

Cussing, Cursing and Turning the frown upside down

by Jacqueline Close Moore, multi-award winning sixth generation mystic and spiritual teacher



The subject of 'curses' is a bit of a taboo generally, SO! I couldn't leave it out of discussion... To quote an old Italian saying "If you spit into the sky it lands on your face."

While what is reflected from any mirror is often only showing what you had put into it, balance is maintained by understanding, with compassion that some people do genuinely have harder lives and more warped mirrors than others which is not always instantly transformed based purely on how many star jumps and smiley face emoticons they use in their daily life... This I say despite and contrary to much new age and 'self-help' industry talk which can at times become more of a damaging blame game of "if you aren't happy there must be something wrong with you and your thinking (and it's your fault)."

Not everyone, for a variety of reasons can instantly turn up roses as soon as they learn some brand new – new-age genius's rebranded idea of how to tie yourself into a knot of deep enlightenment whilst sitting on your own heading a far out yoga pose in order to become more spiritual. Becoming more spiritual is about what you do for others, the community and yourself, physically, mentally, compassionately, sometimes assertively, and so on, in a grounded rounded fashion... You know it's not real when you see someone be a guru at some psychic expo all day and on their way home, see them swearing, yelling and tooting at cars in front of them whilst cutting people off and madly tail gating everyone all the way home. Being spiritual means walking your talk, especially when you think no one is watching.

But if you put fear into a mirror you will see a monster. You can help yourself by what you choose to focus your mind upon, as well as being honest with yourself about your effect upon others. First of all, there actually are people out there who do just do crazy stuff and it's not always you. However it is also healthy to see if you have contributed, and whether there are areas in your behaviours that you need to change over all for your own personal development.

Questions to ask yourself

Do you find yourself wanting to wear mostly black, yellow, or red?
How are you not standing up for yourself? Are you standing on someone's toes?
Are there things you are doing that could be seen as annoying or overstepping boundaries?
If so, how about trying to correct it, take responsibility, forgive yourself or them, and move on?
Take walk in the other persons' shoes, what corrections if any do you need to make? Or are they just bat shit crazy and you need to just get away from them?
Is someone jealous? Have you been jealous or unsupportive?
Have you been gossiping, uncaring, or lacking humility?
How can you more peacefully resolve conflicts in future or even in the present situation?
Do you have self-confidence issues, or do you respect your own worth and care about yourself?
Are you trying to stop another person from: earning an income, having their own freedom socially, financially, or emotionally? Stop it now if you are.
Have you been boastful, or sharing stories of your success with negative people? You may need to better choose your audience or the content you share.
Have you a grudge towards someone for what they did to you, but you have become locked into such anger and bitterness toward them that you are only thinking of them, and thus nothing for yourself, and in turn linking into their energy too much and dragging yourself down?

If there is genuine ill will directed at you, have a think about the above questions and may be a few more of your own. You can start overcoming any ill will by putting love into your reflection, because mirrors also reflect back at you, not just at others you are letting go with love.

Have you ever noticed that some people get along just fine in the worst possible street and then the worst possible position on that street? Why do others who aren't in such a bad spot seem to cop it? Karma holds

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some answers, your faith and deeds hold other answers, underground water and ley-lines can hold yet others.

In rare events clients have come in specifically asking if they are “cursed.” In many of these cases they have been told this in a ‘reading’ elsewhere and wanted my opinion.

It is important to note that curses do not actually exist except with the understanding that if someone has focused negatively on you, the ‘curse’ or bad ju-ju is only effective if you focus on it and feed it with your own imagination and fear. Even if you aren't actually the target of someone else's 'bad vibes' you can create this kind of attack within yourself by feeding any suspicious thoughts you might have about another person's intentions towards you. You have the power and options to either take a positive or negative energy on board and propagate it at any time or not. It is up to you.

So, What you can do to lift the clouds....When people wish us harm it is at a time we need to focus on resetting our boundaries, clearing, honestly observing our own actions to see if we contributed and how, as well as reclaiming our inner harmony. Your faith in 'the source' as well as your clear and positive thoughts, deeds, intentions coupled with a flexible and realistic attitude about life does help rise above negativity.

