

LESSON 4: PSYCHIC PROTECTION.

What Is Psychic Protection & why Is It Important.

As individuals we are the centre of our own reality, we are masters over what we allow into our own space. But we are also energy and as such we are all connected. Our emotions are very powerful but they are not just simply contained within us. We project our thoughts and feelings out into the universe. These could be positive but they can also be negative thoughts and emotions. Just as we use positive thoughts to manifest good things in our lives, negative thoughts can also manifest bad things in our lives. As such we need to protect ourselves and our environment against all of the negative energy, also known as psychic debris that we come into contact with during the course of daily lives. This is called psychic protection and it is possibly the most important subject to learn about when doing any psychic work.

Causes Of Negative Energy.

We all come into contact with negative energy during our day. Generally it will come from the negative emotions of others. If we go into a public place where there are lots of people such as the cinema or may be the local super market. We are being surrounded by the thoughts and emotions of all of the people around us. If someone is angry about something as you walk past them then that angry emotion can become psychic debris that is picked up and carried by your Aura. This could manifest into a physical ailment. You could also carry this debris and take it back home with you which could affect the general atmosphere in your house.

There are also people known as Psychic Vampires. These are people who drain our energy. Although there are people who do this intentionally, may be because they are jealous for some reason. They are usually people who have a lot of negativity in their lives, but rather than try to deal with it they instead constantly look to others to help them. Although they are probably not aware of it, their negative energy naturally drains the positive energy of anyone they come into contact with. Because of this they are usually attracted to people with more positive energy. As you progress with your Psychic Development it will raise your energy and as such you may find that more people will come to you with their problems, so it is very important to know how to protect yourself.

Negative energy doesn't just come from people around us. It can come from our own emotions. Again this can be stored in our Aura.

We can also come into contact with negative energy from the constant use of electrical devices, particularly mobile phones, computers and microwaves.

Signs That You Need To Protect Yourself.

If you often get headaches, you constantly feel tired, you keep having night mares or even if you are accident prone these could all be signs that you need Psychic Protection. When doing psychic work like Meditating, Healing, doing Psychic Readings or even Self Hypnosis, you will become more open than you are normally. As you expand your consciousness you will be like a beacon shining in the dark and this can attract all manor of negative entities. At these times it is even more important that you know how to protect yourself as you become more vulnerable. It is also important to know how to cleanse yourself, so that you can get rid of any Psychic Debris that you may have already picked up.

How To Cleanse & Protect Yourself.

We have covered ways to cleanse your Aura & your Chakras in lessons 2 & 3. If you haven't read these lessons I would recommend that you do so now. There are guided visualizations available to be used for cleansing the Aura & the Chakras. You can find them at the bottom of this lesson and at the bottom of lessons 2 & 3.

The most powerful way to protect your self is through Meditation & Visualization. You should use a visualization to protect your Aura & close down your Chakras. This should be done after doing any Psychic work, like at the end of a Guided Meditation or after doing some healing or a card reading. It is also important to use protection if you are going into a situation where you are more likely to pick up Psychic Debris, like if you are going on a Ghost Walk. There is a visualization available at the bottom of this lesson that I have specifically designed for this purpose.

You can also use Crystals and Essence Sprays to help protect your Aura. To use a Crystal you need to cleanse the crystal which can be done under running water or holding it over an incense stick. You then dedicate it to working for the highest good and then program it to perform the task that you want it for. To do this you should hold it for a few minutes and say "I dedicate this crystal to light and I program it to protect". Good crystals to use for this are, Black Obsidian, Black Tourmaline, Fluorite, and Jet. We shall go into Crystals in more detail in latter lessons. At the bottom of this lesson there are some links to some Essence Sprays that can be used for protection.

Another way you can protect yourself is to ask your door keeper for protection. Every one has their own door keeper who will act like your own personal body guard, keeping any negative entities a safe distance away from you. Your door keeper will watch over your physical body when your spirit leaves your body which can happen when you are doing psychic work, particularly during Meditation or when you are asleep. However you must ask your door keeper to do this. We all have free will which prevents our door keepers from performing this task unless we specifically ask for it.

Finally you can ask the Angels for protection. The best Angel for this is Arch Angel Michael. Often pictured with a sword and shield Arch Angel Michael gives you strength, courage and protection. He protects against harm and can shield you from destructive thoughts and emotions. He will also protect property and clear spaces of negative energy. You do not need a special invocation all you need do is simply ask for his help and he will instantly come.

How To Cleanse & Protect Your Environment.

There are various ways of clearing a space and then protecting it. As I mentioned earlier we can call on Arch Angel Michael and ask him to clear away any negative energy and ask him to then protect that space. We can also use Tibetan bells. Ringing such bells will help to cleanse and harmonize the atmosphere in a room. Sea salt can also be used. You can put some sea salt in a bowl in the centre of a room, leave it for 24 hours or more, and then throw the salt away. The salt will soak up the negative energy in the room. Alternatively you can sprinkle some sea salt onto the floor, again leave it for at least 24 hours, then vacuum it up and throw it away. You can use sea salt to clear your entry ways into your home. Place a pinch of salt in all of the doorways and windows in your home. You can also burn some salt in a bowl using surgical spirit or dissolve some salt in warm water and then put it into a spray bottle and walk round the property spraying each room. Regular smudging and burning of incense sticks will also help to clear a space as will certain crystals. Amber and Bloodstone will absorb negative energy, but remember to cleanse your stones from time to time.

As well as asking the Angels for protection you can protect your property using a visualization to surround the property in a protective bubble, or picture a protective pyramid over the property. You can also use crystals for protection. The same crystals that I mentioned earlier for your own

personal protection can also be used to protect a space. The best place for them is to put them in each corner of a room or in each corner of your property if you don't have enough of them to protect each room separately.

If you want to protect your home the rooms that usually need the most protection are the bedrooms and any room that you use for Meditation or other Psychic work. Remember when you are asleep and when doing Psychic work you are more vulnerable than at other times.