

Chapter 5:

Is Your Life Making You Sick?

Step 1: Ground the Central Nervous System

Step 2: Get to the Root

Step 3: Express Your Inner Child

Step 4: Creativity and Intuitive Guidance

Step 5: Clear Your Lineage

Step 6: Reclaim Your Purpose

I was scrolling through my Instagram feed one day and came across a study that was done in past years where scientists gave separate sets of mice poisonous food to test the toxicity of a product. In this study, every set of mice, except one, died. The scientists looked into this phenomenon and realized that the only difference between these groups was that the scientist feeding the mice that didn't die spent time playing with them, loving on them, and giving them care as he fed them. Meaning the only differentiating factor between food being poison and food being nourishment was the presence of love.

Love can turn poison into nourishment. As we dive into the idea of toxicity in this chapter—what it is, how we eliminate it, and how it impacts our lives—I leave you with this resolution and hopefully sense of ease: how we consume and interact with toxins is just as important as the toxins themselves.

If we change our state to one of love and compassion, so much of what we consume changes states too. Our world is full of toxins. They are everywhere: our food, our air, our water, our relationships, our work, etc. The concept of consuming and absorbing toxins in just about anything can feel overwhelming and scary.

There is a solution: our energy and our state of being. These can supersede what is materially in front of us. I invite you to keep this frame in mind, and keep returning to it as I dive into some of these areas of toxicity. Why? So you can recalibrate if anything feels impossible or overwhelming to read. There is nothing wrong with you, you're doing your best, and I believe to my core that as we do deeper healing work, we can, with resilience and strength, overcome whatever is in our environment. The things that once had a stronghold over us no longer do, including material things. This is part of the beauty of healing.

What Is a Toxin?

We are multidimensional beings. Toxins can interfere with us across every one of those dimensions. Toxins can be emotional, environmental, mental, or spiritual—and most often these toxins combine together.

Toxins can create all sorts of issues in our bodies, minds, hearts, and spirits. Because a toxin can cut across all parts of us, we can begin to clear or heal toxins with what we eat and how we move, how and what we think, who we are in relationships with and spend time interacting with, and what energy we cultivate around us.

Let's look at how each of these parts of us look in toxic states and how they can play together.

Physical Toxins

Physical toxins are made up of the toxic particles that live in our food, water, air, and general physical environment. This can be everything from the detergent we use to wash our clothes to the types of fruits we consume. Most every part of our physical world has some exposure to toxic or physically harmful chemicals. This information isn't meant to scare you but rather to state that we live in a world with toxins. Even 100% natural plants can be toxic for some people—just think about the effects of peanut butter or a bee sting on someone who is allergic.

Toxins in our environment are just the reality of being alive. We want to look at two elements: the severity of the impact of these toxins in our lives and the amount of exposure we have to them.

When we take a look at our physical consumption, we have to look at the chemicals we consume—meaning it's always a good idea to be as chemical free and as close to the earth as possible—but also the emotional state we're in when we're eating and living our lives. Now, this isn't to say you need to be in damnation if you don't buy organic, although that's useful—it's more nuanced than that. It's that we set the intention to eat what feels the best in our bodies.

This isn't about being perfect or obsessive about the foods you eat. That energy of obsession or compulsive commitment to organic or vegan or Paleo or whatever type of foods is actually the part of the experience that can take a perfectly clean, fully organic apple and turn it into something toxic for your body. Eating cleaner can help, but it's not the full picture.

So what's the solution here? You've likely heard of the concept of being in a state of gratitude or even saying a prayer before you eat. This is a great place to start, but for someone who has

a looping system of chronic anxiety around food and control, this is going to feel like an uphill climb to the summit of Everest.

My suggestion is to just start with the awareness of how you're feeling when you sit down to eat, and no matter what comes up, try sending yourself some compassion. If you sit down and feel so horrible about yourself, just notice, don't try to "force" gratitude, but rather, just send yourself some love. Acknowledge that you're where you're at and there is something super intense and deep inside of you that's already in the process of leaving your field. The more you can just love yourself where you're at, and know that you're not bad and horrible for having these thoughts—just someone battling an entity—the more you pave the way for releasing this parasitic entity later down the line.

