Understanding Psychic Attacks

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Learn exactly what a psychic attack is and isn’t. Gain knowledge of self-psychic protection and at what time to call in a professional.
Are You Under Psychic Attack?
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Introduction

Contrary to some contemporary belief systems the concept of a psychic attack is authentic. Psychic attacks have been documented since the beginning of time. The Europeans believed in witchcraft and practiced black magic, Australian Aboriginals practiced “pointing the bone“, for Africans it’s called voodoo and hoodoo, and Hispanic cultures practiced Santeria. These enthusiasts are devoted to their religious practices, the same as Jehovah Witnesses believe in converting the masses to their way of thinking. Today, over 3 million people from all walks of life practice voodoo in the United States alone.

Within these pages you will learn the theory behind psychic attacks, how to identify one, and how you can proactively prevent an attack. You will also learn how to identify a competent professional when you find yourself engulfed in negative energy, and life as you had known it is spiraling downwardly out of control.

It is my strong advice to never engage with occult energies in which you do not fully understand. Reading a book or two on the subject does not designate you a master!. A novice can never be certain of the energies one is “calling upon” or how to determine the energies cosmic ray of origin or that the energies are truly what they are representing themselves to be. One may find it difficult to believe, that some spirits are malcontents, and will use any unsuspecting spiritually open human body
energy for their own amusement. To put it into perspective, think about someone you met who turned out to be the complete opposite of how they initially presented themselves. Nonphysical beings and entities have the same ability.

The intention of this e-book is to provide information that will assist you in making intelligent decisions to manage the energy of your personal space which is also known as your aura. The benefit is that you will have a clearer aura and will live life on your terms not in fear of others or of the unknown. I will present information that will dispel the preponderance of misinformation regarding what an energy or psychic attack is or isn’t.

What is a Psychic Attack?

A classic psychic attack is defined as the manipulation of supernatural energies and forces. Psychic attacks occur when negative energetic vibrations and or frequencies are sent from one person to another or from a person to an object representing the target person. This creates disturbances within the chakra system. The chakra system is the backbone of the human energy system, which is comprised of 7 major “wheels of light” that regulate our energy exchange with our environment. The lower chakras connect us to the earth, the higher chakras
connect us to spirit, while the heart chakra is the neutral regulator between the two. Once any type of energy infiltrates the chakra system of the intended target, it will eventually if left unchecked, metamorphose to the physical body and or the physical environment of the intended target. This fact validates that energy is perceived as negative all well as positive.

Due to the recent exploration of quantum physics, scientist have validated that everything that exists consists of energy representing itself in various vibrational frequencies. Every thought, emotion, chemical, metal, gas, sound, color, planet, toxin, everything in this Universe is alive and has intelligence. These energies can be perceived or “further energized” with a positive or negative force which then turns into a thoughtform to which we subconsciously attach a frequency via our unconscious mind causing a vibration to occur. The resulting vibration is then perceived by humans as negative or positive.

Our universe is a macrocosm of diverse supernatural energies ranging from angels and spirit guides to the mysterious and malevolent energies from the dark side. Because of this diversity, it is critical to immediately verify where any approaching energy originated from by asking the question, “Are you from the Divine Light?” Pay attention to how you feel after asking the question. If you feel at ease you are encountering beneficial energy. If you feel ill-at-ease you have encountered discordant negativity. Once you know the energy’s origin then ask its
purpose. Again, pay attention to your feelings, imagination, and intuition for your answer. If you feel comfortable that is a positive sign. If you feel very uncomfortable ask the spirit/energy to leave by saying “you are not welcome here, now leave!” I know that this sounds too simple and is a lot of to remember, but it is an essential step to keeping your energy field clean and clear. The process is fairly simple and well worth knowing to implement the necessary protection. Many of my students have found that the most difficult aspect of all is to ask the question. Universal law does not allow spirit to lie, so love and honor yourself enough to ask. **This step is of great consequence, so ask!** While spirit will not lie to you, some spirits are sent to earth plane to test us and if we do not ask the question they feel they have earned the right to infect us with their negative energy. Universal law does not allow spirit to deceive us if we ask where from whence they came. Be careful because spirits can and will deceive you. Just as there are incarnate humans who are the followers of deception, there are spirits who will do the same. Be sure to ask for your clarity and protection.

