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Foreword

Having a happy life and achieving your goals is something that you can easily do. All you need to do is learn some strategies in order to help you. The following book will provide you with steps on how to use the psychic defense strategy to live a happy life.



The Psychic Self Defense Strategy

How To Shield Yourself Against Psychic Attacks And Live Free

Chapter 1:

Introduction

Synopsis

Do you feel weakness and extreme fatigue after spending time with somebody? Do you experience something uncomfortable after you listen to someone who has a big personal problem? These are the probable symptoms of power contamination. Luckily, you could eliminate and do some measures to prevent them.



Defense Strategies

What you need to do is to learn the psychic self-defense strategy. By knowing this, you will be able to overcome the negative energies and other things that can penetrate your own energy field. As a human, you become psychologically and physically weak and ill because unclean and “harmful” energies linger in your energy system.

Learning the strategies involved in psychic self-defense would be a very beneficial for anyone, as it is a significant phase in psychic development. Cultivating personal psychic self-defense is a must for everyone. Learning how to use it in the best way possible is one of the actions that you can do to safeguard yourself from negative energies, falsehood, contaminated energies and influences.

While you pursue on your psychic improvement tasks, exercises and psychic self-defense techniques will help you in enhancing your mental capabilities. Therefore, these good practices will make you stronger, especially on the mental aspect. Likewise, it will be easier for you to keep yourself safe and protected from injury, diseases and attacks made by other human beings.

This book is meant to provide everything you need to have a stronger and more competent mind. Your journey is just about to start...enjoy reading!

Chapter 2:

The Importance Of A Strong Mind

Synopsis

Being strong is not only all about your physical power. Toughness is also connected with the mind and it means that when you are strong, you possess adequate mental strength. Having a strong and healthy mind could help you a lot in achieving the dreams and goals you have.



Strengthen The Mind

A strong mind is a very important thing to have in whatever you do in life. Whether you are a student, a professional or someone who is engaged in sports, you really need to have a strong mind. You need to improve the strength level of your mind, so that you will possess valuable qualities like determination, persistence, passion, tranquility, dedication and patience.

There are several benefits that a person who has a strong mind gets in each day of his or her life. With better mental strength, he/she can face difficult situations like disease and stress from work with ease. It will also help him/her avoid stress that can affect his/her job and the way he/she thinks. When you experience too much stress, you have to stop on working for a while to rest and re-channel your life from that something that bothers you. Knowing how to use the power of your mind to encourage yourself is somewhat easy to do. All you need to do is think and concentrate on your goals and the positive thoughts you have.

Having a strong mind should be one of your goals when it comes to overall health. A strong mind matters most and by learning the psychic self-defense strategy, you will have better mental strength.

Chapter 3:

How To Know If You Are Under Attack

Synopsis

There are different ways to tell that you are under attack. Two of them are when you experience energy loss or depression. To be sure that you really have this condition, you have to be watchful with the symptoms of psychic attack.



What Happens

Here are the signs that you may experience when someone attacks you:

- Sudden violent attitude change
- Big changes in attitude without valid reasons
- Memory loss
- Significant changes in your capability to think clearly or the so-called analytical capability
- Unexpected ongoing fatigue without obvious reasons
- Having a feeling of energy loss
- Icy cold sensation on some parts or all over your body
- Hearing the voice of someone regularly
- Hearing strange voices
- Frequent or recurrent nightmares
- Strange accidents
- Thinking that somebody is watching and observing you
- Fear or discomfort from an area or room inside your office or home
- Lack of self-confidence
- Sudden health problems which elude diagnosis
- Having a disease that is unexplainable
- Having a feeling that somebody got in contact with you even you are alone
- Having irrational difficulties or problems with relationships or money

- Thinking of monsters and having fear of shadows
- Being depressed without a reason
- Hallucination
- Strange fear, sorrow or anger

Having any of these signs will mean that you are under attack. To prevent all of these, you should learn how to protect yourself from the negative influences and energy present in the environment. This is why you should learn the psychic self-defense strategy.



