

Psychic Self-Defense

by Maya Zahira

Why psychic self-defense is important

Energy body 101: aura, chakras

What's out there: emotions or intent from a person or group; collective energies from culture; planetary and galactic energies; discarnate beings; low vibration entities

The ways outer energies (including people) can impact YOUR energy system:

Energy cords
Energy daggers
Energy implants
Thought forms
Auric tears or holes
Missing area(s) of aura
Energy blobs
Psychic Attack
Possession

How these energies can impact you: tired, sluggish, foggy brain, memory loss, anxiety, depression, body aches to more severe body pain, flu-like symptoms, onset of severe illness, accident prone, mishaps like things breaking (especially electronics, car, etc), physical objects moving, dizziness, disorientation, nausea.

Other signs can include: the air feels heavy/oppressive like you can't breathe; foul smell; funny feeling like something is wrong; chills up your spine; goosebumps; hair standing up on back of your neck; clairvoyantly see dark red or black around you.

What can make you more vulnerable? illegal drugs; alcohol; any addiction; already-existing holes/tears in aura; severe or chronic sleep deprivation; physical exhaustion; chronic stress; past abuse/trauma; victim mentality; toxic/drama environment; judging others; ungrounded; situation where there's a lot of emotional release in the environment; and of course, purposely calling in low-vibration energies

Ways to Protect Yourself

Avoid or reduce exposure to situations that make you vulnerable
Be proactive. Be aware of your environment. Don't blindly trust others to create a safe energy environment for you.
Practice non-judgment of others while maintaining healthy discernment.
Work on being more grounded.

Things to keep in mind.....

Trust yourself and your ability to have good discernment and healthy boundaries. Know that it is a positive thing to be pro-active and aware, and avoid walking around in fear (victim-mentality). The higher your vibration (the more you are in a vibration of love and joy), the less of a match you are for lower vibrations. On the contrary, being in a state of fear, anger, judgment, or stress makes you more of a match for lower vibrations.

Ways to Quickie Clear

Take a deep breath and intend to ground yourself. Breathe in all the way down to your feet, bringing your awareness downward in your body toward your feet.

Take a deep breath and intend/visualize white or golden light filling your aura. (Both white and gold are very powerful, protective vibrations.)

Visualize white or golden light filling the entire room/office/home/car, etc, including your aura.

Say a prayer that has meaning for you. (The Lord's Prayer or etc.)

Say a prayer and ask your guardian angels or archangels to be present through the room or surrounding you.

Call in Archangel Michael, the powerful protection angel, to either surround you with his huge wings, or to stand beside or in front of you with his sword of light.

(If you are attuned to Reiki II or above) Visualize, say, or draw various Reiki symbols.

Pull your aura close to you and close your chakras. (Remember to expand your aura and re-open your chakras later.)

Wear a pendant that has sacred meaning for you, or a gemstone with protective, healing properties

Other clearing techniques

(If you are attuned to Reiki II or above) Draw CKR on all walls, floor, ceiling

Burn sage

Use sound, such as chimes, bells, rattles, drums, clapping, etc

Essential oil spray—including sage, lemongrass, juniper

Spray plain water into the air

Salt water bath (can add essential oils)

Archangel Michael and Raphael cord cutting/energy clearing

Maya's Energy Clearing Protocol—

Release what no longer serves you

Call your power back

Grid of Protection