

## Psychic Protection and Self Help Document

### General Psychic Protection

The first thing we need to fully understand is that just as our clothing offers us protection from the elements like the rain and the wind our aura performs the same function but on a spiritual basis.

The human aura is an electromagnetic field that surrounds our physical body and comprises of a vibration of different energies. This topic is complex and we could discuss the aura at length but for the purpose of this document we will conclude with the idea that to protect ourselves from unseen energies that exist within our dimension the human aura is our shield and first line of defense. If the aura is full and working to its best potential then the protection it offers us is very strong, however should the aura become weakened then we are susceptible to attack from other negative energies that exist within this planet that science is yet to investigate.

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 to around 4ft. We are essentially encompassed inside this egg like shape rather like a baby chicken in its egg shell.

The Picture opposite shows the electromagnetic 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. Some examples of how to strengthen the aura are listed below:-

- 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 you self to think only positive thoughts. Meditation will help you to learn this.
- Our [Aura Clear Soap](#) has been designed from scratch to offer protection and will help to strengthen the aura.

### What will affect my aura negatively?

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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 erode your aura.
- Drug use destroys your auric protection and also opens your etheric body to other dimensions. ( This can include some prescription drugs as they are chemical based and change your cellular structure )
- Limit alcohol intake.
- Limit smoking
- In general the poorer the health of the individual then the weaker the aura protection.
- Hospital surgery that involves having an anesthetic can alter the etheric protection and cause perforations of the aura.

### The human aura in summary

The human aura is our vital defense against any other energies that exist on this planet that we cannot see with our eyes. Years ago humans though 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 that the world is indeed round and we laugh at our forefathers for thinking it could ever possibly have been flat.

This holds true for the unseen worlds that currently exist but science has yet to catch up and provide us with a measure of this new world. 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 that point in the future our children and grandchildren will laugh at us for thinking in the whole of the universe or even universes that exist we are the only living entity!

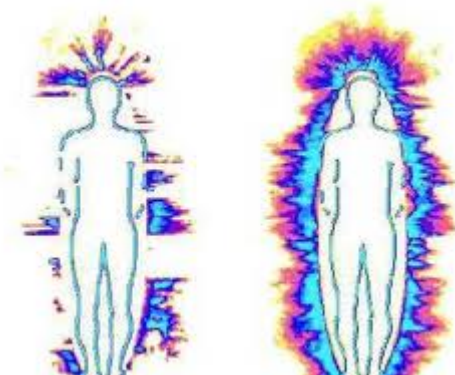
It is expected that the Hadron Collider near Switzerland will address some of the most fundamental questions of physics, advancing humanity's understanding of the deepest laws of nature.

Until that times comes into our history we remain resolutely naïve in my opinion 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 in the short term.

Your aura is more important to your wellbeing than you can possibly conceive.

### Aura Images

This image shows two different auras. The left hand side shows a perforated and depleted aura offering little protection, whilst the right hand side



Website:- <http://>

shows a full protective aura.

## **Schizophrenia / Hearing Voices**

Many people with schizophrenia may be paranoid or believe that nothing is wrong with them, and therefore may not want to go to see a doctor. Others worry if they do see a doctor and explain their condition they may be subjected to biased treatment from the medical profession.

People that are hearing voices or have been diagnosed with Schizophrenia will suffer from many of the following conditions:-

- Hearing voices
- 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 behavior
- Odd choice of language and tones
- May suffer with convulsions or fits

## **Why me?**

Since I became interested in the spiritual world it was very apparent that talking to energies that we cannot see is something humans have always done going back into our history. All religious documents such as the bible claim to be written by the hands of a human channeling information from a spiritual source that could not be seen.

We all, every one of us have the inbuilt system to communicate using telepathic means to other energies we cannot see with our eyes, but few of us wish to develop this part of our genetic coding.

Psychics, mediums and other mystics all over the world claim to be able to do exactly this, communicate with other energies. Again this has never been proved or of course disproved by science but it remains today that some people are able to talk using telepathic means to other energies. These people myself being one will tell you 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 human being.



Now the crux of the matter is the content of the conversation!