Chapter 4:

Learn How To Take Control Of Your Energy Levels

Synopsis

When it comes to psychic self-defense strategy, you will learn that there are certain ways to control the level of your energy completely. To make it happen, you must do the following:



Examine It Well

- Mundane – you have to get the individual out of habitual mindset, into a normal and mundane mindset. You should ask him what he or she did yesterday. You may also ask other questions like if they are comfortable with their boss or about their favorite colors.
- Shielding – make energetic shields from a person to hinder energy flows which cause problems. When a person is incapable of making his or her own shield, you can make it for them temporarily.
- Blocking – it is the same with shielding, but it is more on the physical aspect. Put yourself in the physical way between your own self with something where distress comes from. Blocking provides energetic advantages of protecting yourself from the physical hindrance provided by the supporting blocking power.
- Charging – it is lifting the energy level of a person by placing energy inside their system.
- Re-turning – it is where you return the energy of somebody to a superior vibratory level to manage the higher energy level with no adverse effect.

- Energy-shifting – it is the same with returning, but it's more on a temporary and smaller scale. It will shift the vibration rate of a person temporarily whether lower or higher for a specific time period only.
- Finding the Equilibrium – your energy will seek and find its balance automatically. This phase is known as equilibrium. You just have to relax to allow more energy to come in and out of your body without the need to force it. This strategy is also ideal when it comes to searching for harmony with the environment.
- Breaking the connections – energetic threads could be created while you work ritually or magically. It often happens while you are unconscious. When you break this connection physically or energetically, finding the solution to your problem will be an easier thing to do.
- Regaining concentration – reminding yourself to concentrate on something that requires you to bring yourself back to a place where you must be.
- Stilling – it is the way of carrying your body to a soothing, steady, relaxed and calm state. This is the physical series of balancing, attuning and centering.

- Centering – this technique is useful when you have a poor ability of focusing on something. This is the psyche version of balancing, stilling and attuning.
- Balancing – this one will work to make your energy level balance. It is the same as equilibrium, but you can use it when you cannot relax to find the balance. Finding the equilibrium will let your energy flow naturally.
- Attuning – you should come in contact with your core spirit. This strategy is the spiritual side of balancing, stilling and centering.
- Closing – to control your energy level effectively, you should close the chakras of a person temporarily. You can do it whether partially or wholly. This technique will help you in preventing the energy flow in and out of that person.
- Cocooning – making a shield or bubble of power around somebody. You can use this to cut off the person from the energy circle without making them aware that you did it.
- Resting – there are times that a person needs breaks, and this will give you a chance to improve the present level of your energy. A short nap and enough sleep will be good for your body to get more energy.

- Remaining present – this is the set of skills that you can use to recognize the feeling that you have lost control of your body like through possession and channeling. Train yourself to become aware about the precaution signs like trace states, impulsive body movement, perceive thoughts, feelings and voices which are not actually from you.
- Shock – a surprising sensation or sound can break someone from the state where his or her attention is absent. A loud sound close to you like a sharp clap of the hands will usually snap somebody out of the altered state. At some point in time, when the case is extremely severe, physical movements like slapping the face or a a kick to the shin would bring a person back right away without long term or chronic side effects. These must be used only as a last measure, and you should always use this under specific circumstances only.
- Radical grounding – these are the tactics that you can use to instantly remove all excessive energy present in a person. These include the physical, and more than an energetic movement. An example of this is a heel drop. Let the person jump and when he/she is off the ground, ask him/her to lock his/her knees, then to land hard using both his or her heels. Physical jarring will occur when he/she lands, as this will drive his/her energy deep in the ground right away.

- Grounding – this is the last technique that you can use to improve your energy, but this is also considered as the most frequently used technique. It is suggested to be used on almost every situation and it is typically the wrong way to do it. When you have poor energy levels, this technique would not be the best technique to use on your case. When you are suffering from imbalance or energy blockage, this technique would not be helpful for you. When you try to build your energy, this technique will tend to suck the energy out of your body. When trying to make yourself “mobile” and “fluid”, grounding will affect this process and it will keep you ingrained. It would only be useful if you have extra strength to avoid something. Usually, you could just perform some magical things and reflect the energy without intent at the back of it. This way, you will get the advantage of avoiding the energy, but it is important to keep this as a goal.

