed such as in the shower, meditating, relaxing, walking in nature or driving a car.

In order to make my services affordable to everyone, I choose to be efficient with my time and energy. Thus, I am writing this letter for you and sharing a multitude of information through my writings in books, social media and my websites.

A big area of concern for me was how to handle the myriad of questions that come up as a result of the SoulCleanse. Nearly every problem has the same solution. It is all about vibrational matching. But everyone has unique experiences and are at a different level of understanding. Thus, I asked the Team to assist me with how to better serve your specific needs in an efficient manner.

They led me to the Abraham-Hicks youtube.com audios. After I listened to dozens of them, I realized this was the same group of entities on my Team. The words and suggestions were identical to what I hear from the Team. I was delighted that I didn't have to create a myriad of videos to present the information to you. It was already done. I believe these channelings will answer any questions as well as or better than what I can offer you. Thus, I highly suggest that you saturate yourself with them until you are firmly rooted in your own expression of self empowerment. The Abraham channelings, in tandem with doing the "homework" suggested in the material I offer you, following your intuition and actively replacing the old with the new, will help you very quickly create the life you have always dreamed of.

Currently, I offer two remote group Celestial Cleanses each month. When you receive the invitation, go within for inner guidance on whether that specific Cleanse is beneficial for you. They are offered at a suggested donation price of \$5-20 USD. However, I do not turn anyone away for lack of funds. These group Cleanses can also be requested for loved ones, even if they are not aware of it. So, spread the word!

You may also find my book, *Mayan Messages*, to be of help in breaking through old patterns that no longer serve you. The book can be purchased or read in its entirety at:  
<http://mayanmessages.wordpress.com/>

Several times a week, I post excerpts from my next book, *Soul Connections: Tools for Transformation* on my blog. You can read them online or subscribe to have them delivered to your email.  
[www.theresacrabtree.com/blog](http://www.theresacrabtree.com/blog)

You can also find me on Facebook at: <https://www.facebook.com/theresacrabtree56>

I hope this information is of benefit to you. If you have further questions, let me know.

Many blessings,

Theresa Crabtree