The same applies to things like our water, air, detergents, toothpastes, etc. Doing what we can to eliminate the toxic products in our lives can help our bodies physically ease up on the toxins they process, but also setting the intention to just be okay with whatever state you're in when you're brushing your teeth or cleaning your clothes is more than enough to get you moving toward liberation. Be kind to yourself, and do your best. If you make eating clean or being toxin free a new obsession, it won't actually lead to the healing you're looking for.

Taking the time to be mindful of how you're doing and making small changes that bring you joy is how you begin to take care of your body. This can mean feeling really excited to buy a new toothpaste and trying one that has really fun packaging. This can be playing with your laundry detergent and mixing the perfect blend of essential oils into an otherwise boring batch of organic cleaning product. Trust that you're okay even if you aren't perfect, and when you're ready to do deep clearing of your entities, lean into the cleansing work.

I highly recommend my clients clear their bodies and spaces of toxins just to give us an extra boost when we're clearing our energetic field. When we cleanse our bodies, we open up space in our energy to focus on cleaning and clearing our spirits, hearts, and minds.

When I was in the later stages of my healing work, I came across a liver cleanse. This wasn't just a juice cleanse for three days—although that can be valuable for some people—it was a full-on, intensive nine-day cleanse to clear my liver of toxins.

I am not someone who usually loves a cleanse. I had abused them as a tool to punish my body and lose weight, so my understanding of and relationship to them wasn't really positive. This time was different. Not only was it about eating real foods and consistently eating so your liver gets a lot of cleanse support, but I had a strong feeling this work would unlock something on a deeper, less physical level.

The practitioner who guided me through it was a close friend, and I had seen her transform on an emotional, physical, and spiritual level when she did this work, so I decided to give it a try.

What happened next was incredible. I watched as my body did its thing to release toxins I was holding. I watched my stomach bloat and my anger get stronger on the first three days, then the second three days I saw myself release. I saw constant detox and tears. By the end of the nine days, I felt like I was fully floating.

On day nine, I had a break in my abusive thoughts toward my body. I finally saw myself as strong and beautiful—despite not losing a pound. Something was happening at a deeper level, clearing out not only the physical gunk stuck in my body but also the stories attached to it. The liver is the emotional junk drawer of the body. It not only holds our physical toxins, but also our emotional baggage. The more I leaned into the nine days of cleansing, the more I set free.

From that point forward, I've included this liver cleanse into my personal entity release work. Every single time I go through a round of this six step process, I use the liver cleanse to support my body as it naturally detoxes. The cleanse protocol helps me unite my mind, body, heart, and spirit and accelerates my healing process. The liver is the storehouse of our emotional and physical debris. When we cleanse our livers, we cleanse that out of our system.

When you get closer and closer to releasing an entity, this type of cleanse becomes more critical. As the entity begins to become dislodged from your system, symptoms can get worse and physical and emotional stress levels can get higher. This is only temporary. When I was moving through one of the most intense entity releases I've ever experienced, I stayed on this cleanse for several months. The cleanse helped my body detach from cravings, release heavy metals, and expel multidimensional toxins. This helped fortify my whole system and essentially helped 'starve out' the entity. I stopped feeding it stress inducing foods and my body got support cleansing out waste while it worked overtime to fight off the entity. This is now the diet I eat every day of my life, with some customization and flexibility.

If you are looking to add liver detoxing into your process, I highly recommend reading the book "Medical Medium Liver Rescue" by Anthony William. In the book, the author breaks down a 3, 6, and 9 day liver cleanse that you can follow. It is incredibly thorough. You can purchase his book and get more resources on his various cleansing protocols on his website at <https://www.medicalmedium.com/>.