As you can see, there are several ways that you can use to learn how to control the level of your energy. These strategies will help you have a better capacity to control your inner side, so that you can concentrate better outside. Controlling your energy is also an aspect of the psyche self-defense strategy.

Chapter 5:

Learn How To Battle Negative Energy

Synopsis

“Negative” energy is the destructive energy which can result to bad karma and loss of fortune. It could also act as an obstacle to your life in almost all aspects. Fortunately, there are several ways to fight and prevent negative energy. On the other hand, these ways will only work when you put determination, diligence and that you do everything that must be done to eliminate them completely. Learn how you can fight the negative energy by knowing the steps below:



How To Overcome Negative Energy

1. Avoid people who think negatively, as it is one of the best ways to ward off the negative energy they have. You have to stay and mingle with positive-thinkers.
2. Stop your negative thoughts and be optimistic at all times. This can be challenging and a difficult thing to do, but giving more attention to the way that your mind is working and changing your usual way of thinking about anything is even more life-challenging. Instead of minding and spending your time on your mistakes and failures, turn you attention to your achievements and set new goals to motivate yourself to be positive-minded.
3. Show kindness to every person you meet. This person can be the barista who serves your coffee, your husband or wife or your co-employees. Being positive-minded when it comes to other people will also help you a lot in avoiding negative energy.
4. Engage yourself in certain physical activities. Keep in mind that exercise helps in the production of endorphins, and this will make you feel better both mentally and physically. When you feel that negative energy starts to affect you, performing certain exercises like walking, yoga or jogging will help you a lot in avoiding negative energy.

5. Set higher standards. Once you notice that there is something wrong and you start to think negatively, always say to yourself that you deserve the best.

6. Always put trust in yourself. Overcome negative energy by telling yourself that it will not last for a lifetime. Always tell yourself that you can do what's inside your mind. Always have determination to succeed.

Following these ways will help you fight the negative energies that surround you. Make your psychological aspect strong enough and do these practices to encourage more positive energy instead of the negative ones. Always remember that warding off the negative energy is one of the most important parts of the psyche self-defense strategy.



Chapter 6:

Learn How To Be Grounded

Synopsis

In this ever-changing and fast-paced community, finding the way to become grounded is a very important aspect that can help you lower the level of your stress and improve your life quality. You have to stay grounded, and you can do it by performing certain internal work or by forming some solid external practices.



Get Grounded

When you develop a secure and abundant internal life, you can remain humble while you achieve success continuously. Moreover, it will help you in maintaining a good self-image every time you experience setbacks or rejections which are considered usual aspects of a person's life. Here are the steps that you should follow to keep yourself grounded:

1. Take time to talk to God, meditate and enjoy a quiet and peaceful environment. Give more time to yourself, and the best time to do this is in the morning before you start a busy working day. Write down your feelings on paper if this will help you concentrate more. Also, always try to organize all your feelings and thoughts.
2. Take risks and be brave to face them. Never attempt to hide all your mistakes. Instead, admit them right away and learn from the lessons they teach you. Feel free to ask for assistance whenever you require it.
3. Create three-by-five cards that will assist you over the probable rough spots within your life. Write your favorite perspective-developing quote, scripture or mantra, then carry it by keeping it inside your wallet or briefcase. Get it when you begin to struggle with self-doubt or pride. Read it several times until you feel that your feet are firmly down on the ground.

4. Create measurable and achievable goals and dreams for yourself. Make a schedule of your tasks to be done every day.

5. Surround yourself and spend your time with your friends or family members who accept and love you completely, but are not afraid to tell you about the weaknesses you have. Ask them to give you feedback regularly, especially about the way you behave when it comes to relationships. Also, ask them about the way they see you when you are trying to do what you have promised.



Chapter 7:

Learn Spiritual Cleansing

Synopsis

Doing a cleansing process for the spirit of another individual can be a challenging task to do. It requires more concentration and you have to prepare everything ahead of time before you start the process. Spiritual cleansing is not designed to be the replacement for any type of medicines or remedies. On the other hand, it can be an effective instrument that you can use to maintain both physical and spiritual health. You will be able to achieve this when you use it regularly. All you need to do is get all necessary ingredients, look for a good place where you can do it successfully and get ready to bring health and clarity into the life of another person.



