



PSYCHIC SELF- DEFENCE

Keeping the Aura strong and healthy

Our Aura is our psychic and spiritual immune defence shield against negative spirit attachments, possession, curses and all manner of energy draining parasites. Use these techniques to help keep it strong and healthy.

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Healing the Wounded Spirit

PSYCHIC PROTECTION AND SELF-HELP ADVICE

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How to Use This Guide

The advice offered in this e-book is condensed from the writings of experts and practitioners in the healing arts and spirit de-possession techniques, and the most important word of advice offered here is this:

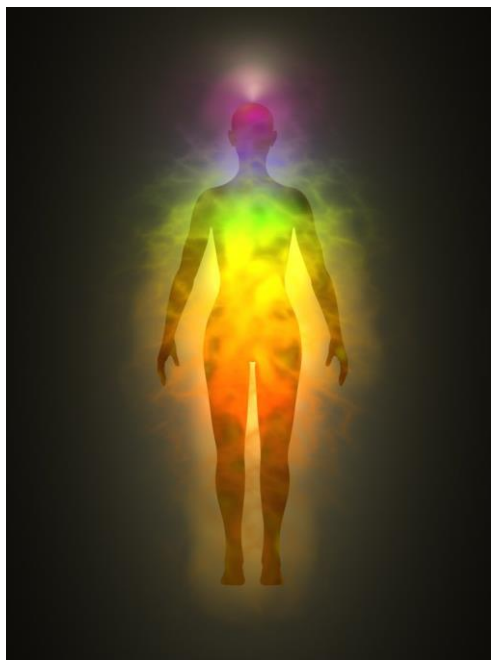
It is not sufficient to read this guide and appreciate it intellectually – you must DO what it says.

Practice these techniques daily and incorporate them into your normal daily routine, like washing, brushing your teeth and getting dressed before you step out into the street.

Just as our clothing offers us protection from the elements like rain and wind and our immune system protects us from invasive diseases, our *Aura* performs the same function but on a spiritual level.

The human aura is an electromagnetic field that surrounds our physical body and operates through a range of vibrating energy frequencies. This topic is complex and we could discuss the aura at length but for the purpose of understanding psychic protection, suffice it to say that to protect ourselves from unseen psychic energies that exist in the universe, the human aura is our shield and first line of defence. If the aura is working to its best potential then the protection it offers us is adequate. However, should the aura become weakened then we are susceptible to attack from other negative energies that do exist beyond the physical dimensions of time and space that the physical sciences are not yet able to acknowledge.

The aura is naturally strong and in normal circumstances does not need to be looked after or strengthened but under certain conditions it can become weaker. A full aura extends outwards from the physical body in an egg-like shape and extends outwards beyond the limits of the protective skin.



Human Aura.

How can I strengthen my aura?

The aura can be strengthened by leading a lifestyle that works in harmony with the physical body. Here are some useful tips on how to maintain and strengthen the aura:

- Drink plenty of clear fresh water.
- Exercise opens the airways and promotes the flow of oxygen in the blood also helping cellular reconstruction.
- The thoughts you think have more power over you than most people are aware. It is essential to gain control of your mind and train yourself to think only positive thoughts. Meditation and Mindfulness are excellent techniques to learn for maintaining healthy thoughts.
- Sea salt is essential, bathing in it and sprinkling it around your house and bed seems to offer additional spiritual protection. Daily use of sea salt baths or showers helps to remove negative contaminants from the Aura.

What will affect my aura negatively?

The Aura can be weakened by leading a lifestyle that deteriorates the physical health of the individual. Some of the main problems are listed below but basically anything you do that makes you feel tired and ill will affect your Aura:

- Emotional stress will put a heavy burden on the immune system and this in turn will cause the health of the physical body to deteriorate. Emotions such as guilt, fear, hate, greed, resentment if experienced strongly will start to cause perforations in your auric field.
- Drug use also causes perforations in your auric protection and also opens your etheric body to other dimensions. (This can also include some strong prescription drugs).
- Excessive alcohol intake will shrink your aura.
- Excessive smoking also has the same effect on your aura.
- In general, the poorer the health of the individual then the weaker the aura, and more diminished the auric protection provided.
- Hospital surgery that involves full anaesthetic can alter the etheric protection and cause perforations of the aura. Whilst surgery is under way your spiritual body can be opened up and susceptible to different forms of psychic attack. Ideally, psychic protection needs to be employed before such surgery if possible.

