

## Book Supplement

### Use Your Power of Command for Spiritual Cleansing and Protection

## Book Review

I have always been sensitive to energy. I began to meditate at age 18 and right from the start had "otherworldly" experiences, some of which were really frightening.

The negative energies in rooms and around people were a constant source of pain, and I often attributed how awful I felt to my own mind, when in reality I was simply cluttered up w/ a huge amount of astral gunk that was not of my own making.

I have studied long and hard to deal with this with some success, but not enough to satisfy me. I practice healing and bodywork, so protection and clearing are personally and professionally vital to me on a daily basis.

In every healing class, the question of protection looms large and scary for students. Some teachers try to downplay it - the astral is just an illusion, your beliefs and a big dose of white light will protect you.

I've studied w/teachers who insist you can't pick up the energies of others, whatever you're experiencing is just in your own subconscious. Then there were teachers or healers who saw astral invasion every time a door opened and a new person entered the room, carrying entities that wanted to attack the rest of us.

Neither perspective seemed healthy or reflective of reality. The physical world is full of germs. Denying it doesn't keep you safe, but developing a cleaning obsession will just make normal living impossible and render you crazy.

If you've ever struggled with the fear of picking up unwanted attachments, ghosts, or psychic attack, or if you're involved in difficult relationships or feel overwhelmed by life, unwanted thoughts, or stuck in old, outworn patterns of behavior, Rose Rosetree's latest book, "Use your Power of Command for Spiritual Cleansing and Protection," is the eminently down-to-earth answer.

Ms. Rosetree is a pioneer in the field of Energy Spirituality. She taught Transcendental Meditation for 17 years and in 1986 became a practicing regression therapist and is a certified hypnotherapist.

1986 was also when she began teaching her original material on energetic perception, developing skills of energetic literacy, and her face reading system. She has written three instructional books on these subjects.

She also has gone on to develop an effective training program for empaths and has written two instructional books on that subject, plus books on co-creating with God and developing effective skills to attract what you want. She works with clients from all over the world and teaches students in Virginia, Japan and England.

Ms. Rosetree's latest book is an effective how-to manual for successfully decluttering your aura, your space and your psyche of five common types of astral debris while protecting yourself from psychic attacks.

These include astral ties, negative thought forms, psychic coercion, ghosts, and as a bonus for those who are seriously engaged in personal growth and transformation, how to give yourself an energy makeover.

With Ms. Rosetree's expert and entertaining tutelage, you will gain practical understandings and skills in freeing yourself from a lot of unnecessary suffering while keeping yourself clear and able to move forward in life.

It is written in straightforward style, filled with humor and honesty, clearly and sensibly explaining the differences between the spiritual, astral, and physical realms of existence. In the first chapter she breaks down the five simple tools everyone needs and already owns to clean and protect themselves from all manner of astral goop.

Unlike many other systems I've studied, this one does not require long-term working to develop the ability to channel light or create elaborate healing structures.

There's nothing to burn or spray, no crystals or salts, no complex prayers or rituals.

Rose explains the five tools you need are already within you, waiting to be put into effective action. In this system you need to use your awareness and your breath and Rose teaches you how, with simple exercises that bring fast results.

The big gun, your power of command, is defined by Rose as effective speech. Not shouting or begging, simply requesting. But requesting by knowing the what, where, and why of what you're requesting, while being actively connected with the of the Divine being of your choice.

*Over the course of 256 very short pages, Rose gives you precise, easy-to-follow instructions to achieve just that. Each set of step-by-step instructions comes with a learning exercise that even a child will be able to do.*

And then it's on to learning what each type of astral debris is and equally simple, yet highly effective exercises to learn the practical skills that will be yours life.

Over the next chapters each type of astral goop is defined, it's affects delineated, and the remedy taught in clear, simple step-by-step exercises, complete with guidance for noticing and evaluating the results for you in the here and now.

So not only will you learn what sorts of problems require remediation and then perform the remedy, you'll also develop greater skills in self-awareness, which, Rose says, is an essential tool of psychic protection.

Having taught many workshops, Rose anticipates the questions and doubts that may come up for readers. With humor and commonsense she disarms resistance and convinces even those of us who are scared to try, to go ahead. She gives real-life examples of students and herself. Each chapter ends with an easy to follow set of instructions set in a text box for easy reference.

I've put this set of skills to the test in my life and can report that they've brought this empath immediate, highly positive results. I'll gratefully be using them for the rest of my life.

-- Midwest Book Review