

Iván Chocrón

Bridging the Worlds of Science & Spirit

Demons

explained by science



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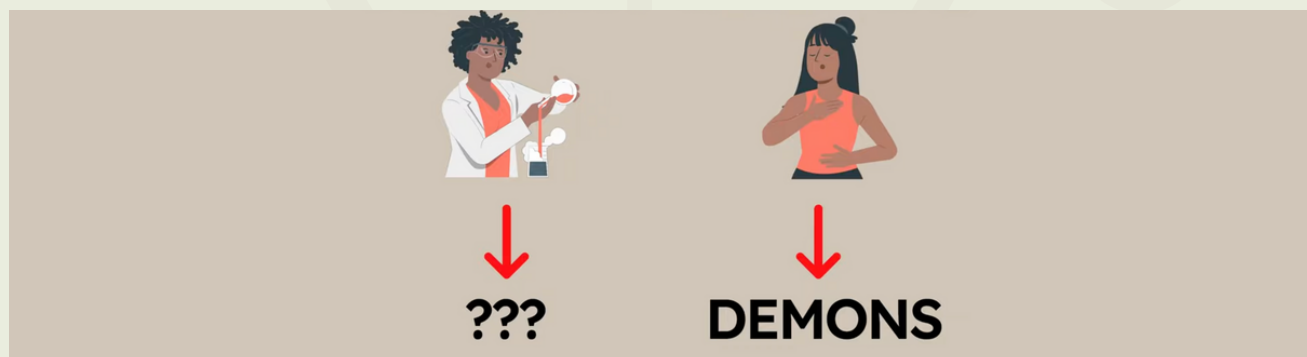
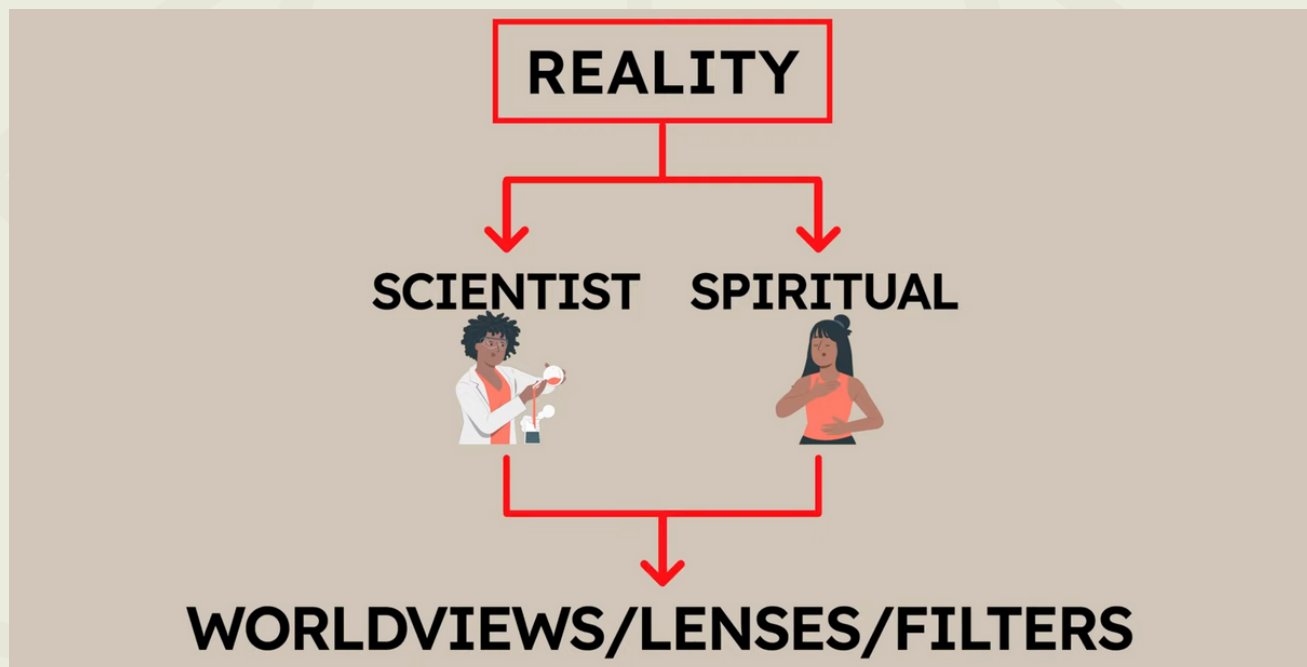
Hey! Iván here. This is a short summary of my YouTube video about demons.

