

Quiz: Are You Under Psychic Attack?

by Maya Zahira of Psychic Protection Sanctuary



THE SYMPTOMS OF PSYCHIC ATTACK

A psychic attack can include any type of interference in your energy. As we discussed in chapter one, a psychic attack can originate from any number of sources, from a jealous or angry person unintentionally sending negative vibes your way, to a person intentionally casting a harmful magical spell against you, to minor disruptions from an annoying spirit, to a full-out attack by a malevolent spiritual entity. No matter the source, the symptoms of psychic attack are similar, yet the symptoms can vary from case to case and person to person.

Below you will find a comprehensive list of common symptoms of psychic attack. Many of the personal symptoms can be caused by normal circumstances, like everyday stress, worry, normal physical illness, mental health issues, etc., and many of the environmental symptoms can be caused by easily explainable phenomenon, like house settling, actual electrical issues in the home, cool breezes caused by a draft, etc. Once normal causes are ruled out, you can begin to consider that energetic or paranormal causes may be to blame. (If you are having any type of physical or mental health issue, be sure to consult your medical professional.)

As you go through the checklist below, keep in mind that even having just one symptom can indicate you're under psychic attack. In other words, a person can be experiencing a severe psychic attack and only have one symptom on the list. On the contrary, a person can have numerous symptoms on the list, but because the symptoms are mild in nature, the attack is a mild one. Going through the checklist will help you identify whether you're experiencing a psychic attack, but you'll also need to weigh the severity of each symptom as you determine whether it is a mild, moderate, or severe situation.

Evaluation Instructions:

Next to each issue, write a number 0-5 to indicate what level you are experiencing that issue, with 0 indicating not at all, and 5 indicating a severe issue.

Mental/Emotional Effects:

- _____ Nightmares, especially dreams of being attacked or chased
- _____ Fear of going to sleep
- _____ Feeling of extreme fear or dread
- _____ Mental disorientation
- _____ Forgetfulness, trouble focusing, or 'brain fog'
- _____ Moodiness or on edge
- _____ Feel angry for no apparent reason
- _____ Apathy, or lack of interest in life
- _____ Anxiety or worry
- _____ Sudden onset of depression
- _____ Obsessive thoughts
- _____ Having unusually dark thoughts that don't seem your own
- _____ Nervous exhaustion or mental breakdown
- _____ Feeling like you're going crazy and/or questioning your sanity
- _____ Worsening of addictive behaviors
- _____ Loss of self-confidence
- _____ Self-destructive thoughts, or suicidal thoughts

_____ Substance abuse, or relapse of substance abuse or other addictive behavior

_____ Thoughts, feelings, or urges that are uncharacteristic for you

_____ Suddenly acting out of character

Physical Well-Being Effects:

_____ Trouble sleeping

_____ Coughing, choking, or feeling like you cannot breathe

_____ Dizziness or vertigo

_____ Headache

_____ Stomach Ache, nausea or cramping

_____ Accident-prone

_____ Car accident or other significant accident

_____ Unexplainable exhaustion

_____ Sudden onset of illness (can be an explainable illness like cancer, or a condition that evades diagnosis)

_____ Unexplainable pain in part of all of the body

_____ Sexual impotence

_____ Change in appetite, no appetite or overeating

_____ Wake up in the morning feeling drained

_____ Unexplainable bruising

_____ Feel better after a shower or bath

Physical Experiences:

_____ Sleep paralysis

_____ Feeling of weight on your chest

_____ Feeling icy-cold for no apparent reason

_____ Feeling like something is touching you

_____ Hair stands up on the back of your neck, or you get chills down your spine

- _____ Feeling like you are being watched
- _____ Missing time (a gap in memory for a certain time period, can be minutes, hours, or days)
- _____ Reality seems to bend. Odd things occur that make no sense.
- _____ Foul stench from unknown origin, may smell like sulfur, something rotting or etc.
- _____ Feeling of being physically touched, attacked, molested, or sexually assaulted by an unseen source

Life Issues:

- _____ Unusually bad luck in finances, relationships, career, or other areas of life
- _____ Upsurge of drama in your life
- _____ Challenging life situations such as divorce, loss of job, death in the family, etc.
- _____ Unusual amount of interpersonal conflict in your life
- _____ A family member or pet becomes unexplainably ill or dies.
- _____ Bank account has been hacked, identity theft, loss of a large amount of money, or going through bankruptcy

Issues in Physical Environment:

- _____ Items going missing from home
- _____ Electronic devices breaking or acting strange
- _____ Lights flashing
- _____ Odd temperature fluctuations in the home, especially cold spots
- _____ Hearing unusual sounds in the home--knocking, creaking, disembodied voices, etc.
- _____ Seeing apparitions--ghosts, demons, or other spiritual beings
- _____ Physical objects moving for no explainable reason
- _____ Feel uncomfortable in one part of your home
- _____ Seeing shadows, or feeling like you see something out of the corner of your eye, but when you turn to look, nothing is there

Assessing Your Results

Add up your results from your evaluation so you have one final number. It is quite challenging to create a 'grading scale' for this evaluation because some items on the list are quite obviously indications of psychic attack (like seeing a malevolent spirit and literally being attacked by it), compared to more subtle experiences. If you are having an obvious, severe situation, you already know that you are under attack. However, for those of you experiencing more subtle, difficult to identify issues, this evaluation scale can be helpful.

0-5--It is unlikely that you are under any sort of psychic attack, but it won't hurt to do some clearing and protection techniques just in case.

5-10--It is possible that you may be under psychic attack. Go ahead and do some clearing and protection techniques so you are on the safe side.

10-15--It is likely you are under moderate psychic attack. As soon as possible, perform clearing and protection techniques.

15 and up--It is likely you are under severe psychic attack. Immediately employ the most powerful clearing and protection techniques you can and seek the help of a psychic protection professional.

As you ponder your results from this survey, keep in mind that some psychic attacks can come on very strongly and sudden, while others can be quite subtle and come on gradually. Extreme psychic attacks tend to be more obvious, while subtle psychic attacks can sometimes be difficult to identify. One of my students calls the subtle type of psychic attack a "slow burn psychic attack" because it can go on for months or even years without being fully recognized. I've noticed that as human beings, we tend to avoid truths that feel uncomfortable, so even when we have evidence of a psychic attack right in front of us, we don't want to admit what is really happening. It's time to do an honest evaluation and look at what is really happening in your life. Are there any indications of psychic attack in your life? (Or have there been any indications in the past?). If so, don't despair. As you read on, you will obtain more knowledge about how psychic attacks work and how you can clear and protect yourself.

If You Need More Support

“Psychic Protection Sanctuary with Maya Zahira” Facebook Group

A free support group for discussion and information. Free Facebook Live classes each month.

Spiritual Empowerment Academy

Online monthly classes and spiritual support for those experiencing psychic attack, empath overwhelm, or negative spiritual interference.

Work with Maya Zahira

Learn about the various ways you can work with Maya. Go to www.MayaZahira.com and click on ‘Work with Maya.’

Order Maya Zahira's 1st book on Amazon

The above quiz was an excerpt from *Darkness Disguised as Light: The Hidden Truth About Psychic Protection and the Illusion Matrix*

Order Maya Zahira's 2nd book on Amazon

The Psychic Attack Sourcebook: Understanding and Surviving the Unimaginable

Email us with any questions at <http://mayazahira.com/contact-us.html>