The Human Aura in Summary

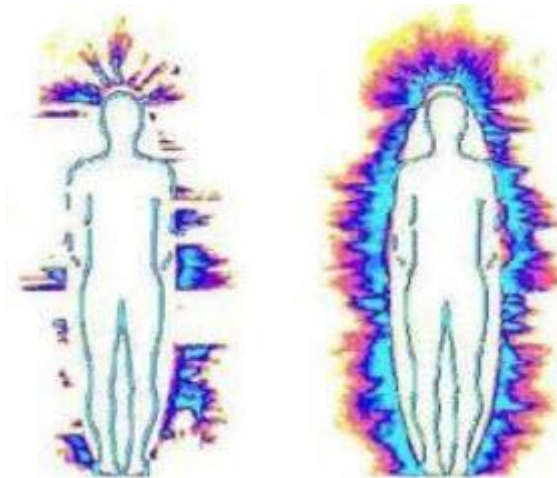
The human aura is our vital defence against other energies that exist beyond time and space that we cannot see with our eyes. Years ago, humans thought the world was flat and if you suggested otherwise you would have been ridiculed by science and the general public at large. But today we know since science has caught up and the world is indeed round. We laugh at our forefathers for thinking it could ever possibly have been flat.

This holds true for the unseen worlds that currently exist, science has yet to catch up and provide us with a measure of these new inter-dimensional worlds. At some point coming soon science will discover that we are not alone and in fact other energies have existed on this planet well before we appeared in human form. At some point in the future our children and grandchildren will laugh at us for thinking the whole we are the only living entity on this planet let alone all the others in the many solar systems!

It is expected that the Hadron-Collider near Switzerland will address some of the most fundamental questions of physics, advancing humanity's understanding of the deepest laws of nature. But until that as yet undiscovered information comes into our common awareness we remain resolutely naive as to our position as human beings in the galactic soup and very unaware as to how important our auric protection is to keep us from harm. One day we will teach our children that meditation and auric protection is more important than the latest soap on TV, or the football results. Both of which everyone is happy to invest many hours of their time to watch but are unable to find time for spiritual practices that don't seem to offer any tangible results.

Your aura is probably more important to our well-being than most people currently realise.

The image below shows an example of two different auras, one is healthy and the other is not.



The left-hand image represents a perforated and depleted aura offering little spiritual protection.

The right-hand image represents a full healthy protective aura.

Schizophrenia and Hearing Voices

Many people with schizophrenia may be paranoid or believe that nothing is wrong with them, and therefore may not want to visit a doctor or other health professional. Others worry if they do see a doctor and explain their condition they may be subjected to bias by the physical sciences.

Many people that hear voices or have intrusive thoughts are told they are suffering from mental illness. Medical science can offer no viable explanation why people hear voices or have negative thoughts. The conventional treatment is with drugs that are synthesised to react with the brain and reduce symptoms. In addition to distressing side-effects, there is no scientific evidence to support the hypothesis that psychotropic drugs can treat the *cause* of the characteristic symptoms of their distress. Very often the result of long-term medication can be a zombie-like state of existence. When time is spent listening to someone who is hearing voices it quickly becomes apparent they believe they are actually hearing and sometimes seeing another person / entity that they can communicate with. To them the experience is real and not imagined.



People that are hearing voices or have been diagnosed with Schizophrenia may also be suffering from many of the following conditions:

- Hearing voices
- Visual hallucinations
- Delusions
- Disorganized thoughts
- Social withdrawal
- Hostility or suspiciousness
- Deterioration of personal hygiene
- Inappropriate laughter or crying
- Depression and insomnia
- Odd or irrational statements and odd behaviour
- Odd choice of language and tones
- May suffer with convulsions or epileptic fits

Communicating with Spirits

Talking to spirit entities that we cannot see is something humans have always done throughout history and in all cultures. It is claimed that many religious and sacred texts such as *The Bible* have been written by the hands of a human who was channelling information from a spiritual source that could not be seen. In Christian theology messages from God are said to be delivered by angels.



Angel

However, since the emergence of the 'scientific enlightenment' there are very few people who admit to believing in a *Divine Being* or a hierarchy of angels and demons.

As human beings, we all have the innate ability to communicate using telepathic means with other energies we cannot see with our eyes. However, few of us wish to develop this part of our innate ability to a higher level.

Psychics, mediums and other mystics all over the world claim to be able to do exactly this, communicate with other spirit beings such as *Spirit Guides* or *Beings of Light* who work to bring healing, divine love and compassion to a troubled world.



A Being of Light

There is a growing body of scientific evidence that many gifted people are able to communicate using telepathic means with other spirit agencies. Such people will testify that they “hear voices in their head” and they can have a conversation with the voice just as though they were sat next to another person in the flesh.