You can watch the full video [here](#).

Hope it helps and thank you for reading!



Based on the theory that science and spirituality are simply worldviews or lenses through which we experience the world, almost every part of reality can be seen and interpreted from both a more science-based approach as well as a spiritual one. Both can be true at the same time, even though that might sound somewhat contradictory.



So, if demons are what we experience through the lens of spirituality, what is it that we experience through the lens of science?

What is a demon?

A demon is not a little red devil with horns and a trident speaking directly into your ear to cheat on your girlfriend, while an angel whispers in your other ear trying to convince you not to.



So what is a demon? A demon is nothing else than a FORCE.

Let's first agree about the existence of forces that we cannot see, but that we know of their existence because we can experience them:

- Gravity
- Magnetic force
- Nuclear
- Electromagnetic
- Frictional
- Centripetal

Because the word demon is already so charged with all the religious context or the ungrounded spiritual talk we hear often, let's first remove the word altogether. Lets, for now, call it simply a force. What kind of force? It is a psychological force.

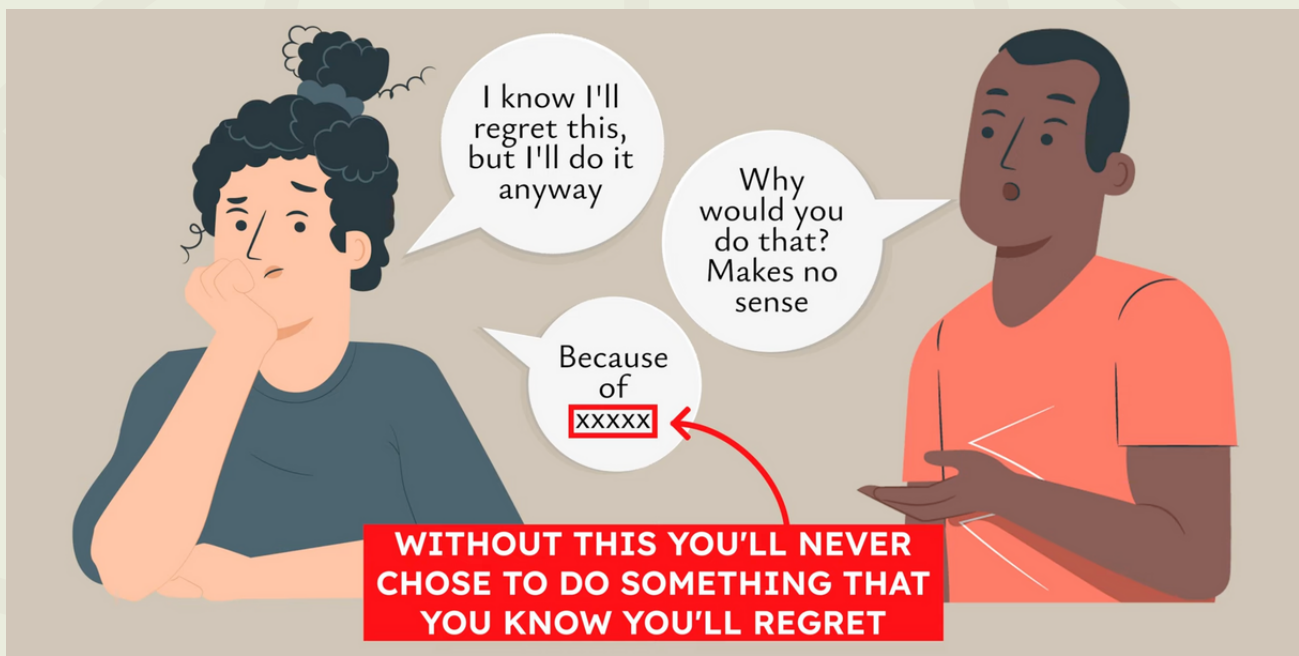
Demon

It is a force that makes us act in ways that are ultimately against our own well-being

That's it, it is very simple. You don't need faith or spirituality to feel those forces.