The Liver Cleanse is one thing that has continued to work incredibly well for me and my clients, but that doesn't mean it is the only solution on the planet that exists. I also have clients who have gone through parasite cleansing protocols, under medical supervision. I tend to see those clients release entities faster and easier than clients who have not done any cleansing work. It is important to be gentle on the body with these interventions. Go slow, if you feel the temptation to jump right in or go 'full throttle' you may burn yourself out—which could activate the entity even further.

No matter what solution you explore, I invite you to be extremely discerning. Not every cleanse is going to support this work or your body. I would make sure your practitioner focuses on supporting the cleansing of your liver, speaks to you about toxicity levels, and includes a holistic approach to cleanse work—supporting the mind, body, heart, and spirit. I have personally only worked with Anthony William's protocols and my own customized versions of these protocols, issued to me by a medical practitioner.

When you add cleansing to this six step process, you will likely see faster results. You may also experience more intense symptoms. I recommend only adding this to your process in times when you feel relatively stable and are able to take rest when your body calls for it. Sometimes our bodies go into unexpected fatigue or require moments of complete emotional breakdown when we cleanse and process, so ensuring you have the ability to give that to yourself is important.

Detoxing anything—like parasites, toxic chemicals, heavy metals, mold, or entities—requires you to be nourished and in a mineral-rich state. Detoxing the body is stressful. You won't get the results you want if your body is not grounded and nourished first. It's like trying to take water from a dry well; it just won't work, and you may end up more frustrated than when you began.

When it comes to cleansing or releasing toxins from the body, it's hard work and stressful for our physical beings. If we're not in a state where we are mineral rich and at least somewhat grounded in our bodies and our lives, we won't actually be able to get any real benefit from our cleansing work, and it may stress the body out more. It's always a good idea to work with someone who can support you through a complete, comprehensive, and safe cleansing process if you're really working with a disease state like cancer, autoimmune conditions, or other forms of physical toxicity.

When we're living our lives in a toxic soup of chemicals, it can be the intention and the action of cleaning what we can in our lives that makes the impact. We won't be perfect, and our

society makes it so that we just truly can never be perfect. And that's a pretty amazing, meta form of acceptance to lean into. We're doing our best. Nothing is wrong with us, and we're better off investing in cleansing with purpose than doing it just to feed our fear of being "sick."

At the end of this chapter, I've shared a list of practical tips for environmental cleansing.

Emotional and Mental Toxins

Emotional toxins are suppressed emotions that fester in us and cause all sorts of issues. If you grew up in a home with an addict, a parent who got angry a lot, or someone who was abusive to you, you may have learned as a child that it wasn't safe to express anger, for example. So you simply don't let yourself be angry. That anger festers in our systems because we still have anger, even if we're not feeling it. That anger stores in our energetic field and knots into a little ball of stuck energy.

That stuck energy can materialize in the body and produce physical neurotoxins. Those neurotoxins can create all sorts of problems, like masses, growths, and cancers. When we hold on to emotions and the stories that go with them, we can create an environment of toxicity in the body. That environment of toxicity creates physical issues and disease but also creates a sense of disharmony, chronic depression, hyper-anxiety, and a whole host of other mental stressors.

Mental toxins are the stories and beliefs that get attached to the emotions and challenging experiences that we have as children. These mental stories and beliefs then loop to create an energetic churn in the body, which further solidifies our emotional state and further keeps the emotions repressed, suppressed, and in their hidden place.

Let's take the example of an angry and/or abusive father. When your father was yelling or throwing things at you, you may have adopted the belief that there was something wrong with you, because no matter what you did, even if you were good, he'd still yell. You may have adopted the belief that you are alone, because no one in the house would support you or help you. You may have adopted the story that men are not safe.