Cleansing Steps

Here are the steps that you need to follow to have a successful spiritual cleansing result:

1. Regardless of the room you select to perform the process, make sure that you have prepared it before someone who will accompany you arrives. Make the room clean and free from impurities by sweeping and dusting. Light a stick of sage smudge and when it is on fire, blow it and let the therapeutic smoke blend with the air that circulates around the corners of the room. The smoke will assist you in finding the areas of the room where positive vibrations exist.
2. Contemplate and take your time to make your aura clean and then align all your chakras prior to starting the process of spiritual cleansing. Sit on a chair then close your eyes while you focus on the positive energy that you can feel. This will be very important as you have to be positive while you are in the process.
3. Prepare your friend for the spiritual cleansing. Let him/her sit down on a mat and ask him/her to close their eyes, then breathe slowly to make them relax and concentrate for the cleansing process. Be sure that he/she is relaxed and feels comfortable. After that, tell the person to focus their attention on the slow breathing process throughout the spiritual cleansing. Be quiet and avoid talking while doing the cleansing.

4. Cleanse then fluff the aura of the person using your hands. Hold both the left and right hands at approximately six inches from the person's body and concentrate on the energy of that person. Starting from the head, work using your hands over the air down up to his or her feet to pull out their negative energy. Do it by performing some grabbing movements using your hands. There is no need to touch the body, so that you can eliminate their negative energy. The next thing you need to do is to ask your friend to roll over, then perform similar actions once more. After this, fluff up their aura using both sides of his or her body by creating sweeping movements over the entire body without touching them.

5. Wipe the negative energy and keep it away from the person's body, starting from the head down to his or her feet. Concentrate on removing the energy completely and try to feel the aura of the person, then make wiping movements using your hands starting from the front portion up to the back portion of his or her body. It will help the body to get rid of the excessive negative energy which remains there after the past cleansing exercises you did.

6. Find the cold and hot spots of the person's body. Concentrate on the warmth of the different parts of his or her body. You should start from the head again until you reach the feet. In any of the body parts that feel hot, you should attempt to reflect healing coolness using your hands pointing to the body. Then, begin the transfer of the energy. Do it by shaking your both hands to eliminate the negative energy present on them. After doing this, the process is complete.

Chapter 8:

Learn To Release Fear

Synopsis

Releasing and overcoming your fear can be a daunting task and is quite impossible to do for some people. Fear can make you paralyzed and it will leave you helpless to move or respond to the situation. Most individuals are afraid to try something new and they think twice. However, to get something that will give you true happiness in life, you have to learn how to let go and forget about other things.



What To Do

To overcome your fear, you should try the following steps. In doing so, you can boldly face something that scares you.

1. Make a list of all the things that scare you. Don't hold back, and then write them all. You are free to write anything, like if you are afraid to die, of heights, to fail or anything else that makes you afraid. Write everything and give ranks to them using the 1 to 5 scale. The rate that you will give to them will depend on the way they affect your whole life. Use 1 for those that make you less scared, while 5 for those things that have great effects to your life.

2. Create a list of the things that you resist because you are afraid to try them. This could be that you think twice to accept the help of others or you do not want to relocate to another city or state. Write them down, then use a similar ranking system to the one you used for the list of all your fears.

3. Begin with the fears that have the highest scores and those things that you resist. Ask yourself the reasons why you are afraid of those things and also the reasons why you tend to resist some of these things. Write down all your reasons for all your fears and resistance. Make a counter-statement dedicated to each of them. For instance, when you are afraid of death because of a plane crash, you can answer that statement by thinking of the truth that

there are millions of tourists who ride on a plane without an accident every day.

4. Imagine that you are doing something that makes you afraid. Try to imagine that you are doing all movements with a positive mind. Write down everything you observe about yourself and the way you feel after the completion of the act. Do this process for every fear you have in your list.