Those people that have developed their spiritual essence and fully implement the techniques of psychic protection are able to communicate with positive energies that provide guidance and assistance in a positive manner, whilst those people that do not

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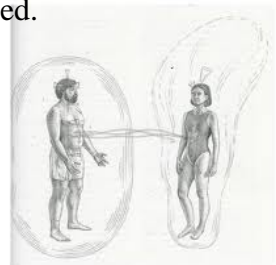
employ the correct spiritual techniques for protection or have a perforated aura seem to connect with negative energies that are relentless in the pursuit of general destruction of the individual they have connected with.

For one reason or another your aura has become perforated and this is the reason in my opinion you are hearing voices. There can be a host of reasons this has happened from drugs, to hospital operations,

### Ok what now?

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 have a negative 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

In a nutshell the only way to remove or detach a negative energy is to build up your auric protection, but since you can't see your aura that is tricky. How do you know if it's getting better as you can't see it and how can you strengthen it quickly.

To make matters worse since you are probably already hearing voices then we can conclude at least one negative energy has connected into your aura and will be trying to weaken you aura normally by inducing fear through verbal insults and also visual methods like waking dreams that involve negative connotations.

### Follow the instructions below to remove negative attachments.

If you feel you have negative entity or spirit problems with yourself or somebody else try the steps below. You will need to do them daily as it will take a while for your etheric vibration to increase and this may then detach the connected energy.



- We recommend using our own 100% handmade Aura Clear Soap to strengthen and clear your aura of negative energies and other attachments. Use this in the shower or bath every day at least once and it will start to clear and protect your aura. We have developed this soap from scratch as we also need protection since we interact with very negative energies on a daily basis and cleansing the body with this soap is the best way in our opinion. [Click here to read more about our soap.](#)



- Sea salt and water has been used for centuries to help provide protection, holy water is a good example of this.

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- Drink plenty of water, water contains light and will 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 burning will also help to detach a corded spirit / entity, as they contain powerful herbs.



- Sit in meditation and ask your spirit guides to help, if you have never meditated then join a local meditation circle or group, these are plentiful if you look in your local papers and crystal shops and will help you for sure.



- Use affirmations on a regular basis, there are many that can be helpful, we have listed some 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.
- 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.



- Fill a bathtub with water and add one medium handful of all-natural sea salt (Available at health food stores, department stores, etc.). Take a normal bath, making sure that you dunk fully at least once. This will 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, either carry them around in your pocket or in a handbag or use them as an amulet and wear it around your neck, again your intent is the most important thing, if your intent is such that the crystals you have 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. We sell these that have been cleaned of any negative energy and come with a high protective as they have been charged by our guide “Chen”.

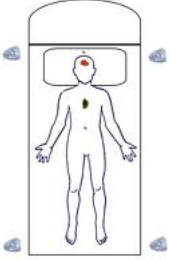


- [www.1essence.co.uk](http://www.1essence.co.uk) supply a very good essence to help clear the aura and increase energy. This pomander is very good to use daily for both protection and energizing, drop 3 droplets into your palm rub in both palms and brush hands around your body this will help to strengthen your etheric and spiritual bodies, use daily. Aura-soma deep red pomander.

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'The Energizer and Protector'. grounding and energizing. Both the Red pomanders are helpful for feeling grounded after meditation or any therapy session. Useful for any situation where our energy is depleted.

[click here to view website.](#)



- Using crystals create a grid around your bed, this will raise the vibration and create a safe space within which you can sleep without interference from negative energies.
  1. Purchase 4x clear quartz terminator crystals ( we sell these in our shop).
  2. Run cold water over them and leave them outside in the sun and rain etc for 3 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.



#### The lords prayer.

Depending upon your religious choice, repeat the Lords 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.

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.

- If all of the tips above fail then please contact either us or a professional psychic and ask them to check for entity attachment. Some are able to remove negative energies others may not be able to depending upon the helpers in spirit that are working with them. Ask them first if they are confident with this type of work. Removal of negative energies can cause problems for all if not done correctly and the psychic doing the work can find themselves the target if they are not confident with the method of removal.

## Spirit Attachment - Things You Can Try (Property)

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



- **House Protection**

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 know 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 tingshaws 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 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 not working for my highest good and do it now.”

### Visualization's

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- 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 happy.