1. **First do everything logical....Own what is yours and reject what isn't....** I was once asked by a client what kind of curse was on them that they had not attracted a love interest of the opposite sex. I noted their extremely severe and obvious personal hygiene deficiencies and handled the situation with as much care as I could to help them address what to me was in no way a curse except their own lack of confidence and lack of self-awareness, which I coached very diplomatically in a way they could take it on board at a pace that would not cause them to go backwards on account of extreme offense or be seen as ineffective or worse blamed for being a “a heartless bitch.” It should be noted that due to modern day human nature in the western world, some people will call you that no matter what you did to help them because they don't want to own their own responsibilities...Back to the point... Stagnant energy is often affiliated with energy blocks and “negativity.” Stagnancy means “Not moving” Therefore, start by cleaning and de-cluttering your home, open the curtains to let some light in, open the windows, let the wind blow through! Clear the cobwebs. Note while Huntsman spiders are harmless and eat other spiders and pests, if you have venomous spiders around, it is time to use a pest bomb and get serious. If you can barely move about in your home because of all kinds of boxes, mess and animals, then it should be of little surprise as to why your home feels really off. The home and garden is often a reflection of the person's inner world too. Try clearing the clutter before you ever call in a psychic. I have at times told people in enquiry calls they should clean their home. When they insist their home is clean and we arrive and can barely see the walls for mess and clutter, it really feels like a waste of time. Being realistic is really helpful. If your home is clean, thank you! Now try visualising a white, rose pink, or ultra violet light around you as relevant, is a beginning. Nothing like a bath in water with a pack of Epsom Salts, or, if you are near the sea, plunging into some sea water while asking assistance to clear your energy. Learn to not take on board what isn't yours.

Opposites really do attract, so for every action (or type) there is an equal and opposite reaction) hence, have a think about these:-

Give	Take
Humble	Arrogant
Passive	Aggressive

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Passive Aggressive	Physical Violence
Sensitive	Insensitive
Astrologer	Astronomer
Psychic	Psycho
Balanced	Imbalanced
Love	Hate
Kind	Mean
Compassion	Selfishness
Present	Absent

You may just find that if you were too giving with one person who, in the dynamic of the two of you together, you had left them only one role to play, the taker. But invariably, somewhere else in your life, I have no doubt you will unwittingly be acting out the 'taker' too and not realising it.

This is why investigating what really you are doing and changing to a more aware and empowered perspective helps. In short, be nice but also have boundaries.

- 2. Let the sun shine in...** Did you know that if you wear black, it's the only color clothing that doesn't let the sun in? Try wearing brighter colors. Black is also the color associated in some teachings with stagnant water, kidneys, and adrenals. Try a salt water gargle and if you start the day with some drops of lemon in a jug of water to drink over the course of the day you will help your energy kick into gear and process energy better. I have noticed that throughout history, the plants used for curse removal mostly had yellow flowers. And of course the opposite to fear is joy and laughter. The Solar Plexus is where we connect with our power, joy, caring, mental alertness, deep breathing, belly laughs, judgement and discernment, clairsentience, and so on... And, people suffering anxiety will often have quite a tightly locked up diaphragm, which can be released... For this reason visualisation on yellow and Solar Plexus, as well as finding the funny side of the situation actually helps a lot. The energy of the sun is also yellow, and it is always darkest before the day of the new day...Have you ever noticed in mythology how the vampires must retreat as soon as dawn comes? Smile! (I know, star jumps are optional)....
- 3. Lighten up....**Let your love light in. Love is a powerful force, and I don't mean that as some glib hippie expression tinted with rose coloured glasses, having had way too many of those unusual home baked cookies you innocently bought at a market that suddenly left you far too happy and oddly hungry... I mean that often in the cold light of day, if you don't take yourself too seriously, then when you realize how little energy and time other people really waste on thinking bad thoughts about you. Or if they are fixated on you, think of just how much they must, in a really perverse way, actually care about you by spending so much of their time on you. If you look at it that way, it won't bother you as you will realize how much damage that activity actually does to themselves. Most people have far better things to do with their time, given all logic. A minute in time focused on another person is 60 seconds less you have left to achieve your own dreams. Put your head where you want to go!
- 4. Think of something else....** Face every negative energy and though with some realism, some of them can be ignored and overwritten with something positive, yet others must be faced up to... Meaning, it must addressed, and responsibility for life choices and its consequences owned up to. Sometimes you can be picking up on another person's energy, other times you could be imagining it. If you don't focus on what you think others are thinking of you so much and you instead focus on your goals, and desires, you help balance and ground yourself.