What is crucial in such dialogues is not only the *content* of the conversation, but more importantly the *authenticity* and *integrity* of your spirit guides. Many people are being deceived into thinking that all spirit guides are beneficial, when in reality there are those that pretend to be but have the intention of inviting you into an agreement with them that effectively gives them control of your life. This is pure deception and it is imperative that these impostors are challenged and dismissed. Failure to detect impostors can result in agreements where the invading spirit will claim, 'But I was invited'.



Negative Voice Intrusions

Impostors are usually negative with the objective of destroying the life of the individual to inflict mental and emotional damage, to feed off the energy transmitted by negative emotions, and ultimately to induce self-sabotage and suicide.

Those people that have developed their spiritual awareness and fully implement these techniques of psychic protection are able to communicate with positive spirit forms that provide guidance and assistance in a positive manner.

Whilst those people that do not employ the correct techniques for protection or have a perforated aura are connecting with negative spirit forms that are relentless in the pursuit of general destruction of the individual.

If your aura has become perforated it could explain why you are hearing voices. There can be a host of reasons why this has happened from drugs use to hospital operations.

If you are hearing voices and are unable to control the volume and the content of the conversation, and you find the voice is always very negative and abusive then you may well have a negative spirit energy connected into your auric field that will need to be removed. Until this connection is broken you will not be able to stop the voices.

Self Help Techniques

One way to remove or detach a negative spiritual energy is to repair and reinforce your auric protection, but since you can't see your aura that is tricky. So how do you strengthen it quickly? If you are already hearing voices then we can conclude that at least one negative energy has connected into your aura and will be trying to weaken you, usually by inducing fear through verbal insults and other methods such as waking dreams and visual hallucinations.

To help with this, it is useful to perceive everything in terms of *energy vibration* or *energetic frequency*. Love and joy are examples of high energy vibrations whilst depression, anxiety, fear and anger are of low energy vibrations. For a negative spirit to connect into your auric field and assert some type of control over you it must keep your vibration at a low frequency. Depression and fear are perfect emotional energetic vibrations that are invitations to negative spirit forms to be attracted to your auric field. *Like attracts like*. Therefore, a person who is persistently negative in their thoughts will attract negative entities whilst a person who is persistently positive in their outlook will attract spirit entities with a higher vibration that are supportive and helpful.

Raising your emotional and mental energy vibration will literally repel any negative energies, and this can be done using a variety of techniques. Follow the instructions below to raise your vibration and remove negative attachments. You will need to use them daily as it could take a while for your etheric vibration to increase and deflect the connected negative energy.

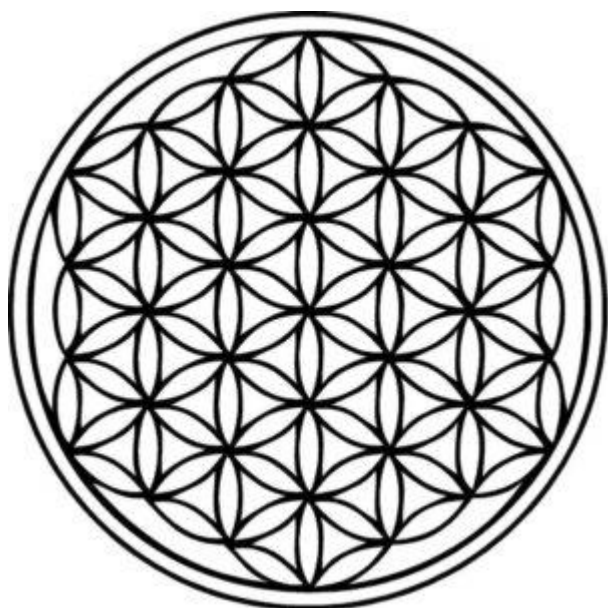
- Drink plenty of water, water will help to detoxify your body helping to increase your vibration. In addition, the herbal remedy ivy can be added as this is a highly protective herb to the human body and can be obtained easily.
- Incense sticks will also help to detach a corded spirit / entity, as they contain powerful herbs.
- Sit in meditation and ask your *Spirit Guides* to help. We all have spirit guides, and you can learn how to connect with them by joining a local meditation circle or group.
- Use affirmations on a regular basis, there are many that can be helpful and some are listed below.
- Use visualizations invoking protective symbols and images on a daily basis, again see below.
- If you taking part in recreational drug or alcohol abuse STOP. This is a negative addiction and will encourage negative energies. Drug use will make it very difficult to detach negative energies.
- Purchase some natural sea salt, sprinkle around all doorways in your property and around your bed not forgetting the front and back door, this stops all types of negative energies from crossing into your home. Fine sea salt is best as you can't see evidence of it on the carpet. Remember to replace after the house has been cleaned on a weekly basis.
- Fill a bathtub with water and add one medium handful of sea salt (Available at health food stores, department stores, etc.). Take a normal bath, making sure that you dunk your head fully at least once. This will help to remove entity contaminants from your aura and other energetic fields.
- Crystals are also very useful, black onyx and black tourmaline are renowned to help with negative energy. Carry them around in your pocket or in a handbag or use them

as an amulet and wear it around your neck. Your *intent* is most important. If your intent is that the crystals you have will help provide you with protection then they will.