5. Begin to release your fears and start to do something that will never leave a big impact towards your life. When you see that everything is alright, it will become easier for you to gain confidence to face the things you used to be afraid of.

Fear is a hindrance for a person to have a strong mind and improved mental strength. When it comes to a psyche self-defense strategy, you have to learn that overcoming your fears is a very important thing. By doing the steps above, you will have a stronger mind that is free from negative energies caused by your fears. So, why be afraid when fear is all in the mind? Always remember that a life lived in fear is a life half lived.

Chapter 9:

Surround Yourself With “White Light”

Synopsis

Maybe you have already heard the term “white light” several times, but you do not really understand what it means. Well, white light is the superior type of spiritual shield. As white light consists of the colors included in the spectrum, there is a belief that a person’s consciousness whose portions are comprised of the chakras with the combined colors of the spectrum could be the White Light. Thus, the deepest portion of you serves as the main source of this light even though there are some individuals who believe that it comes from heaven.



Blocks

How would you be able to use this light for protecting yourself and for spiritual healing? If you are on the deepest aspect of yourself, there is a great chance that you will experience White Light. This is the reason that this light is produced from the aspect which you can use to clean or release all that must be eliminated from your inner self like the negative energy you have.

You can do this by simply by filling yourself with the White Light that comes from the inner part of yourself. After that, you need to return to consciousness and find out whether you are in balance. When filling yourself with this light, you have to make sure that you are surrounded with it to make yourself feel the protection it gives. This way, you will feel relaxed and secure. When you tend to relax more, you will glow together with the White Light and feel more secure. This process will continue until the time that you are completely open and fully relaxed and protected.

If you are aware that someone has a problem, you could imagine that the individual is full of White Light and he/she is surrounded by it. Hold on to your perception that the individual is fine and protected. Instead of pursuing to hold to your perception, you will see that the person covered by the Light is healthy and happy. By insisting to hold on to that perception, you are able to contribute to the process of co-creation called external reality.

Since the White Light shows the deepest portion of yourself, this represents the fact that your inner self exists behind or beyond any signs. The symptoms or signs are not pertaining to you as a person, but these are more on your experiences. White Light also plays a very important role with the psyche self-defense strategy. As you can see, this light makes you feel the security you look for which is a very important aspect to have a strong mind.



Wrapping Up

Use Positive Affirmations

Positive affirmations or statements are the confirmations that you tell to yourself whether internally or out loud to provide help in reinforcing a belief. Using positive affirmations is highly recommended by health experts for those people who suffer from too much stress, depression, anxiety, self-confidence issues and panic.

Do you have something which you are aiming to have, but you do not know what to do to get it? This is where positive affirmations can help you. These statements will alter the way you think regarding anything and this will be very helpful to get what you like in a natural way. To use positive affirmations in trying to get what you want, you need to do these steps:

1. Buy a notebook to list of all your goals and dreams in life. Do not forget to add the positive affirmations you would like to use, so that you will be able to get all your desires. It is highly recommended for you to use a notebook to determine your progress as well as to keep all your ideas all throughout the day. You can use either an ordinary spiral notebook or something that is slightly expensive.
2. Make 2 positive statements regarding all your goals in life that you are striving for to make them happen in reality. These positive

statements must be written in the way that you already got the goal you have in your mind. A good example of this could be that you want to earn a savings of 75 dollars for a whole year. This will surely influence your choices and decisions in a very positive way.

3. Paste the paper where you wrote all you goals and the positive statements in any part of your room where it can be easily seen. In doing so, you will always be reminded of those goals. You should always focus on all your dreams and the things that you want to have in your life. It will help you to stay on the right path every day.

4. Write down all your positive affirmations on the notebook 25 times every day. In doing so, you will be more motivated to make all your goals happen in reality. Through this, you will be able to get more power and a stronger will to make all your dreams come true. Also, remember that what your mind can conceive, your body can achieve.

5. Repeat the entire process as long as you find something that you want to set as your new goal.

Would you like to stay positive every day? Positive affirmations can do the trick. So, why don't you try to use them now in order for you to have a happy and beautiful life?