**CONCEPT FOR CONSIDERATION: WE ARE CONTINUALLY BOMBARDED BY THE ENERGIES FROM VARIOUS GALAXIES, PLANETS, THE SUN, THE MOON, STARS, ASTEROIDS, AND EVEN MOTHER EARTH. AT THE SAME TIME, WE ARE ALSO EXPOSED TO VARIOUS NEGATIVE SPIRIT ENERGIES AND ENTITIES ON EARTH, AND FROM OUTER WORLDS THAT CAN AND DO INFLUENCE US IN DIVERSE WAYS.**
Negative Energy... AKA...

Negative energy or vibrations are known by various names. The most recognizable names known to the populace are: negative thoughtform, dark energy, dark spirit, the devil or an entity. Any of these energies can create vibrational/energetic disturbances within the targeted person they intend to interact with.

Please don’t become paranoid and associate every perceived negative event that happens to you as some type of psychic attack. Before we decided to incarnate in this dimension we attended what we here on earth would call school where we mapped out our next life path and life lessons to be mastered before crossing the veil. Once crossing the veil we do not have control over how those life lessons are going to play themselves out. Sometimes what we perceive as a negative event occurs because we are living out our part of an agreed upon life lesson or experience. Additionally, as go about our daily living, we are constantly sending out energy. If we send out positive vibes, we will receive back positive vibe. If we choose to be negative, fearful, hateful, or always looking to seek revenge, we will also reap the karma of the energy that we are consciously sending out.

There is no cause for alarm; however it is critical that we pay attention to our thought patterns. By the mere
process of thinking a negative thought we are broadcasting that thought out to the infinity. A recent Tufts University study found that the average person thinks 60,000 thoughts a day; over 95% of these thoughts are repeated day after day, and 90% of those thoughts are negative. Wow! That is a LOT of negative thinking! When you find yourself deeply mired in a negative thought pattern, forgive yourself and make a conscious effort to shift your thought patterns to the positive. Often when we are deeply caught up within negative thoughts, we are doing so unconsciously, therefore attracting back to ourselves the negativity that we sent out.

The concept of worry is a perfect example. When we worry, it is often over something that we don’t want to happen or it is about something we are lacking in life. By concentrating and giving energy to this negative thoughtform we are broadcasting negative energy out to the Universe. We are unconsciously attracting right back to us the very thing we consciously said we did not want. This is known boomerang negative thinking and we certainly do not need it. The vibrations we send out and attract back to us flows through the energetic body of our aura and chakras.

**Real or Imagination?**

As I eluded to earlier there is a contemporary school of thought that accepts as true the concept that negative
energies and psychic attacks don't exist and it is impossible for the energy to have any affect if you don't believe in the concept. This simply is not true. Stephen Hawkins a leading scientist working with Quantum physics has proven that everything in existence consists of some form of energy. It is our perception of the energy that dictates the manner in which the energy field will affect us.

Unfortunately, there are humans and energy beings that do not have the highest good for mankind in their hearts and are willing to do whatever is necessary to advance their own agenda to the detriment of others. Contracting this energy can be avoided by taking the proper precautions.

The subject of people believing negative energy does not exist has largely come to the forefront because of fortune tellers and other opportunists charging obscene amounts of money to remove “the dark energy cloud” from over someone’s head and lying to the gullible and uninformed to keep a revenue stream flowing into their life. Because of these opportunists, the darker side of light is not acknowledged as legitimate. Most feel it is a ruse to obtain “easy money”.

