



EPISODE ONE: EXPELLING MALEFIC ATTACHMENTS

Outline of Fifteen-Day Expulsion Period

This handout will summarize the fifteen-day expulsion period for getting rid of malefic attachments, as discussed in Episode 1 of the Tinkering Bell series.



Full Moon

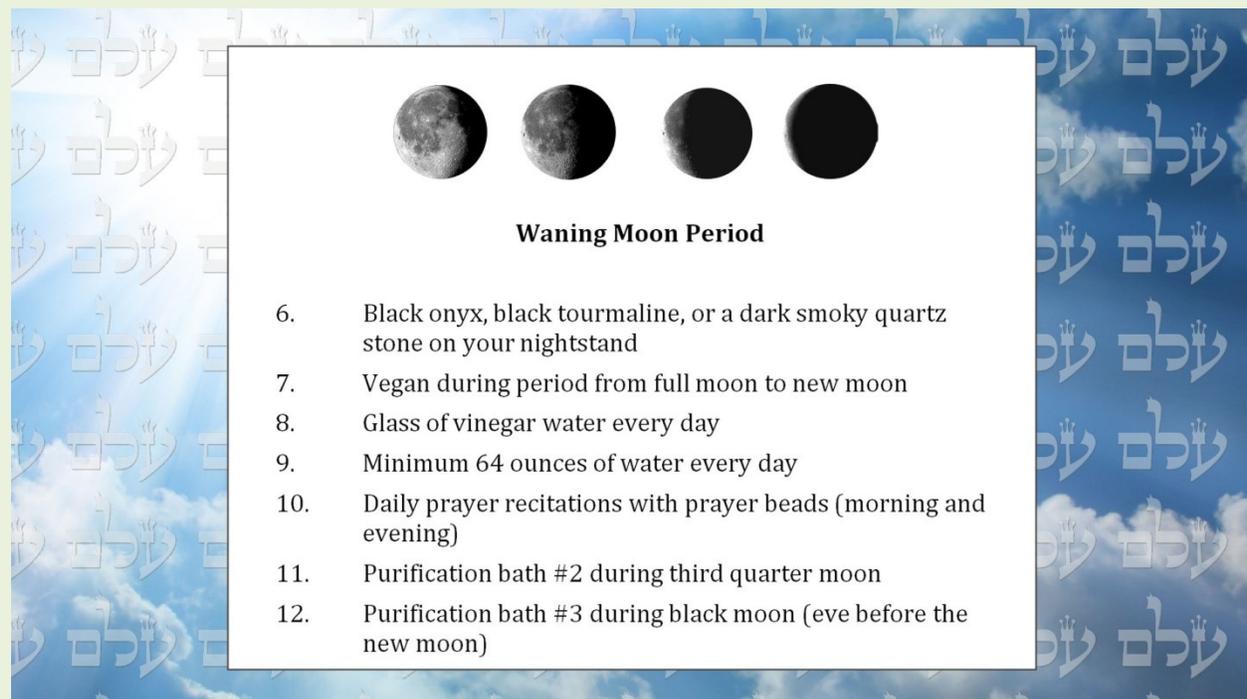
1. House cleaning and sweeping
2. Charge the Fu sigil talismans
3. Place a talisman over each door and window in your home
4. Begin making aura and space clearing spray; set aside
5. Purification bath #1

Either the day before or on the full moon, clean the house thoroughly.

During the full moon, perform the ritual for charging the Fu talismans, one for each window or door of the home. Altogether, the charged paper talismans will form a grid that protects the home from any further incoming malefic or atrophic energies. In lieu of the Chinese Fu talismans, a print-out of key verses from a sacred text that makes reference to exorcism, purification, or divine protection can be used.

Start the process for making the aura and space clearing spray. My recipe is provided in a separate handout.

Take a purification bath on the night of the full moon. My recipe for purification bath salts is provided in a separate handout.



Waning Moon Period

6. Black onyx, black tourmaline, or a dark smoky quartz stone on your nightstand
7. Vegan during period from full moon to new moon
8. Glass of vinegar water every day
9. Minimum 64 ounces of water every day
10. Daily prayer recitations with prayer beads (morning and evening)
11. Purification bath #2 during third quarter moon
12. Purification bath #3 during black moon (eve before the new moon)

Although I like to use a gemstone with innate protective and shielding properties as the added safeguard on my nightstand while I sleep, in lieu of such a stone, you can use a sacred text, wooden cross, or a sacred relic per the religion that you subscribe by. Examples were discussed during Episode 1.