You held on to that belief and story and had a hard time dating men that treated you well. Every time you got into a relationship with a man, they would end up being someone who yelled and made you feel like you were broken. Over time these thoughts and beliefs just became second nature to you, and you ended up with an abusive partner who reinforced those beliefs. In this case, the toxicity is expressed through your partner. But the toxicity

originates from your mind and is just being mirrored back to you by your partner. You get in life what you subconsciously believe you deserve. So, if you have a looping belief that you are broken and unsafe with others, your partner will reinforce that belief through their actions. In this way, our belief systems create disharmony in our energetic fields, which attract to us circumstances that match what we subconsciously believe we deserve.

When we clear our beliefs and stories, we clear out the toxins in our minds that keep us stuck in a distortion of reality.

Spiritual Toxins

A spiritual toxin is energy that infiltrates the spirit and distorts our higher selves or higher perception. A lot of the time, these toxins are things we can't necessarily see, but we can feel.

One of my favorite examples to explain a spiritual toxin occurred to be during my four-day trek up Machu Picchu—a notoriously spiritual mountainous epicenter in Cusco, Peru. At the time, I went with my then boyfriend on the hike up the mountain. On the first night, before the hike began, the guides lit a fire to honor the spirit of the mountain. At this time, I was spiritual in a fairly superficial way. I went to yoga, I meditated, but I didn't fully understand how nature and the elements and our spiritual bodies were all interwoven. I wasn't fully initiated into the world of spirit just yet. During that fire, I recall feeling the heat of the flames warm up my body, the smoke waft around me, and a sense of adventure as we set off to climb the next day.

As the sunrise hit our faces, I rose out of my sleeping bag and instantly began to feel sick. I would consider it a mix of nausea and fatigue and dizziness all in one. I wasn't sure how I was going to make it through the trek, but I was determined. I let the guides know, and they instantly gave me coca leaves and a red, syrupy shot of medicine and encouraged me to go one step at a time.

The next three days were horrific. I stopped every fifty feet, could barely move at night, and even had to pay someone extra to carry my light backpack up the mountain. I was going through it. When I got to the top of the mountain, I felt like I'd really overcome something. I barely looked at the view and proceeded to race down the other side, surpassing all of my trekking group on the way. I'd never moved so fast in my life. When I got to the spiritual site of Machu Picchu, I didn't understand what the big deal was. I looked around at the rocks, and sure, it was pretty, but what was the big deal? How was this mountain so special?

It took me seven years to uncover what was really happening at a spiritual level during that climb. I put the pieces together when I was talking with a friend of mine who, at the time, had just come back from a spiritual trek with a shaman to Machu Picchu. She took the same exact route as I did and somewhat randomly mentioned that a woman on her journey was sick the entire time. Her symptoms matched mine exactly.

The catch? At the end, she revealed she was having an affair. The shaman who led the group chuckled when she revealed her affair, because she already knew. The mountain apparently brings that up for people and makes them cleanse themselves of their infidelity, or other indiscretions, by making them sick.

The catch here was that I was not the one having an affair all those years ago—it was my ex-boyfriend. He had been cheating on me for years, and I had no idea. I wasn't innocent either. I was just as manipulative to him, I was just never unfaithful. So why was I the only one who got sick? Well, it turns out the shaman explained to them that the fire lit before the climb is very intentional. It burns the spiritual toxins from each person and brings up anything ready to be cleared. The trick was, you weren't supposed to let the smoke from the fire touch you. If it did, you may take on someone else's stuff. In other words, if their spiritual crap touches you, you carry it and have to work through it for them—which is exactly what happened to me. Well, partly. I have come to realize that I took on the weight of the entity that was being activated by the affair for us both and touching that smoke helped me access it.

I felt the smoke of the fire, and through my sweat and tears and some throw up, I had to work through my ex-boyfriend's affair and my part in making that affair a reality.

This vibration of his affair matched with my entity and the emotional abuse and manipulation I was enacting on to him, and I had to process the pain and suffering on behalf of him, myself, and of every other person who had come before us in our family lines. It was absolutely awful. His stuff was caught up with my stuff and that created a toxic vibration in my body and field. This toxic vibration, or interference, was causing a distortion, or disharmony, in my body. The mountain's job was to help me clear out this toxin and help me rebalance myself. To this day, I wonder what would have happened if he was the one puking out his brains and sitting with his decisions too. I wonder if he would have told me about his affair sooner or if we'd still be together.