The energetic techniques of lighting a candle, performing energy work, and saying prayers will work to facilitate energy removal, however the practitioner should readily be willing to give the client the information and teach the tools needed to keep unwanted energy at bay as part of
the consultation. The fee charged should be reasonable, not in the thousands of dollars. Fortunately, the energies coming to earth at the present time no longer hold a foundation for false prophets, self-proclaimed gurus, and fraudulent psychics. These people are being brought forth into the light for all to clearly see.

Please understand that psychic attacks are real and are happening today more than ever. When any economic system softens the folks who are not living in their power, become fearful and will succumb to the frequency of envy, negativity, or jealousy and will intentionally out of fear send out a vibration of focused malicious destructive energy. Mostly these people are just looking to make their current situation better and they do not comprehend the energetic concept that there is enough of everything to go around for everyone, all one has to do is to stay in the flow of positive thought, abundance, expectation, and do the physical work needed. When human’s become afraid and confused we often unconsciously intend harm on someone in order to get what we want or need. This happens when our belief system is based on the tenant of taking from others in order to be in a position of power. When we are vibrating in the frequency of having forced power over others, we are actually bathing ourselves in fear. Love and fear cannot exist in the same space. Which do you choose?

Problems can and do happen as a result of intentional focused negative energy and psychic attacks. That is why it is important to pay attention to the energy you are
dabbling in at any given moment. With the popularity of the Harry Potter books and the TV shows aimed at teens such as Charmed and Eastwick, more young people than ever are being afflicted by the forces of negative energy. These shows in and of themselves are not negative and can be very entertaining and informative. However when “novices” begin to play with the concepts they see or read about without fully understanding the complexity of the energetic exchange, bad things begin to happen. I have been contacted by so many parents whose teen had decided to become a “magician” or practice “Wicca” without proper training. When one dabbles with the occult it is best to work with a trained professional to learn how to recognize and manage various energies. I always make the analogy that I am very intrigued with skydiving; however I would never get into a plane and jump out without the proper equipment or training.

**How Psychic Attack Works**

Psychic attacks involve the manipulation and movement of various types of entities, dark energies, and spirits. The negative energy is transmitted into someone's energy body (the aura and or chakras) and then insidiously relocates itself within the physical body or the person’s
physical space. A number of the dark energies and entities find their way into physical existence and are sent without conscious awareness, even though they are sent by humans. An example of this is when someone is envious of something that you have. They may not intentionally wish you ill but the act of coveting what someone else has, sets up the matrix for negative energy to come into play. Other negative energies that have the need to experience what someone else has will be attracted to the unsuspecting person.

Of course there is negative energy that is intentionally sent to create destruction and injury. It is frequently sent with the intent to have power over, manipulate, or punish the intended target. This process can involve the use of a ceremony, a ritual, the use of mind control, or the occult powers of any combination of the aforementioned.

If your aura and energy centers are strong and healthy, it becomes arduous for destructive energy to align with your energy. Our aura becomes weak when we repress emotions, especially negative emotions through the regular use of alcohol, drugs, cigarette smoking and a host of diseases. We rarely think that exposure to parasites, worms, fungus, or various metals, chemicals or microscopic poisons (household cleaning agents) can seriously weaken or damage our aura allowing fertile ground for negative energy to populate. They can if we over expose ourselves to the chemicals. Consider using noninvasive solutions in your environment such as white vinegar which also removes negative energy.
If you live in an area which contains high levels of noise pollution, you are constantly under attack by negative energy just because you are living in an area that is “congested and possibly discordant.” If you are not vigilant about balancing your energy field, negative energy can set up residence and not be noticed for an extended period of time, perhaps even years.

**Key Point to Remember**

🚀 All disease begins in the aura and then eventually moves into the physical body and or physical surroundings.

🚀 Once we understand how energetic vibrations are ingrained within our belief system can begin to wrap our minds around the concept of the different forms of negative energy and how it can insidiously affect us.

🚀 To avoid negative energy taking hold of us it is essential that we keep our aura an chakras as clean and balanced as possible.