How do they act?

Sometimes we do things that we know we are going to regret. We know we will regret it, and we do it anyway. Why would anyone do that?



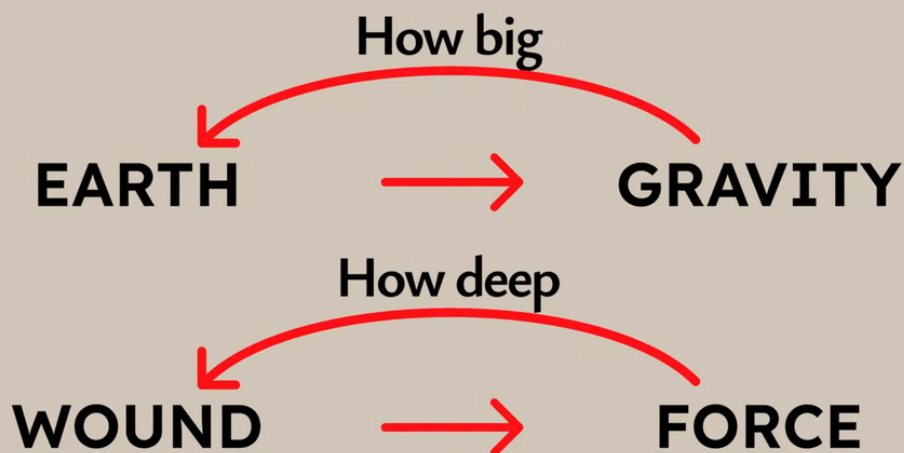
There is something that is driving us to make a decision that is going against our well-being. Forget about demons for a minute. Can you feel that force? Can you feel that without it, then you'd never choose to do something you'd regret?

Something is pulling us in that direction. We can't see it, but like gravity pulling us downward, this force is pulling us against ourselves.

Some of you might be thinking: well, there is no force doing that, it's just you acting from your wounding or pain. If you are thinking that, you are completely right! When we do something that we know goes against our well-being, we are acting from a wounded place. Who said that because of that there is no force?

When we do something that we know goes against our own well-being, we are acting from wounding or pain.

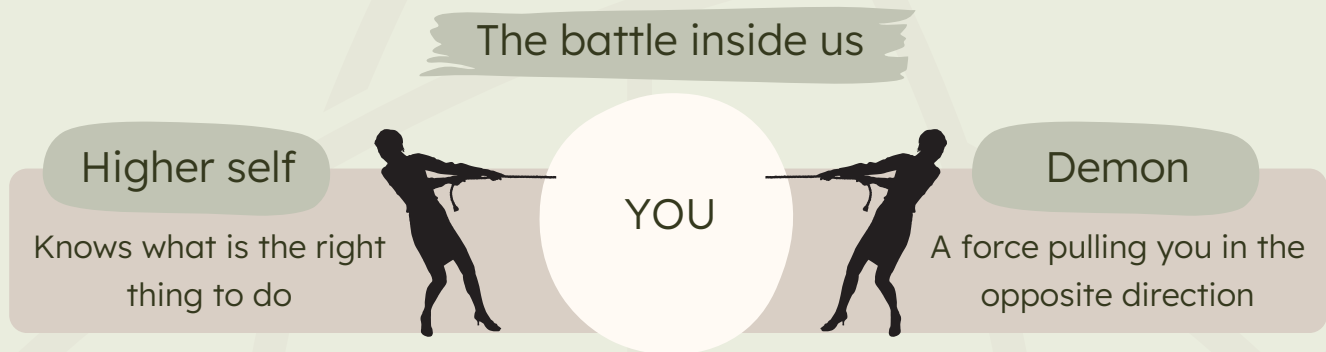
Going back to the example of gravity, gravity wouldn't be there if the Earth wouldn't be there. The bigger the Earth, the stronger the force of gravity. In the same way, the force that makes us do things that go against our well-being wouldn't be there without the wound. And the bigger the wound, the bigger the force.