In this instance, I was fighting off and cleansing a spiritual toxin—a toxin that embeds in our energy and holds the vibration of toxicity. It can affect us on a physical level or emotional level or mental level, but the roots are in the spiritual.

In our day-to-day lives, a spiritual toxin may show up when we really need to process something that hits us on a deep, psychic level. When we need to cleanse ourselves of someone or something, we may go into a physically sick space—mainly to cleanse our spirit. For example, we go through a breakup and suddenly get so sick we're stuck in bed for two weeks. Once we get better, we no longer feel connected to our ex and start to feel our self-worth suddenly come back online. That is an example of a spiritual toxin working its way out of the body.

Any time our spirit is ready to release something, we will purge it out of us. This can happen through breathwork, plant medicines, dance, and yes, sickness.

How Toxins Impact Our Energetic Field

To understand how toxins work energetically, we must also look at distortions. A distortion is a kink in a naturally flowing frequency that pushes that frequency out of harmonious resonance. Distortions occur on the level of frequency and relate to the quality of how things vibrate. You can think about a distortion like a key that's slightly out of tune on a piano. If you want to play a beautiful song that uses that note, you will never fully get there. Since our reality consists of many frequencies dancing and intermingling together—like a symphony—when even just a small distortion occurs, we can get tangled. Even the most subtly out of tune note can ruin a whole song.

Toxins and distortions have a two-way relationship. This means that a distortion can attract toxins and toxins can cause a distortion. If an entity is creating a distortion in your energetic field, you may be drawn to toxic people, foods, jobs, or places. If you're surrounded by a toxic environment, people, or foods your field may become distorted.

Imagine that someone left a note slightly out of tune on a piano for a long period of time. Even in great environmental conditions, the note would be even more out of tune the next time someone played it. The environment, the structure of the piano, and natural forces would keep pulling that note further out of harmony. This is the effect that toxins can have when applied to a distortion.

When a distortion is present, we attract more toxins because they resonate with the disharmony in our energetic field, in the same way an out of tune guitar can harmonize with an out of key piano. We feel more comfortable with toxic things because they 'resonate' with the disharmony we have in our systems. The more toxins we bring in, the more distorted our distortion gets and the more we spiral into negatively-polarized experiences.

Now let's imagine that that piano was perfectly in tune but was left in a hot, humid, and dusty environment. Over time, the notes would sound off. The toxins around the piano, in this case create the distortion. The factors around the piano, in this case, are the toxins. This demonstrates how toxins can create distortions.

When a toxin builds up over time, it pulls that piano key out of tune more and more and more. Eventually, the key is playing such a terrible sound that it creates a sense of dis-ease in our bodies, hearts, minds and spirits, and that manifests in our lives as situations and circumstances we don't like. These toxins can be from the food we eat, the people we date, the jobs we have, and a mix of all of these things together.

Each element of toxicity builds on the others, and they all expedite each other. In the same way we can get momentum for the good patterns in lives, we can get momentum toward not-so-great patterns in our lives.

If you don't initially have a distortion, toxins can stimulate one. This is especially true if you are more prone to distortions by your natural genetic or energetic makeup. When a toxin builds up over time, it pulls that piano key out of tune.

This out-of-tune key can represent any area in our lives. When we're not fully in flow and our keys are not all in tune, we can attract things that aren't exactly right: like a house with tons of issues, or a partner who isn't kind to us, or a job that makes us feel burned out and sick, etc. Not every hard experience in our lives is a 'toxin' sometimes life is just being life, but when there are consistent patterns of toxicity, this can apply.

When we take the time to tune that key, we are fixing that distortion so our energy can flow more ease-fully. When we start looking at the toxicity levels in our life, and where the toxic cycles occur, we can begin to connect the dots on where we are living out of alignment. As we come back into tune, we come into magic. Lessons about ourselves, learning about the world, and overall spiritual growth. So, in this way, our tuning process and distortion unwinding is actually key in helping us live full, more purposeful lives.

