

Curses, Spells and Hexes

Theresa Crabtree

Curses, spells and hexes are simply strong intentions sent to a targeted individual, group or location. In order to stay effective over a period of time, they have to be energized. These curses will only affect individuals if their energy field is weak enough to absorb the low frequency thoughts.

When a person is empowered and acting from a base of self-love, there is a tendency to make life choices based from kindness and compassion. These people also tend to express gratitude in their lives. This way of living strengthens one's energy (auric) field. It is also closer to our natural state of being, which is Divine (unconditional) Love.

Love, kindness, compassion and gratitude emit higher frequencies. Whereas, hatred, revenge, jealousy and possessiveness emit low frequencies. When a person focuses low frequency thoughts at a person whose energy field is of a high vibration, the targeted person will not absorb the lower frequencies. A natural shield is created by the energies of love and gratitude.

This effect is similar to a radio. If you want to listen to station 102.5, you will not be able to tune into it, if your tuner is set to 80.9. The frequencies don't match. As you get closer, by tuning into 102.1, you might start to get some static, but you will not make a strong connection.

Every human has the potential to cause harm to others. This can be done ignorantly or on purpose. Whenever someone is angry at another person and thinks strong, bad thoughts about them... or having a verbal or physical fight with them, they are in effect using the same energy that is commonly called a "curse, spell or hex." You are consciously sending low vibrational energy to this person or group in that moment. If the targeted person has a weak energy field, they will absorb this energy, weakening them even further.

When a person has a low vibrational energy field, this opens them up to developing physical, mental and emotional imbalances. This also creates blockages to one's spiritual awakening. Thus, it is very important to pay attention to one's energy fields. However, most humans are unaware of this basic dynamic.

There is also the "mirror effect" that comes into play. Whatever energy one sends out, it will return to them. This can be an immediate response such as hitting someone and they hit you back. It can be more of a "Scrooge" effect, where a person is stingy for many years, then there is an awakening in which the person sees things from a new perspective and changes their ways. Sometimes, the "boomerang effect" of energy is played out later in life or even seeps in from a past life. Thus, be mindful that what you send out, will return to it. This is the basis of what many call "karma."

From the standpoint of the person who consciously sends the intention of harm and ill will to another, they will "reap what they sow" at some future date. That energy they emit will return to them, often being magnified. Thus, if you know of someone who practices black magic and they are wealthy and successful, you do not need to have the feeling that they should be punished. Judge not, let ye be judged. Rather, keep your stance and move towards unconditional love for all.

Let's talk more about the dynamics of curses, spells and hexes so that you do not fall under their spell (pun intended). First, keep in mind that the following can happen in a moment of anger or by someone who is intentionally sending the energy of malice and ill will towards another, short or long-term. Both can have a detrimental effect on the target, but only if the target has a weakened aura.

Thus, if you do not wish to be a target of other's emotions, then make it a goal to raise your vibrational frequency. If you have problems while being in crowds or feel the emotions of others, simply by walking past them, then it is a sign that you are absorbing their energy. Again, this can only happen if your energy field is a frequency match to theirs. To date, I have not heard anyone complain that they are absorbing loving energy from others. However, my days are filled with assisting those who are having the opposite problem, absorbing other's low energy vibrations.

UNINTENTIONAL CURSES, SPELLS AND HEXES

As mentioned above, the target will only experience the effects of a curse, spell, or hex if their energy field is in a weakened position to absorb these low vibrational frequencies. A curse, spell or hex is simply a strong intention that a human utilizes in order to cause some kind of effect onto another person. This usually happens without the knowledge of the other person. The one setting the intention may or may not realize the effect they are having on the other person. They may even believe that what they are doing is in the best interest of the other person, such as creating a love or health spell. However, anytime a person intentionally affects the Free Will of another person, they can expect some energy consequences (karma).

Most people, at some time unknowingly create a “curse” simply by sending their angry energy at another person. They may hold a grudge for years or even an entire lifetime. They are also likely to gossip about this person, which gets others to send negative energy towards that person.

You likely have done this or received this type of energy with a family member or a romantic partner. The more you energize this bad energy, the more it will affect the other person, if their energy field is weak. Thus, the energy between you can be off balance for one or both of you for decades and even into future lifetimes. This energy exchange is just as debilitating as that of someone who practices black magic against another.

Thus, it is important for you to stop sending this negative energy towards others. Again, the energy exchange will be going on between the two of you, which can become stronger over time, depending on how much energy either of you is sending toward the other. If they are the ones sending you the bad energy, you can stop it from affecting you by raising your vibration. This is even more effective when you can forgive the other person and release any ill will you have towards them.

Low vibrational energy exchange is often noticeable around holidays and reunions when you gather with family and others that you have problems with. It is often enhanced during a chance meeting with someone who has hurt you in the past. It is important to release this energy. The Heart Connection exercise is very helpful in releasing these types of issues. You can download it on my resource page at: <https://www.theresacrabtree.com/resources/>

BASIC WAYS THAT CURSES, SPELLS AND HEXES STAY ENERGIZED

This section deals mainly with intentional curses created by those who practice Black Magic. Again, what they are doing is simply setting a strong intention. As they create their ritual, they give it more energy. Some call on the Dark Entities that they work with to help energize the effects of their ill wishes. No matter what they do to set the intention, all energy will dissipate over time, unless it is recharged. This is similar to a battery. If it is not maintained or have some sort of generator, over time, the energy will be depleted.