Of course we will have days or even weeks when we are not in balance, however the more we utilize our spiritual tools, (meditation, prayer, creative visualization) the more
power we have over keeping our spiritual and physical bodies clean and clear of undesirable energies.

**Symptoms of Psychic Attack?**

There are many indicators that can signify the presence of predator energies, spirits from the dark side, or entity attachment. Below is a list that identifies a few of the more obvious indications. Always be sure to check with your health care professional regarding any symptoms you may have. When the medical community cannot find a resolution to your symptoms then it is time to consider alternative therapies. Spirit Release Therapy or any other negative energy removal process is not to replace therapy given by your physician.

**Symptoms:**

- ** Suddenly and unexplained changes in behavior - such as increased anger, depression, wanting to hurt others, and continual thoughts of murder/suicide**
- **Suddenly cravings for alcohol, cigarettes, and illicit drugs especially if one does not normally use these substances**
- **Hearing voices**
* Sudden weight gain without a medical explanation
* Fears and phobias
* Serious illness of unknown cause
* Sudden and prolonged loss of energy
* Memory and concentration problems
* Severe personality disorders
* Migraines
* Panic or anxiety attacks
* Unexplained Medical conditions

Please work with a medical professional to rule out any valid physical and or mental malady before contacting an experienced energy work professional.

**Negative Energy Attachment**

Negative energy attaches itself to us when we are in a low energy state. Negative energy can exist anywhere just waiting for a matching frequency or a lower frequency to come onto its radar screen so it can pounce.
The three most common places to pick up negative energy are hospitals, cemeteries, and funerals. Hospitals are full in incarnate spirits (patients) whose energy reserves have been depleted and are wide open to attracting negative energy. Besides the incarnate beings, hospitals are full of spirits that have lost their bodies (folks who died) and for whatever reason did not start their transition to the other side.

If you work in a hospital ALWAYS carry a piece of Hematite, Black obsidian, Black Tourmaline or Smoky quartz on your person. These stones will protect you from discarnate beings.

Now don’t kid yourself, negative energy thrives anywhere where there are negative emotions and negative people. You could just be walking down the street minding your own business and pass a place where a negative situation has occurred. Because energy patterns are imprinted in time, space, objects, and places you are virtually always at risk to pick up some unwanted energy. I recently visited a few of the war memorials in Washington DC and was amazed at the amount of deceased solders present that had not made their transition to the other side. They were literally crying out for their loved one to come and claim them. Edith Fiore has written a fascinating book titled ‘The Unquiet Dead’ which delves deeply into this area.
As I write this in January of 2011 there is a large glut of foreclosure homes on the market nationwide here in the US and “bargain hunter” buyers are snapping up. Yes, these folks are getting a home for a “steal,” however they are also unwittingly buying a large amount of negative energy per square foot. Consider this; the previous occupants had plans and dreams for that home when they purchased it. Even before it became painfully obvious to them that they could no longer hold on to the home, the family’s negative and fearful emotions imprinted itself in the walls and grounds of the home. More than likely, the doomed homeowners held resentment toward the bank, possibly the Realtor or lender and may have had verbal or physical altercations among themselves. Of course there was always the unpleasant undertaking of having to vacate their beloved home against their will. All of these feelings and emotions are imprinted in the energetic imprint of the house. A house has an aura just like humans. Each house also has a spirit that dwells there “usually” as a protector of the home. All are damaged if the energy is altered in a discordant way.

A foreclosed home could hold the negative energetic patterns of the previous owners for years to come. Foreclosed homes are a cesspool of negative energy. I am not advocating avoiding foreclosed homes. If you happen to purchase one, have it energetically cleansed by a
professional to remove all residual energy left by the previous occupants. It would also be prudent to send loving/healing positive energy to the previous owners for them to partake of if they choose.

