

HITCHING A RIDE

A Guide to Earthbound Spirits
and How They Affect You



Hitching a Ride

A Guide to Earthbound Spirits and How
They Affect You

Ellie Pechet, M.Ed.

Copyright © 2015 Ellie Pechet, M.Ed., Metaphysician

All rights reserved. This book or any portion thereof may not be reproduced or used in any manner whatsoever without the express written permission of the author except for the use of brief quotations in a book review.

Printed in the United States of America

First Printing, 2015

Second Edition 2015

Greater Reality Publications

23 Payne Place

Normal, IL 61761

info@greaterreality.com

Praise for Ellie Pechet's Work

"There is no healing more perfect than totally clearing the obstruction(s) that the soul has been carrying in this life so the light of the Inner Being can shine freely and there is hardly a memory of what had been the deep wound or presenting issue. This is Ellie's service - returning us to our true nature. Ellie's work and presence is a true blessing for us all."

*Greg McHugh, Denver, CO Board Certified Regression
Therapist, Author: The New Regression Therapy*

|

Dedication

I would like to dedicate this book to the many clients I have worked with for the past 30 + years. Without you, I would not be able to fulfill an important part of my mission this lifetime by way of this book. The purpose of the book is to increase mainstream awareness about the existence of earthbound spirits and other entities that attach to people (and those they know) without their awareness - often influencing them in ways that are negative, and sometimes devastating.

(Each story is based on a real example, but to protect identities, the client names, locations, and other identifying factors have been changed.)

Acknowledgements

I would like to express my gratitude to my friend and mentor Craig Hogan who always said yes when I needed his help at various points bringing this book to fruition. I am deeply touched by his unwavering support throughout this process and in awe of his wizard-like capabilities.

I also want to express my gratitude and appreciation to Ann, a very old soul, for helping me by proofreading the book again and making suggestions that further enhanced the flow.

Introduction

In recent years, although most people in our society don't realize this is happening, human evolution is accelerating, and many are evolving from the third into the fourth and fifth dimensions. Increased intuition, sensitivity, and the ability to make a connection more easily with higher realms are just a few of the positive results of this evolutionary transition. As they adjust, some are also experiencing uncomfortable symptoms such as ringing in the ears, pins and needles sensations in extremities, insomnia, and increased sensitivity to the energies of the people around them. The changing planetary energies and the increasing solar flares lately add further challenges to those who are more sensitive to begin with, making the shift to the fifth dimension more challenging. When we are balanced, we can more easily access higher levels of consciousness and clarity about the energetic beings around us - both positive and negative. The more clarity and awareness we have overall, the more empowered we are.

My healing abilities have been honed over many lifetimes. The following are two past lives that have been significant in my evolution as a shaman and metaphysician.

SHAMAN LIFE: I have always felt most comfortable in the woods and attribute this in large part to my native lifetimes. When I lived in my home state of Massachusetts, the vision of a shaman life came to me while walking in the woods the day after I removed a resistant spirit who had inhabited a client I was starting to work with. I had never done this before, but intuitively I seemed to know how to energetically move into the client, converse with the spirit, carry her out, and guide her to the light. In my vision, I could see myself working with the tribespeople as they came to me for help, lining up outside my teepee, mostly to have harmful spirits released, but also for other ailments that were less severe. The memory felt like a *Deja vu*...a half-forgotten memory that exists just below the surface and comes up spontaneously but is as vivid as experiencing a memory from this current life.

In that vision, I realized my skill in working with spirit attachments, demons, and other energy forms

is based on soul memories especially from that lifetime. It also helped explain my ability to converse with both dark and light spirits and how I can escort those who are earthbound to the Light as a natural, spontaneous ability. This also explains my ability to retrieve spirits from within those individuals they possess who are resistant to leaving on their own. A significant part of my divine purpose this lifetime involves using my ability to remove negative entities and spirits from people, houses, and other physical structures.

MEDICINE WOMAN LIFE: One day while meditating, I had a vision of another lifetime. I was a medicine woman working with herbs and tinctures while living on the outskirts of a village in England. Even now when I think about it, I can see myself in that life; well off the beaten path, my modest home, the clothes I was wearing...long skirts and tops all in earth colors. People would come to me from all over for help with various maladies.

I was happy knowing I was living my life in divine purpose, helping those who came or were brought to me, in the ways I knew how. Although

the knowledge I acquired in that life was vast when it came to working with herbs in a medicinal capacity, the ending was tragic.

As word of my success spread, I didn't realize I had become a threat to the developing 'medical movement' that was trying to establish itself and wanted complete control, prestige, and power.