For example, we can see the Earth, and we can feel the force of gravity but not see it. Analog to this, we can see the wound (by remembering what happened, for example) and we can feel the force that makes us act against ourselves, but we can't see it.

When you are about to do something you'll regret, there is a battle going on inside of you.

It is the battle between what you know is the right thing to do (or the one that will go toward your well-being), and a force pulling you in the opposite direction. That force is what I call a demon.



If you don't like the word "demon" it's okay, you can use a different one. I myself was very resistant to call it that way. But after spending years with these forces, it started feeling right to call them that way because they feel dark, and it feels that because of these forces that makes us act against ourselves the world is the way it is in all the ways in which we wish it would be different.

Wars, cheating on someone, suicide, lying, stealing, hurting yourself on purpose, mistreating your children are, among a thousand other examples, things we do that hurt others and ourselves.

You can't hurt yourself without hurting someone else and you can't hurt someone else without hurting yourself.

So even though my definition of demon is a force that makes us act in ways that go against our own well-being, the overall effect is that it also goes against the well-being of the world.

The world is darker and harder to live in because of how much we hurt ourselves and others.

We wouldn't do that without a force pulling us to do those things.

The nature of the force of gravity is to get you closer to where the massive object. The nature of the forces we are talking about is to get in between you and a higher version of yourself, the one that would normally do "the right thing" and that does that right thing in all the places where there are no wounds or where the wounds have healed.

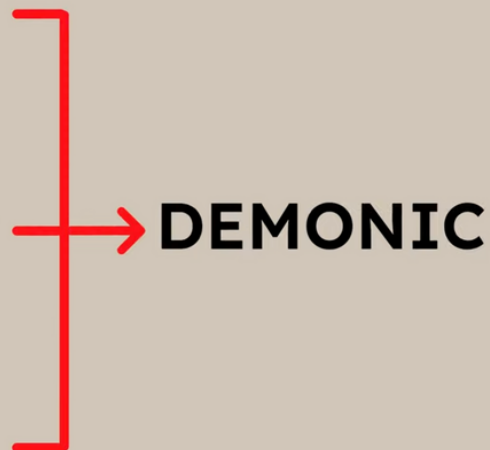
I call these forces demons because the combination of these three things seem to me that are the definition of demonic:

WHY CALL IT DEMONS?

THEY FEEL DARK

**TO GET BETWEEN
YOU AND A HIGHER
VERSION OF YOU**

**FORCE AGAINST
WELL-BEING**



You don't need faith or spirituality to feel them. How many times have you heard people say "I'm battling my demons" in a completely non-religious context? What they are truly saying is: "I'm battling with forces within me that made me act against myself".

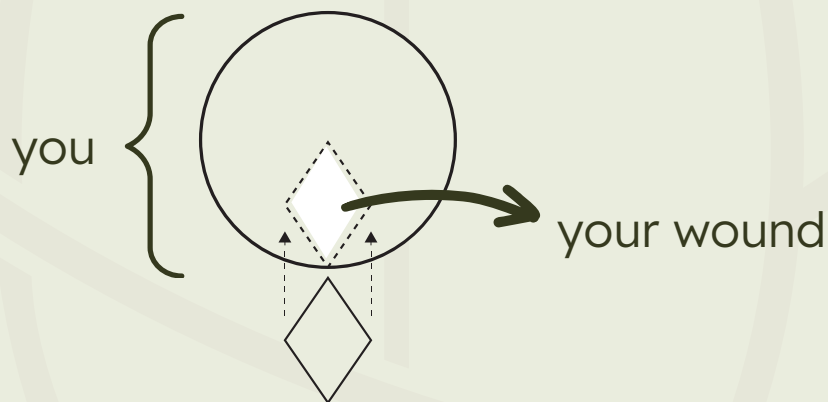
The mechanics of demons

In order to understand how demons get in us (or how we start acting against ourselves) it would be useful to understand how wounds work.