1. The Initial Result

In the beginning, the curse, spell or hex is energized by the focus of the sender. If left unattended, this energy will naturally disperse over time.

2. Conscious Reminders

The energy of the spell will remain as long as the initial sender and/or the one who hired the initial sender keeps it energized.

For example, a jealous person who remains angry at the targeted person will keep the energy heightened as long as they are in physical proximity or in their thoughts. Eventually, the targeted person no longer becomes a threat and is not in their life anymore. Then the jealous person, rarely, if ever, even thinks of this person, so the curse or thoughts sent that way eventually will disperse.

Over time, if something triggers the jealous person, which makes her think of the targeted person and she still feels that animosity, then she may throw some low vibrational energy daggers at that person. Then goes back to forgetting about that person. The targeted person may sense something negative, but have no idea where it came from. It usually happens so quick that it goes unnoticed.

3. Person Believes They are Cursed

There may or may not even be a curse targeted towards this person by someone else. Humans have a tendency to want to blame others for their misfortune. However, we each create our reality with our fears, beliefs, thoughts, words and actions. Most people who come to me do not have outside curses happening, it is their own unresolved emotional issues that has created the problem. Until that person accepts this and makes the necessary life changes, he/she may choose to continue to live their life with the belief they are cursed. This is giving your power away. The result is that one's energy field will remain in a weakened state and they will remain open to absorbing the negative energy of those around them. This also makes them vulnerable to attachment and harassment by Dark Entities.

4. Generational Curses

These are energized through oral traditions. They remain energized because people within the family hold the belief that it is true. Thus, they implant these beliefs on other members of the family. Most often what is believed to be a family curse is simply another way of displacing blame for one's own actions.

More commonly, what appears to be a family curse are bad habits or predispositions to mental health issues, such as bipolar, schizophrenia and pedophilia. Research has also shown that addictions tend to be genetic, especially misuse of drugs and alcohol. In these cases, it is still an individual problem that is not being resolved. However, there are such things as generational curses that are energized by Dark Entities.

5. Involvement of Dark Entities

In some cases, people make conscious or unconscious "contracts with the devil." For instance, they may be pleading for the life of a loved one and make a strong statement that they will do the "devil's bidding" if they save the life of the person. Some go into contracts with Dark Forces for power, greed, lust and other purposes.

These kinds of contracts, whether done consciously or not, can be very dangerous because Dark Entities do not respect the Free Will of others. They also will demand that the human keeps their side of the bargain, whether or not the Dark Entities keep their side of the bargain.

Some of the bargains become even more dangerous, because the Dark Entity sees the contract as being made with one's "soul," not just that specific incarnation. Thus, when the person reincarnates, right from the beginning, that Dark Entity may come into that person's life and create a lot of chaos. Even if the original human did not express the clause "forever and ever," the Dark can still take it to mean that it was a forever contract. Thus, they can plague that person from infancy onward and into many lifetimes. Although this can happen, it is a rare occasion. The main reason is because when a person dies, any Dark Entities around them usually go off to new targets, losing interest in the one who has died.

THE GOOD NEWS

No matter what has happened in the past, whether it was a past lifetime, a childhood event or something that happened a minute ago, the past is complete. All conscious beings create in the current moment. This then effects their future. Thus, if you are experiencing a true curse, spell or hex from someone outside yourself, whether human or not, you have full control over the effects of this projected energy towards you.

Once you raise your vibrational energy above the energy they are projecting, there will not be an energetic match. Once you set your own parameters on those based on self-love and love for others, it will override any lower based frequencies in your energy field. This is similar to two waves in the ocean. When a small wave hits a large wave, there is some turbulence. However, within a moment, the large wave absorbs the lower wave. Visually, the large wave continues on its path and the small wave no longer exists. However, each water droplet is still in existence, but now going in a new direction.

In addition to raising one's vibrational energy, the belief that one is "cursed forever" needs to be dealt with. Once the belief is broken, the power is dissolved, like the wave action just mentioned. You may have experienced this many times throughout your life. Look at all the things you believed when you were a young child. Through time, you gained knowledge and new perspective, which changed beliefs. Thus, you set a new course of action built on your newly revised belief. The power is always in your hands.

Even if you have the strongest of Dark Entities attached to your energy field, you still remain the one who has full sovereignty over your body, mind and soul. You may be so entrenched, that you need outside assistance, but you do have the power to do this yourself. Again, your belief is a key element as well as raising your vibrational energy. You can also call on Masters of Light who are not in duality and who have the power to release these entities from you. However, they can only do so if you ask them to. You will also need to do your part in releasing them. That includes changing any thoughts, words, actions, fears and beliefs that made you vulnerable in the first place.

The Masters will not put forth more effort than what you put forth. To do otherwise will either go against your exertion of Free Will or keep you in a state of co-dependency. Their goal is to help you to empower yourself and not to see them as your savior.

You must do your "inner work" to heal the weak areas, otherwise you will remain vulnerable to more entities attaching to you. Quite often, the next batch that comes in will be stronger and harder to release, which is another reason the Masters expect you to do your Inner work."

If you need assistance from the Masters, you might want to sign up for a SoulCleanse at:
<https://www.theresacrabtree.com/soulcleanse/>

Upon completion of your SoulCleanse, you will also be given additional information to help you along your path of spiritual awakening. You will also find most of this information on my website.

Feel free to share this message with others. However, you are asked to send it in its entirety.

Blessings,
Theresa Crabtree