

Overcoming Dark Clouds

Written by Nirmala

Saturday, 19 November 2011 19:53

A friend emailed me to report that after years of spiritual and psychological work that he still often becomes overwhelmed by depression and discouragement. He does have moments where it all falls away and he is in touch with a more joyful and clear perspective, but then it is as if a dark cloud reappears and hides any sense of presence or Being. He ended by asking if there is anything he might be missing that could be helpful.

I replied as follows:

I do have something to offer that may be something you have been missing. But please know that I hold what I am going to share lightly, as I believe it is a small part of the truth. Because it is metaphysical, it is easy to assume that it is something big and important, but it is really just a small thing that happens to be a part of metaphysical (non-physical) reality.

That being said, there are literally dark forces that can affect us. Some people have called them entities, as they appear as individual entities, just as you and I appear as individual entities. They just happen to not be physical. And while they can and do affect us, they are actually not very powerful. Mostly they affect us by inserting negative ideas and creating fear, but they cannot directly harm us. And since they are not very powerful, it is fairly easy to clear them from our energy field. My wife, Gina, has much more of a background in the metaphysical realms and has even written a book that includes information on how to clear these entities. You can read more about this book, *Getting Free: How to Move Beyond Conditioning and Be Happy* on her website

[here](#)

I bring this up because you mention dark forces and dark episodes yourself in your email, and the way you describe what happens is exactly how it feels when an entity is affecting you. There are two things that increase the likelihood that entities will hang around and have an effect. One is if there is a lot of emotional wounding. The wounding is like an opening in your energy field that allows the entity to attach or connect to your energy. And the second thing that attracts them, paradoxically, is if someone is very spiritually advanced and open. This attracts them, as it makes you a more valuable target, although in an actual moment of spiritual connectedness, it also makes it harder for them to affect you. And I would suggest that both of these things are true in your case, so you are both a good target overall and at times you are an easy target because of your emotional wounding.

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So check this out if you feel moved to. There is no need to make a big deal out of it, and yet it can be very helpful to know about this dimension of reality and to take the simple measures that can address it.

In a similar vein, I would also suggest you check out a Croatian healer named Braco. He is, in a sense, the opposite of the negative entities and is a powerful way to connect to Essence and Source. I have mentioned him in a recent newsletter, so you may have already read about him there. I will paste the info I sent out below, and here is another link to info about some online gazing events he will be offering on Jan. 13-15, 2012 from Los Angeles:

https://www.bracoamerica.com/Braco_America/Braco_Live_Streaming.html

Many people have noticed definite improvements or complete healing of things like depression and post-traumatic stress disorder after having sessions with Braco. It seems incredible, especially when you discover that he just gazes silently at large groups for 5-7 minutes per session, but the testimonials have been pouring in for the last 15 years.

Let me know if any of this info is helpful, my friend, and let me know what you experience if you do check out Braco.

Warmly,

Nirmala

PS: Here is my earlier message about Braco:

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I am sending out this brief message to my email list to introduce Braco, a Croatian man who has been offering a gift of healing and transformation for the past 16 years by simply gazing at groups of people in person and over the internet. I personally have experienced an overnight healing of some severe nasal allergies after my second time seeing Braco in person. I am also deeply touched by the love and presence I feel when seeing him in person or through internet gazing sessions.



He comes regularly to the US and also many locations across Europe. More info about the US events is here: https://www.bracoamerica.com/Braco_America/Welcome.html

Info about his European schedule is here: <http://www.braco-info.com/dcms/?lang=en>

Info about the online live streaming events: https://www.bracoamerica.com/Braco_America/Braco_Live_Streaming.html

There is a lot of info and a very large number of testimonials of physical, emotional and spiritual transformations on the bracoamerica.com website. Here is a bit more of an introduction taken from the Braco America website:

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now we can experience Braco's gaze via Braco Live Streaming, taking his silent holistic gift to many around the world at once. Within these pages and in other Braco related sites, we invite you to read and discover cases of chronic pain and cancers vanishing, clarity and purpose being restored, and remarkable transformations bursting forth achieved not just by gazing with Braco in person, and Braco's Skype or Braco's live streaming sessions, but also by simply hearing a recording of Braco's voice. We are honored to have been asked to be part of the growing potential of Braco's work and look forward to announcing new avenues which Braco and his international teams are heartfully exploring to exponentially connect the energy to those who seek his assistance around the globe.

Braco hasn't spoken in public for years, nor ever given an interview to the media. He doesn't preach, nor has he a dogma or "how to gaze" rule book. He's never accepted a single donation for this gift he believes only comes through him, not from him. Braco doesn't wish to be worshipped as anyone's master or guru, instead letting the silence within the sweet gaze offer whatever wisdom or shift needed to emerge for each and every being. Beyond this astonishing gift, often bringing spiritual, emotional, and corporeal transformations, Braco has a normal life in every other way -- He has a beautiful wife, a vibrant young son, and a dearly cherished circle of close friends and family. His only desire is to serve and will see those who need his assistance as long as they continue to come seeking his gift.