I [made a video](#) dedicated to that specific topic. Let's do a quick recap:

Trauma happens as the consequence of a need not met.

In those places in which you get traumatized, a part of you separates from the self and goes offline, creating an empty space. That space is called a wound.



That empty space searches for the thing that would meet the need and, if it doesn't get it, it will be asking for the closest thing. This plays out in every aspect of our life, work, personality and decisions.

You can watch the full video about trauma [here](#).



The wound is an empty space that pulls us in that direction, in the same way in which a vacuum pulls matter onto itself.
That force, that pull, that's the demon.

We can say that the wound is like the demon's house. That force lives inside the wound.

What are demons for?

Demons are there for a reason, and they are not necessarily your enemies. They are there to soothe a part of you that was in a lot of pain when the need was not met. They are there to attract the closest similar thing, even if it isn't the true need.

Demons are there to soothe a part of you that was in a lot of pain when the original need was not met.

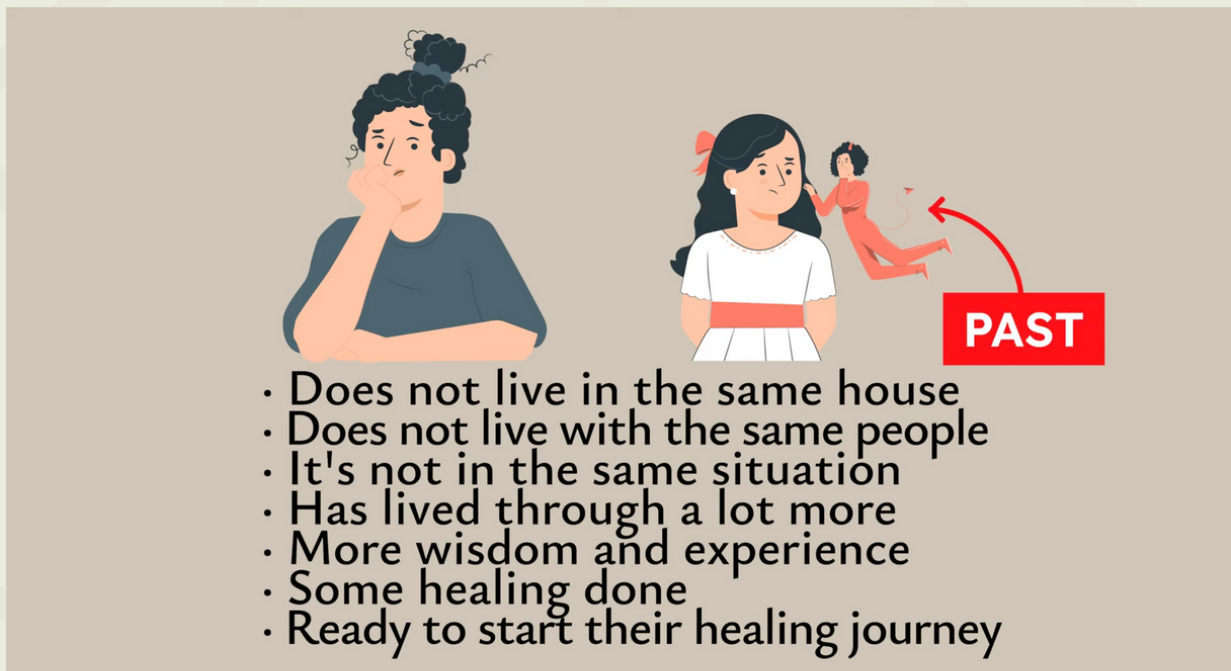
We get to experience moments of temporary satisfaction in places where we are empty. Demons are like food that is not nutritious in moments of intense hunger. In a way, they are kind of like friends.



Demons helped us emotionally survive in moments of intense emotional hunger.

They'll keep you seeking for what keeps you satisfied for as long as you don't get the real thing you need.

However, everyone reaches a point in their life where they are not the same person as the younger version of them who got wounded and therefore allowed that force in their empty emotional space. The child that got wounded is not the same person as the adult.