Drugs and alcohol

Drugs and alcohol also attract undesirable energies. When we jump out of or are knocked out of our normal energy field we open ourselves up to whatever “energy” that is available and intent on invading our space while we are unaware. “Drug beings,” are discarnate humans who were addicted to drugs before making their transition and now reside stuck in the astral plane, are always on the lookout to attach themselves to a living human so they can experience the physicality of doing the drug again. Alcohol beings react in the same way. They are looking for that next drink or binge. I have worked with several clients who had never had an affinity for alcohol and after going to a funeral or otherwise encountering negative entities they became obsessed with having alcohol not just social drinking, but full blown alcoholism.

When we ingest mind altering substances, we weaken our
auric field and chakra energy centers and become defenseless against the invading negative energy. Our aura will tear or become holey and our chakras will either close down or open too widely leaving us exposed to unpleasant energies which are difficult to manage. The same holds true for “shamanic drugs” do not experiment if you have not been trained by an adept Shaman.

Smoking Cigarettes

Smoking cigarettes is detrimental not only to your physical health but also to your energetic health. Prolonged smoking will cloud your aura, and stain it with a dark brown gooey substance. Once the aura is infected with this gooey substance the life force is insidiously stifled and literally gives up fighting to keep you alive. You become tired, depressed and nonfunctioning.

Inanimate Objects

Negative energies will also attach themselves to objects. The most common example of this is anything that has gone through a production cycle. Everything that we have in our physical space has gone through some process of production. During that process, many hands have touched the object. Those hands could be attached to someone in a good mood, foul mood or even someone who intentionally places negative energy into the product.
The Tylenol scare a few years ago is a classic example of this. When at all possible, place whatever you buy into a black bag and place the black bag in the closet for 30 days (I use a black pillowcase). This process will remove all energy that has accumulated on the object allowing you to infuse it with your own energy while setting your intention for the object. I realize that this is not always possible. Another way to cleanse objects is to stick it in the freezer overnight, or in the sun or moonlight. If all else fails, smudge it with white sage. This can be a bit tricky, especially with garments as sage has a strong distinctive odor.

Do you or someone you know have an affinity for antiquing? Please be careful of antiques as they carry the energy of everyone who has had contact with it to date. Antiques also deposit all accumulated past energy to its current location. Whether it is an antique shop or someone’s home. If you are interested in ghost busting, visit your local antique shop!

**Sex**

Yes you read that word right sex. Sex is the most intimate act between two people (or more if you are a bit adventurous). When you break sex down to its core what we have is an exchange of energy. When you engage in sex with someone, your auras exchange the essence of each other’s soul. This particle of energy will stay with you
as long as you exist on earth. The paradox is that you absorb your partner’s positive as well as negative energy.

When you are having sex, your energy centers are very open and receptive. The centers are expecting a positive flow of energy since the sensations feel good. If you engage in the sacred act with someone who has dark entities with them they will pass along a fraction of the entities’ energy to you. This is similar to a soul fragmentation for the negative entity who then takes up residence in your auric field.

Be extremely careful with whom you exchange sexual energy. If you enjoy multiple partners please work with an energy professional on a regular basis to keep your aura as clean as possible.

Another dimension of negative energy sex? The incubus and succubus.

Incubuses are male spirits of lust. This spirit will come to you in your sleep and feels very intoxicating. Suddenly you will feel heaviness on your chest or face while simultaneously experiencing a fantastic orgasm. Most people do not see the demon in the flesh but will have a very clear vision of it in the accompanying nightmare the demon provides for entertainment. It is believed that they cause a nightmare because they enjoy the taste of fear mixed with sexual energy.
The female counterpart to this demonic energy is known as succubus. She will come to a man with the intent of stealing his seed to further populate her race. She derives nourishment from her male host. The man may or may not have a dream however the ejaculation is memorable.

Both of these energies are invaders of your space and cause harm to your energy system and aura. Should you feel yourself in this state during a lucid dream, wake up immediately. In doing so, the parasite should fall away within 30 to 60 seconds. You will notice the energy release when they detach.