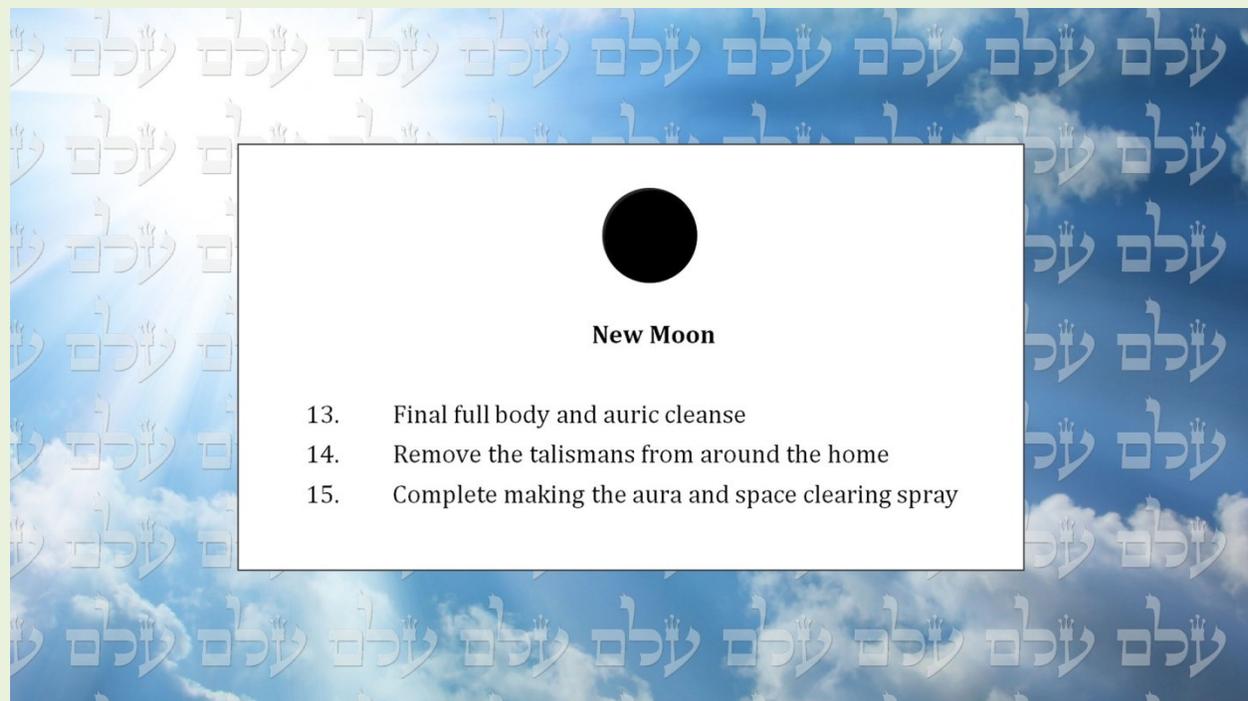
As noted during the episode, I will go vegan and gluten-free during the fifteen-day period and I explain why from a metaphysical perspective. Additionally, the health benefits for doing so are well-documented. Nonetheless, you have to listen to your own body. The main idea here is to be ritualistic and conscientious with food during this period and to treat food as medicine, to heal your body, to detox, and to nourish your body. Food during this period should make your body stronger, not weaker.

As part of my detox, I'll also drink plenty of water each day, keeping to a minimum of 64 ounces daily. Again, the metaphysical reasons for this during the expulsion period, in addition to the well-documented health reasons are discussed in the episode.

Daily recitations of prayer, both morning and night, are performed during the fifteen days. Opt for a particular recitation and stick to the same recitation for the full fifteen days. A few examples per Taoist and Buddhist traditions are provided in a separate handout.

Schedule a second purification bath during the third quarter or last quarter moon and a final one during the black moon, or the night before the new moon. Again, use the bath salts recipe.

Note: The grid of protection talismans should be set up around the periphery of your home, one installed by each window and door of your premises, during the fifteen day expulsion period.



Finish making the aura and space clearing spray. The recipe is provided in a separate handout. As an added measure, spray yourself and any space you'd like to totally expunge of negative and malefic energies.

Also, light palo santo, white sage, sandalwood incense, or a Taoist red candle and run it all around your body, head to toe, while reciting the prayer or mantra you had selected for the fifteen-day expulsion period. This is the final body and auric cleanse to eradicate any and all remaining or residual negative energies.

At this time, you can also remove the paper talisman scrolls from your windows and doors. In metaphysical theory, they've caught any malefic energies that tried to come through and filtered all incoming energies entering your home, giving you a chance to fully cleanse yourself and your

home without added malefic energies piling in during the expulsion period. Feel free to toss these talismans into the trash after the expulsion period.

You have now completed the fifteen-day expulsion and removed all traces of malefic attachments from your life. If you've followed the guidelines as instructed in Episode 1, then you'll feel rejuvenated, energized, clean, cleared, and also strong. This all-purpose expulsion process will get rid of all forms of malefic energies, from expunging hexes, any negativity others may have been directing your way, uninvited lower vibrational spirit presences, or just good old fashioned bad luck. This process also helps to eradicate the malefic energies that cause bad luck. You'll notice that the process incorporates dietary considerations, and so the expulsion period is also great for general good health and detoxing the body every once in a while to strengthen your own immune system.