The illustration shows a woman on the left with her hand to her chin, looking thoughtful. In the center, a woman in a white dress with a red sash looks back over her shoulder. To her right, a smaller figure of a woman in a red dress is falling away, with a red arrow pointing from a red box labeled 'PAST' towards her. Below the illustration is a list of characteristics.

- Does not live in the same house
- Does not live with the same people
- It's not in the same situation
- Has lived through a lot more
- More wisdom and experience
- Some healing done
- Ready to start their healing journey

The demon is an expression of a past that isn't present anymore. The demon is within the pain caused to the child.

This means that this demon is not useful to you anymore, and it needs to leave.

How to get rid of a demon



The demon today lives in the wounded inner child, which lives in you.

There is only one way to expel a demon out of oneself: by filling the space where the demon lives with the original need that went unmet. By doing that, you are taking away its home.

It's like bringing the original owners of a home back to their house and kicking out the squatters that lived there while they were out for many years. Expelling a demon is the definition of exorcism.

Exorcism

The removal of a force that makes you act in ways that are against your own well-being.

Exorcism and real healing

If healing is done by meeting the original need, and that fills up the space where the demon is attached to, then we can say that an exorcism is the automatic consequence of healing. So in reality, we should never try to perform an exorcism. Instead, we can simply do real meaningful healing and let the exorcism happen for us.

The word exorcism also is very charged through the religious context. However, an exorcism does not need to look like in the movies, and this is why most people trying to do a more “traditional style” exorcism tend to fail. Even if they manage to remove a demon in the moment, it tends to come back because healing hasn't happened and the emotional space is still empty and creating a vacuum.

Most exorcisms look like a lot of sweet tears. Those tears are the consequence of the emotional body recovering a part of itself through meeting the real need. Those tears are the river flushing away the demon.

This means that the person won't be doing anything against their own wellbeing anymore in the places in which healing happened. But they will in those places where it has not yet.

So, how do we do real healing? I made [a video](#) where I explain in detail how wounding and healing work, and how to heal all by ourselves without the need of anyone or anything.



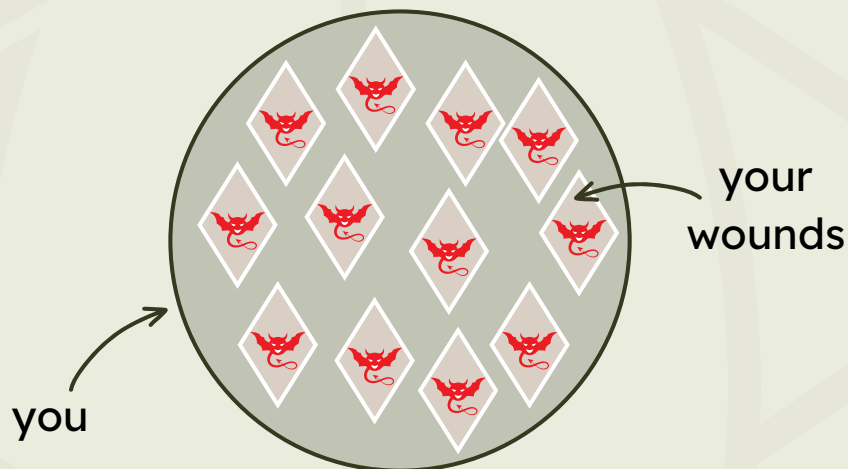
You can watch the full video about healing [here](#).



These forces are everywhere, and act in ways far beyond just simply doing things we will regret. They can show up in the form of awful thoughts, unconscious actions or intention to hurt.

When we talked about free will (video [here](#)), we said that we lose our free will in those places where our wounds decide for us.

Why do our wounds have that power? Because these forces live in those wounds. The wound is their house.



If there is a wound, a force is living in there that will do whatever it takes to make you feed the wound rather than heal it.








These forces like to hide because if we don't heal, then they can survive.

The more you start exploring the idea of demons being real, the more you'll see them everywhere. Acknowledging their existence is also a necessary part of healing, as some wounds will require that specific viewpoint in order to be addressed.

I hope this brief summary helps in your healing journey. If you want, you can watch the full video [here](#).

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Thank you for being here.

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