To prevent this type of energy attack from occurring, ask for a protector spirit guide to come and watch over you while you are sleeping to not let this or any other energy in without your permission. Playing with these energies can become very dangerous because they will not want to leave.

*Spells, Curses, Voodoo, and Witchcraft Really?*

When someone intentionally sends you undesirable negative energy they have cast a spell or curse. An inexperienced practioner of magic rarely accomplishes as
negative spell. I have never found that someone could just read a book and cast a powerful spell. However, the belief that the average person can do such work has caused emotional havoc with many and the resulting fear has invited negative energy in to roost.

All forms of negative spell work, negative prayers, voodoo, mantras, invocations, black magic and root work are a form of psychic attack. I stress the word negative as there are spells, prayers, voodoo, mantras and invocations and root work that will produce positive results for all involved provided the intention is set before the work is done. Remember, everything in existence is some form of energy and it is our perception of that energy that determines whether or not it has positive or negative effect.

**A Word About Organ Transplants**

Medical technology has accomplished wonderful advancement in the last 40 years. Among them is the ability to transplant donated organs from a person who is about to make their transition. One person goes on to what is next for them in their spiritual path and the recipient has a new lease on 3D life.

The one aspect that is not tested by the medical community is the possibility of entity attachment in the donor body. Once the organ is removed, any existing
entities can stay with the organ and take up residence in the new host. How often have your heard of someone who had such a procedure and suddenly they are acting differently? Their aura has changed because of the new organ had an attached invading energy force which affects how the recipient thinks, speaks and their desires. The recipient may even take on the physical attributes, illnesses and behavior of the donor/entity absorbing the new host to such a degree that there appears to be a comprehensive change of personality.

Whether you accept donated organs or donate them yourself is a personal choice. Be prudent in a situation like this and engage in the services of an energy worker.

**Be Conscience of Your Thoughts**

As mentioned previously thoughts of revenge, vindictiveness, jealousy, or animosity can cause devastating harm to the projected target. Additional negative thoughtforms are fear, rage, and anger. A thoughtform is a thought that is created in astral plane using astral matter and your mental thoughts as its source of energy. Essentially a thoughtform is created in your imagination. Whatever a trained imagination can create it can also destroy.

Devotees of Buddhism are familiar with the Tibetan energy known as Tulpa. A Tulpa is a creature that is
created by the power of thought. It literally shows up as a shadow that constantly follows its subject. This projected thoughtform can actually take on a “life” of its own and appear in various situations and places without your permission. There have been documented cases where the thoughtform not only shown up uninvited but began to change its form from a positive force to a negative destructive entity. This happened to British occultist Dion Fortune when she experienced what she called an “astral wolf”. The “wolf” showed up at the foot of her bed and she attempted to push it off the bed fully knowing that it was a projection of her unconscious mind. The “astral wolf” turned and growled at her, a clear sign that she no longer had control over the thoughtform (Magical use of Thought Forms 2007). She was successful in eventually releasing the energy.

**Eliminate Negative Energy**

There are a variety of methods available for eliminating dark and negative energies, entities, spirits, and thought forms. The methodologies covered below are very effective however; please know that full inclusion of all negative energy removal systems is a volume within itself.

**Cleansing**

The information presented below will give you many ideas of ways you can do to help yourself. It will also
assist you with asking an energy worker the right questions if you need further assistance to eliminate energies contracted through psychic attacks.

There are read many different methods and a wide spectrum of suggestions regarding clearings. Some will even suggest that it's important to know who/what has entered your body or aura whereas others do not believe this to be important. Personally, I don't think one needs to spend time identifying the characteristics of the invading energy. What's important is to know how to clear and protect yourself and your home.

Below are a number of methods you can use, normally in combination, to ensure you get remove negative energy and remain clear. There is no perfect solution that can be applied to every psychic attack. The cure for a psychic attack will depend on the power and strength of the psychic attack or dark energy, and the present state of the individual who has absorbed this energy.