One day I received word by telegram that the King's son was sick and needed my help. Upon agreeing to help, I was picked up by a horse drawn chariot. However, it was a ploy to entrap me and instead of being brought to a sick child, I was locked away in a dungeon, accused of being a witch (as many true healers during that time were), and eventually put to death.

During the period from the fifteenth to the eighteenth centuries, the medical establishment tried to wipe out natural healing and replace it with a medical model. Most of the authentic, natural healers were women and so many were hunted, persecuted, and killed that it is sometimes referred to as the 'holocaust of women'.

Doctors wanted me out of the way so the townspeople would not have me as a main resource for healing and I became one of the victims of the

modern medical movement. This way, they could continue to experiment with people using various procedures, medications, and surgeries. Most medical procedures were in the experimental stage. 'Modern medicine' means just that...it's new compared to ancient healing which is what I do and is based on helping one's entire physical and energetic system heal naturally and work more efficiently. My healing approach gets to the root of the issue or symptom and heals it, rather than just dealing with symptoms as the medical model does.

Why This Book?

This book is part of the soul agreement I made before incarnating this lifetime. My goal is to provide awareness to everyday people about the prevalence of spirits and other negative energy forms that attach to people. Earthbound spirits — commonly known as "ghosts" — can and do attach to the living and influence one's emotions and physical well-being.

They become spirit attachments when they attach to people like you and me. This phenomenon is much more common than one might think. Although they affect a large percentage of the population, most

people deny their existence, either because they are unaware, afraid, or don't believe a spirit can attach to them. Even if you don't have a spirit or other type of entity attached to you currently, it is likely that you have in the past, or will in the future. If and when that happens, after reading this book, you will be better prepared to recognize and deal with this situation. The purpose of this book is to help the reader identify whether this is an issue for them or someone they know. Even if you do not have this issue currently, it is likely that at least one person in your close circle does, whether it is a friend, family member, spouse, or work relationship.

Do you sometimes feel like there is a dark cloud hanging over you? This sensation can stop quickly if a spirit or other harmful energy form is identified and sent to the appropriate place, most often, the Light, also known as home. As a result of reading this book, you will learn how to identify a negative presence with you, and how to make a connection between the spirit and specific emotional and/or physical symptoms you might be experiencing. By reading further, you will gain an understanding of what is going on, and can then choose an

empowering, efficient way to feel better by removing any attachments that you might have attracted along the way without realizing it.

An important aspect of my work is the removal of unwanted earthbound spirits in such a way that the process I use benefits both the previously unaware person and the spirit attached to that person.

Calling on an expert to verify if a spirit attachment is with you, and if it is causing or exacerbating your symptoms, and removing it, is a healthy alternative, compared to medication and surgery. It also makes you aware of an excellent option you might not have considered before.

My goal in writing this book is to increase the public's awareness that spirit attachments and other negative energy beings exist and influence people in harmful ways without their awareness. Finally, my intention is to give hope to the countless numbers of people worldwide who are being affected. It is important for them to know that their lives can and will improve as they learn more about this subject, and about how to deal with negative, energetic presences.

What to Expect in this Book

This book will show you how practically anyone being influenced by one or more spirit attachments can receive immediate relief. You will read stories about successful release of spirit attachments and other harmful entities taken from my work over the years, both in-person, and long-distance by phone. You will learn about astral projection, which is the ability to travel energetically and work with friends or relatives known to my client. These individuals had entity attachments or other issues until I intervened by astral travelling to them. The cases describe real individuals' situations with various types of harmful energy beings.

During my decades of practice, I have kept track of chronicled symptoms, types of energetic attachments discovered, as well as my successes in clearing depression, anxiety, personality disorders, insomnia, physical pain and conditions, and many other symptoms. This book will focus on some clients' experiences with various forms of entities, most commonly, spirit attachments. Again, to protect identities, the client names, locations, and other identifying factors have been changed, but

each is based on a real example. I've kept my journals' month and day entries intact, but deleted the year, to provide additional anonymity.

I've also included letters from clients with their permission. Many suffered for months or years—and their gratitude overflows for the part I played in their renewed health, happiness, and inner peace.

CHAPTER 1

Mediumship and Spirit Attachments

What is the Role of a Medium?

A medium serves as a bridge of communication between you and those who have died.

Relatives and friends who have successfully made their transition to the Light often return to support their loved ones. Sometimes clients come to me for a Mediumship reading because they want to know how a person they were close to is doing and if they have any messages. Other times, a friend or relative of the client may have a burning desire to share something important and will present themselves forcefully enough to get my attention so I can deliver their message.