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5. **To quote Sweet Brown, (the wise), “Ain’t nobody got time for dat”** Don’t give people or things that are not worth it much of your attention, they just aren’t worth it, instead focus yourself on things that are positive and productive in your life in order to maintain your mental, emotional and spiritual well-being, your energy field in a positive light.
6. **Retaliation has no point or purpose...**In all areas of life, if you give something energy it comes back to you repeatedly, if you don’t then it’s affects reduce. Avoid using lowering yourself to the same level as anyone seeking to bring you down. If you get into an esoteric gunfight you’ll find yourself doing more and more attacks and counter attacks until you are way over your head. The best revenge is to live well and to love with an open heart. This by the way is also the way to break free of any negative energy being sent your way.
7. **Alchemy 101 for beginners....**You can do many things with energy sent to you. It is after all just energy. That it comes with an intention of any kind is not outside of your ability to change the intention of the energy when it arrives. You can effectively release the energy from intent it was sent with and give it a new job to do and in so doing you are becoming an alchemist, transforming negatives into positives and even better if you then use that to help others. If you learn to turn that frown upside down, you can overcome people’s ill will faster than a Reiki Master.
8. **Reinforce your boundaries....**And don’t hang around with anyone that you get those kinds of feelings from. Unless you have done something that overstepped their boundaries, then why spend any more time than you have to in the same space? If you have to work with them, there are visualisations that can help you create more ease and harmony in that space. A good practitioner can help you identify what techniques will help you best. All ritual is only as powerful as your belief in it and the amount of feeling you let flow when practicing it. Once you have some experience with techniques you will become quite creative and be able to resolve these kinds of issues quite a lot easier with practice.

How do I know who to consult if I need help?

1. **Do you trust them?** If no, walk away. If a psychic practitioner senses that you would benefit from a space clearing, healing, or cleansing, they can mention this, and leave you free to make your own choices as to if, whom and how they choose to do something about that. The main thing is to keep in the front of your mind that you always have options. If a person tells you that you need their help and their help alone in removing such a curse, yet they haven’t said anything in the whole reading that you could relate to, and you additionally didn’t feel all that comfortable in your session with them, I would expect your common sense to click in, walk out, and politely decline any further services. It is all a matter of choice and personal comfort.
2. **Are they professional?** A professional practitioner will not tell you that you will die young, will not threaten to ‘curse’ you for any reason whatsoever, and will not offer to harm or control the will of others by use of magick on your behalf. I believe that this field is one in which we practitioners are charged with the responsibility of helping people, however unfortunately there are a lonely few people who masquerade as psychic practitioners (but aren’t). This is where you need to check their reputation and longevity in the industry. It is a

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good indication, referrals from your friends are another, and above all else, that you feel. You need to feel it's the right time, the right practitioner, and the right reason...not just going along for entertainment. An age old saying I have seen written by many in the field over the last 200 years goes along the lines "seek rarely and for good reason, or if you take it as a joke, that is what you will get."

3. **Remember you have options...** If you feel doubt about any service provider, stay within your own power, and if uncomfortable you can always make an excuse and leave. If the practitioner does perform any ritual, it is ok if they offer to assist you for your empowerment, but not to offer to bring lovers back, or harm anyone, although they may assist you to let go and move on from a toxic connection with a lover. They may also help you with psychic self care.

Some ideas to think about in a normally touchy topic, and in the end we need not fear anything, not even fear itself.

Blessings,

Jacqueline Close Moore

www.jacqueline.com.au

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