**Working with a competent Energy Work Practitioner**

If you are convinced that you are absorbing negative energies or are the recipient of psychic attacks, you should immediately contact an energy worker for assistance. It is important to work with an energy practitioner who is experienced in the identification, clearing and elimination of dark energies, entities and spirits. If you believe that
spirits, entities or dark energies have penetrated your body or aura, please seek out an energy worker for help. If you cannot find an energy worker in your area and are not comfortable working with distance healing, contact a dowser as many are very knowledgeable with interpreting energy fields and can be most helpful in ascertaining which type of different energies are coexisting in your aura, body or home. It's important to identify and eliminate these as soon as possible but please don't try to do this yourself. There is a strong possibility that you could draw more negative energies to yourself if you attempt the clearing yourself therefore exacerbating the situation.

The question always arises about the energy worker themselves. Can they be protected from the bombardment of constant negative energy? The quick answer is yes! An experienced professional energy worker will know how to protect everyone, including themselves.

The method or combination of methods to be recommended by the energy practitioner will depend on the strength of the psychic attack, whether it’s accidental or intentional, and depending on the individual who has absorbed this energy.

**Smudging With White Sage**

Smudging with white sage is an ancient custom of
North American Indians who have used and continue to use this method for clearing unwanted energies. Dried white sage can be purchased in a variety of metaphysical shops, metaphysical bookstores and on the internet today or you can grow and dry your own.

It’s vital to clear yourself each day and to clear your home and car at least once a week as a normal maintenance procedure. Whenever you clean your house or car follow it up with a smudging for safe measure. Today, most people are exposed to a variety of negative energies in their workplaces, in stores, restaurants, hotels, nightclubs, and almost anywhere they go. Negative energies can also be picked up just by walking around.

People who work in closely with others, such as therapists, office workers, physicians, surgeons, teachers, nurses, factory workers, alternative healers, any profession where you are working closely with others should smudge and clear their space daily. There is no need to have a negative energy exchange with anyone. Keep your aura clean and your space clear of negativity.

To smudge just do the following. Take a bowl or plate, about 4 or 5 inches in diameter and place a few inches of salt or sand to cover the bottom of the container and to protect the container from excessive heat. Light a bundle of white sage at the ends or edges of the leaves. Once the leaf is flaming well, blow out the flame and allow the leaf to smoke. This smoke is what is called smudging.
Pass the smoke over your head and all around you an odd number of times. Odd numbers shift the energy. If you are smudging your home, close all the windows and doors and be sure to get the smoke from the leaves into each corner of the room as well as in the center of the room. Don’t forget behind door and inside of closets. Leave the house and leave the doors and windows closed for at least an hour. This smudging can dissolve or eliminate many negative and dark energies, entities and spirits from your home.

Grounding - Being Fully Present in the Moment

Grounding yourself to mother earth is crucial when working with energy. Grounding connects you to the crystalline iron core of mother earth which will take all negative energy from you and transmute it into neutral energy to be used by anyone who needs it.

Procedure: Sit down comfortably with both feet planted on the floor. Imagine the warm rich earth energy coming into the soles of your feet through your open feet chakras which are just below the balls of your feet. Feel the energy come up your ankles, legs, thighs, and up into the front of your first chakra, exiting the back of your first chakra and going back down to the center of the earth. There will be a continuous cycle of energy going from to
earth through your first chakra and back down to the earth. Imagine a disc of ruby red light 7 inches in diameter settled securely into your first Chakra. Allow a beam of energy to release from your disc of red light and go down into the center of the earth, attaching and growing roots into the center of the earth. Now expand that energy of light to the width of your hips. Congratulations, you’ve established your grounding cord! I like to “own” my grounding cord so I say my given mane out loud 3 times while imaging the energy of my name infiltrating my grounding cord all the way down to the center of the earth.

When you own your grounding cord you make it very difficult of any other energy to invade your space.

Releasing Fear

Fear cannot exist where love resides. It is physically and energetically impossible. Fear is nothing more than out emotions run amok with thoughts of doom and gloom.