- Wearing protective amulets has been used since the middle ages as a method of spiritual protection and many new-age shops sell amulets, the *pentagram* is a common choice. Potential amulets include gems, especially engraved gems with protective symbols.
- www.1essence.co.uk supply a very good essence to help clear the aura and increase energy. Pomander is very good to use daily for both protection and energizing. Put three droplets into your palm and rub into both palms. Brush your hands around your body this will help to strengthen your etheric and spiritual bodies. Use it daily. The red Pomanders are helpful for feeling grounded after meditation or any therapy session. Useful for any situation where our energy is depleted.
- Use crystals to create a grid around your bed as shown in the diagram.

This will raise the vibration and create a safe space where you can sleep without interference from negative energies.

1. Purchase 4x either rose quartz, or amethyst crystals.
2. Run cold water over them and leave them outside in the sun and rain etc for three days. This will clear them and charge them up.
3. Take them upstairs and hold them in your right hand together, say out loud the following: "I invoke my guides using my freewill to charge these crystals with love and light of the divine essence to protect this space, thank you"
4. Now place one at each corner underneath the bed with the point facing inwards to the middle of the bed, this will focus the energy.



- Print or draw a pentagram and the flower of life, like this image, on to a piece of paper and place it between your mattress and your bed frame. Again, this helps to provide essential protection while

you are sleeping. Sleeping is a particularly vulnerable time from a spiritual protection perspective.

- Depending upon your religious beliefs you may repeat the *Lord's Prayer* or your version of it before bed time and first thing in the morning. This prayer has been used for centuries and carries a huge positive energy that will cause discomfort to attached negative energies.

The Lord's Prayer.

Our Father, which art in heaven, hallowed be thy name;
Thy kingdom come;
Thy will be done,
In earth as it is in heaven.
Give us this day our daily bread.
And forgive us our trespasses,
As we forgive them that trespass against us.
And lead us not into temptation;
But deliver us from evil.
For thine is the kingdom,
The power, and the glory,
For ever and ever.
Amen.

House Protection

If you feel you have entity or spirit problems in your house try the techniques below:

- Purchase some natural sea salt, sprinkle around all doorways in your property and around your bed not forgetting the front and back door, this stop entities from crossing into your home.
- Sprinkle natural sea salt around all the beds in your house whilst asking for psychic protection in your mind or outspoken, again this provides psychic protection whilst you sleep.
- Purchase some sage, otherwise known as smudge and light it, hold a small bowl underneath and walk around your home allowing the smoke to clear any pockets of negative energy, using a feather is helpful to dissipate the smoke into all the nooks and crannies.
- Make up a room spray using sea salt, water, Frankincense, Myrrh and Sage mix in a bottle and spray around your rooms, great for space clearing.
- Fill a small bowl with sea salt and leave this in the middle of your home for a few days, it will absorb any negative energy, then after a few days pour it down the drain, do this on a regular basis.
- Purchase some *Tingshaw Tibetan cymbals* (see picture below) and walk around your home clinking them together, the vibration and sound will help to clear pockets of



negative energy.

- Crystals are also very useful in the home to raise vibration and help provide protection, in general black ones are good for protection and also Selenite has a very high vibration and is used to help cleanse all other crystals so a piece of Selenite in your home is a great addition. Black Tourmaline, Jet, Obsidian are also good choices.

Affirmations

“I am protected in all that I do this day and every other.”

“I affirm that any negative energy corded to me disconnect now.”

“I use my freewill to request removal of any energy or energies not working for my highest good and do it now.”

Visualization Techniques

- Visualize yourself surrounded by purple light, and climb into a protective ball of bright white light.
(Do this every morning and night before going to sleep, this will provide a degree of protection).
- Visualize yourself standing in a purple fire, and see any dark areas of negative energy catch fire and be burnt away leaving you stood in a bright purple flame, knowing you are protected and secure.

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If all of the techniques above fail then please [contact us](#) without further delay.