

Psychic Protection

The basic way to provide psychic protection is through an energy field that wraps around you. The purpose is to ultimately block out all negative or destructive thoughts, feelings and energy that come from other sources. As you begin to work with the spirit world, it is important to build your awareness of the world's energies both positive and negative. Then only allow yourself to access the positive energies. Astral entities may be attracted to your increased energy or activities. Other practitioners may notice you as well. Not all of these personalities may wish you harm, but it is best to be prepared with psychic protection, just in case. To do this, create a bubble of positive energy around yourself.

Psychic Bubble Technique

The most basic technique for protecting oneself is to imagine a light coming down from the spirit world into the top or crown of the head. It fills the body and then comes out of the heart area and envelopes the body. Put an intention into the ball of light to only let positivity into you.

It is like you are inside a ball of white light that turns away any energy before it can touch you. When you visualize this ball of light around you, you want to make sure it appears opaque and solid in your mind's eye. It can be strong like Titanium. This bubble should extend about a foot above your head and at least 6 inches below your feet. It doesn't have to be a perfect sphere; just make it fit around your body in whatever shape seems most comfortable or appropriate. You want to enforce the energy in the areas above and below to be just as strong as the areas in front and behind you. You need to hold the image of an impenetrable force field in your mind for at least a good solid minute or two, before returning to your everyday life.

Rest assured that even after you come out of your concentrated state, this bubble will move with you without hindrance. Any vibrations that touch it will simply pass over and around your shield like the wind moving around a mountain. In the rare circumstance that your shield comes up against someone else's, it will bend to compensate, but not break, much like two balloons pressing together.

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