Communication with loved ones who have transitioned to the Light and return to deliver a message of support is quite different from communication with earthbound spirits who affect their hosts negatively. For example, a client whose mother died suddenly in a car accident felt profound relief when her mother came through during a counseling session, to communicate with her. Hearing details from her mother about the night she died and the assurance that she was alright provided valuable closure for my client.

Whether it is the client's personal Guide (see Chapter 2 for a full description of Guides) or a loved one who has an important message to

deliver, once they get my attention, I tune in—much like tuning into an old radio, in which the station is fuzzy at first, and soon becomes clear. When I do this, I can often sense as well as see your loved one who wants me to deliver their message. Sometimes they want to give an explanation about an event that happened, such as the circumstance in which they died.

One client came to me wanting to find out what had happened to her brother who died several years earlier. He appeared within minutes of her telling me why she had come to see me, and I was able to describe exactly what he was wearing the day he died, as well as his mannerisms. She knew it was him. He then asked her, through me, if she wanted to know what happened the day he died. She said she was ready and so I proceeded to write down verbatim the story of what had transpired and shared it with the client. By the end of that session, the young woman had closure about what happened.

A loved one can feel pulled by relatives or spouses who can't let go right away when they die. She or he may decide to stay around them longer than usual, before moving on to the Light if they are having an especially difficult time with their death. This can delay the progression of that soul who wants to make their transition but feels obligated to stay on the earth plane until the person struggling is in a place of more acceptance. In the worst case, the soul can become stuck on the earth plane, delaying their return home for their life review and next steps—sometimes indefinitely.

Once an individual transitions successfully, what he or she does next varies depending on where they are in their evolution as a soul. He or she may choose to stay on the spiritual plane or may prepare to come back in physical form to have another human experience and expand their growth as a soul. Sometimes that soul has completed the experiences they agreed

to go through as a human and is ready to graduate to the next level of spiritual evolution, becoming a Guide, for example.

What is a Spirit Attachment?

Normally, when people die, they transition from the earth plane to a higher spirit realm, commonly known as the Light. A spirit attachment (aka an earthbound spirit) is a person who died and—if he or she has not left the earth plane—still exists here, but without the structure of a physical body. This individual remains at the same level of evolution as when they died, with the same personality, until they can move on.

If a spirit misses the opportunity or chooses not to move on, he or she will likely remain on the earth plane until they are assisted to leave. There is a window of opportunity for souls to move on from their physical body to the light. Souls typically decide how long they want to stay on the earth plain to check on friends and family before moving on with their journey to the light. This period can range from days to months. Loved ones who are having an especially difficult time accepting their death, may cause the person who died to stay on the earth plane longer than they would otherwise. Many who die attend their own funeral because they are curious about the tribute paid to them and are interested in seeing who shows up. Remaining earthbound indefinitely is never good because it stops the growth of that soul.

Often, souls who become earthbound will gravitate toward a person with whom they feel a particular resonance, thus the term I like to use - hitchhiker. That individual is hitching a ride with an unsuspecting host. Consider a burglar who might stake out a residence to decide if he wants to break in or a queen bee who checks out where she wants to set up her new hive. The process of a spirit deciding to attach to a certain person is similar, although more complex.

When a spirit attaches to a person, whether externally, or eventually internally, it violates that person's energetic boundaries. A spirit attachment will influence the person they attach to—usually in unhealthy ways. In fact, the person (aka host) may start to exhibit new behaviors or develop habits that are similar to the spirit who inhabits them.

I had a client who suddenly found herself buying chocolate and Fritos in the grocery store—items she had never gravitated to before. She couldn't figure out why she was buying them out of the blue. She also couldn't seem to stop eating and started gaining weight. She became depressed and considered going on medication for depression before she came to see me. After I identified, then removed the spirit that had inhabited her, the cravings for those new foods ceased and the woman began to feel like herself again.

A soul that has attached itself can affect the host emotionally, physically, and spiritually for the entire time he or she is with that individual. If not detected, a spirit attachment and its negative influence can last as long as the rest of that person's lifetime.

It is important to mention that most spirit attachments can be removed quite quickly and will not return. One can attract new spirit attachments if there is a spiritual lesson to learn; if they continue to reinforce negative thought patterns; if they have an early history of trauma and or neglect, or if they tend to become depressed or angry. Another way to attract negative entities is by going through current life events and becoming stuck in a place of grief caused by the death of someone who was close.