How to Unwind Distortions

Unwinding distortions is a process that takes us into all of the parts of ourselves that are being manipulated into dis-ease and harmonizing with toxicity. When we think about cleansing and releasing parasitic entities from our lives, a part of what we're talking about is correcting the distortions created by the entity and releasing the bound energy that

deepened the level of disharmony the entity was manipulating us to cause. This process requires us to look at the body, mind, heart, and spirit.

The first step in unwinding distortions is clearing out any low-hanging fruit. Where are you eating, wearing, or cleaning yourself with toxins that you can easily clear out?

Begin by assessing where in your life you can ease up your physical toxicity. Take into account that you want to be grounded in your life to really get the benefit from these changes and not add more stress and more toxicity in the mix. You have full control over what you put into your body and how you care for it, which means you can begin in the physical realm to clear toxins.

At the end of this chapter, I've shared some questions to help you start unwinding your distortions and releasing physical, mental and emotional, and spiritual toxins.

When it comes to parasitic entities, we want to reduce these toxins so that our bodies can naturally purge out the entities, on a spiritual level, with more ease. When we clean up our toxicity levels, the entity distortions and their hold on us become less strong.

Practical Tips for Environmental Cleansing

The holistic oncologists and doctors I work with at the company I co-founded, Liber8, recommend the following practical tools to help in the cleansing process:

- Air filters
- Water filters
- Removing carcinogens including:
 - detergents,
 - sunscreens with toxic ingredients,
 - foods with toxic pesticides,
 - toxic meats,
 - cookware with toxic coatings,
 - food wrappers,
 - dry-cleaning chemicals,
 - EMFs,
 - hair coloring,

- perfume,
- prescription medicines,
- and more.

For more information on the specifics of these carcinogens, refer to our Liber8 partner and naturopathic oncologist Dr. Nasha's book: *The Metabolic Approach to Cancer* (available at <https://www.drnasha.com/matchbook/>).

Questions for Releasing Physical Toxins

Here are some questions to begin to explore where you can release physical toxicity in your life:

1. Where in my life do I feel the most stress right now? Am I truly in a space where I am regulated and calm enough to make changes to my diet and my physical environment? If not, what can I do to get myself to a space where I can be grounded enough to make these changes?
2. If I do feel somewhat grounded in my life and ready to make changes, what physical products and foods feel the most expansive and exciting in my experimentation with being less toxic? Do I feel excited by the idea of buying new cleaning products and hair care/skincare products that are nontoxic? Do I feel excited by the idea of going all organic? What are five products that I can swap out over the next month?
3. What foods or products feel the hardest to change or give up? (You don't have to give these up! Just bring to mind a list of areas where you're being human, and give yourself grace.)
4. In what ways can I improve my sleep, movement, or physical nourishment? Write down three ideas you can act on in the next three months. Start small.

Questions for Identifying Mental and Emotional Distortions

The next step is to understand what patterns in your life are repeating. This area touches on the mental and emotional aspects of distortions. Here are some questions to begin that inquiry:

1. Have any dynamics with your coworkers, bosses, clients, or work-related relationships repeated themselves in your life? Any similarities from one job to the next? One role to the next?
2. What do all of your past relationships have in common? Is there a way your partners have made you feel? A behavior you notice? A way they look or a similar background? Does this remind you of a dynamic you experienced as a child? Maybe something that represents your dynamic with your parents?
3. What do you notice with your parents, siblings, or extended family? Do they all make you feel a certain way? Is there any theme in your life that they bring up for you?
4. What beliefs do you have about yourself when you're around the people closest to you?
5. What kind of person are you? Describe who you are and what you believe yourself to be. Are you a perfectionist, a good girl, always polite, a rule follower, a go-getter? What identifiers have you taken on? Where did these come from?