As we live within the energy of love, gratitude and grace, fear will subside from our lives. Two ways to rid your system of fear:

Meditate – When we meditate we are consistently brining in the golden cosmic energy which will enliven our physical and energetic bodies. The more we meditate the more we
move away from fear. I am not saying to never fear anything as a small amount of fear can be cathartic. However when fear is always front and center in the midst of everything that you do, it is time to obtain help with letting the fear go. Meditation is a wonderful vehicle to achieve this.

**Living in the present** – When we live in the present moment we do not have time to relive the past of contemplate the future because we are fully present in the now. As we live in the now we realize that we are so busy living we don’t have time to fret about what could happen and what did happen. Living in the present moment requires that we are in complete attention to the moment to the exclusion of fear.

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**Anger or Revenge Protection Visualization Techniques**

Anger and revenge serves no one. It is a lose/lose situation and a horrendous waste of time and energy expenditure. I have watched people so consumed with anger and revenge that they lost track of who they truly were and looked around to find that no one wanted to be in their company. If someone has done you “wrong”, remember that the energy one sends out comes bask tenfold and no one knows when that karmic debt is to be paid.
If you practice sending love energy to the person(s) who you perceive has injured you in some way, you are sending a healing not only for the people involved but for the planet earth.

Sit with your back erect, palms facing upward in your lap and repeat the ohm mantra. The ohm mantra relieves stress and takes fear and the need for revenge away. You become calm and start to live in the energy of love, gratitude and grace once again.

If you are in a situation where someone is yelling at you or speaking in a way that you feel offensive, silently repeat ohm and take note as their energy changes to a softer more mellow vibration. Anger and revenge will destroy you long before it destroys the person you are targeting the energy to.

**Surrounding Yourself in White Light**

White light often mistakenly used as a blanket of pure protection. While white light is extremely pretention it keep in or out all energy. So if you have negative energy trapped within your aura the white light will hold it in place until you release the white light. I teach my student to use golden white light. The gold is a neutral energy letting in only the positive while the white light dissolves the negativity surrounding you. Do use white light in situations of extreme danger.
You can always balance it out later on.

**Cleansing and Rebalancing of Auras and Chakras**

It is best to visit a professional when you chakras need rebalancing or cleansing as they can discover energy that you would probably miss. However you an assist yourself until you book your appointment. Take a spiritual bath with 1 cup Epsom salt, 1 cup sea salt and 1 cup baking soda. Please all of the ingredients in a very warm tub and get in and soak for 30 minutes. Allow yourself to let go of negative intrusive thoughts as they enter your mind. Just relax and let go spinning properly and at the perfect speed and to close the holes in your aura.

Once you connect with your Energy Worker ask them to show you how to keep yourself free on unwanted energy. And psychic attack. There are many techniques used to dirty and unbalance your aura. A skilled black magician can use any one of them including but not limited to attaching hooks and cords into your chakras.

**Personal Affirmations**

Your thoughts will dictate your behavior. Affirmations
are an easy way to keep your mind thinking along positive lines. Even if you do not believe in affirmations, just saying the words out loud or to yourself will block the majority negative thoughts occurring in your mind. If you repeat something long enough you will begin to believe your own words. You are in effect programming your subconscious. What do you have to lose? Think about all you can possibly gain. Sample affirmation: "I am attracting to myself all of the powerful loving and protecting energies of the Universe."

**Putting it all together...**

Psychic attacks are to be taken seriously however every negative incident is not a direct or indirect psychic attack. Meditate often to keep your energy system free and clear of negative radicals waiting for the slightest moment you experience low energy. If you decide to utilize the tools outlined above you will be able to keep your energy field as clean as possible. Should you come across energy you cannot or do not know how to handle call in a professional for assistance immediately.

If should want additional assistance from me regarding this subject, please contact me at 888-240-6057 or visit my website www.moniquechapman.com.

Monique Chapman – January 2011