

# *Demon Attunement*

## **Demon Energy Attunement**

We are all from different paths and have different spiritual backgrounds, Depending on our spiritual background we vibrate at different energy frequencies. When we begin working with demons we may go through a time where we need to either adjust to their intense energies or align ourselves with their energy frequency.

When we are not in alignment with our demons energies communication will be hard and can be impossible at times. Your demon may be trying to communicate with you, but you are not in alignment with the message. It would be like you trying to hear a radar signal without equipment that is designed to pick it up. There are sounds outside of our hearing frequency that fall on deaf ears to us all the time. We need equipment that is tuned to pick up those signals. The same is true for the third eye. Demons work on a different energy frequency and sometimes we are not tuned to communicate with them in the beginning.

The same is said for when we are not use to their dark energy, We can get hit with their dark energy with such an intensity that it overwhelms our third eye and causes it to shut down or experience pressure and in some cases pain. It can be a process to adjust to the demons energies.

This exercise is an energy tuning exercise, designed to tune your third eye and align your natural energies so that it is compatible and receptive to the natural demonic energies. This will allow you to connect with your demon, assist with demonic communication and align your energy with the energy of your demon.

### **Energy attunement exercise.**

1. Sit in a comfy position in a dark room, feel free to burn incense or light a candle to add to the atmosphere.
2. Take in a deep breath and on the exhale, mentally repeat and visualize the number 3, 3 times.
3. Take in another deep breath and on the exhale, mentally repeat and visualize the number 2, 3 times.

4. Take in a final deep breath and on the exhale, mentally repeat and visualize the number 1, 3 times.
5. When you are relaxed turn your attention to your minds eye. In your minds eye visualize yourself sitting in a space and invite your demon to join you in that sacred space. Pay attention to anything you feel and anything you see.
6. Visualize yourself as pure energy with your own frequency, then visualize your demons energy in your sacred space, your demon standing there before you. Your demon with it's own frequency and vibration.
7. Reach out and with your energy touch the demons energy, ask the demon to reach out with their energy and touch you.
8. Feel their energy and feel your own energy mixing and blending with the demons. Begin to sense and attune yourself and your energy with theirs. Begin to feel them and their own vibration and allow your energies to lock with theirs.
9. In your minds eye you much then level yourself with your demon so that you are staring into their eyes and this will lock the final connection. Make sure you are at eye level and your energy vibrates in sync with your demons. You energies will attune to each other.
10. You will also have a sense now of your demon and a method of communication will be established. If you have to, repeat this ritual if you still feel that your energies are not matched with your demons.



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