



## Quiz: Are You Vulnerable to Psychic Attack?

### About this Quiz

Hi, my name is Maya Zahira. I created this comprehensive quiz based on many years of firsthand experience. Completing this quiz will help you gain clarity on whether you may have possible vulnerabilities to psychic attack or entity attack.

Remain open to any areas of your life where you might need to bring more attention to your personal psychic protection. The questions cover a broad range of topics, so be sure to go through the whole list. There are thirty questions, so don't spend too much time on any one question. Set your timer for ten minutes and go through them in a focused manner. You can always go back at a later time and spend more time journaling and going through past memories. Our goal now is to simply identify any areas that may make you more vulnerable to spiritual attack.

Do not be worried or afraid if you answer 'yes' to any of the questions below. Knowledge is power. Once you learn what makes you more vulnerable, be sure to take a look at the end of the quiz where I give you resources for continued support and learning. Through these additional resources, you'll uncover numerous valuable tools to keep you safe and secure, no matter your history or vulnerabilities.

Common sense caution: This quiz is intended to help you gain personal clarity about your possible vulnerabilities to psychic attack, however, this exercise is not a replacement for therapy or medical treatment. Please consult your medical practitioner or therapist for any support you may need.

## Questions

1. Have you ever experienced any type of abuse at any time in your past? This could include physical, verbal, emotional, psychological, sexual, or other. The abuse could have occurred within your family, with a romantic partner or spouse, from a friend or acquaintance, in the workplace, or other. Remember, it is not necessary to go deep into these memories (unless you wish to do so). For now, your goal is to simply identify when, with whom, and how the abuse occurred, as well as a sentence or two about how it has continued to impact you in your life. Write your answers in your notebook or journal.
2. Have you ever been sexually assaulted? Again, it is not necessary to go deeply into these memories, but rather, to simply identify that it happened, when, and what was going on your life at the time. Record your answers.
3. Do you have a history of mental health issues including depression or anxiety? If so, can you identify when these issues originally began? What was going on in your life at the time? Can you identify a trigger that brings on the depression or anxiety?
4. Do you have a history of serious psychiatric issues? If so, when did the issues originally begin? Have you sought medical treatment?
5. Have you ever attempted suicide? Yes or no, and what was going on in your life at the time?
6. Have you experienced any sort of personal trauma or loss, including death of someone close to you, losing your home to fire, flood, or natural disaster, losing your job or business, bankruptcy, or other? When and how did it occur?
7. Have you ever been the victim of a crime? If so, what was the crime, when did it occur, from whom, and what was going on in your life at the time?
8. Have you been in a minor or major auto accident? When and how did it occur? What was going on in your life at the time? What were your injuries? Did you receive medical treatment?
9. Have you ever been incarcerated? When, for how long, where, and why? Record your answers.
10. Have you experienced chronic or acute illness? What, when, and for how long? What was going on in your life at the onset of the illness?
11. Have you had a major surgery or major medical procedure in the past? If so, when and what for? Were you under anesthesia for the procedure?
12. Do you use recreational drugs, or have you used them in the past? If so, what did you use, how often, and why?
13. Do you have any type of addiction, including drugs, alcohol, food, sex, gambling, or etc.? If so, when did the problem begin, and what was going on in your life at the time? Have you sought out treatment?

14. Have you committed a crime or been convicted or incarcerated for a crime? If so, when, what did you do, and why? How long were you incarcerated and where?
15. Do you have issues with bouts of anger, aggression, or violent outbursts? If so, what seems to be the trigger?
16. Do you have a lot of stress in your home or work environment? Yes or no, and why? For how long?
17. Would you say there is a lot of drama in your life right now? Are you a high drama person, or are there other people in your life who are high drama? Explain.
18. Do you have difficulty setting and maintaining boundaries with others? Do you have difficulty saying 'no' or communicating your needs to others?
19. Have you ever lived in a house where there was indication of entity activity, including: lights flashing hearing footsteps, knocking, voices, or other unexplainable sounds objects moving for no explainable reason seeing ghosts unexplainable cold spots feeling like you are not alone or there is someone watching you.
20. Have you ever used a ouija board to communicate with the other side?
21. Have you ever worked with black magick, hexes, or curses to cause harm to another person, or for your own personal gain? Why and how?
22. Have you intentionally called upon demons or evil spirits to do your bidding? Why and how?
23. To your knowledge, have you ever experienced a psychic attack?
24. Have you ever been attacked (physically, psychologically, sexually, or energetically) by an evil entity, demon, or something unexplainable? If so, explain when and how the attack occurred? What was the final result? Was the attack ever completely cleared?
25. Are you a medium or psychic? Do you see or sense ghosts and entities?
26. Are you an energy healer, faith healer, Reiki practitioner, shamanic healer, or other light worker?
27. Are you extra sensitive to the energies and feelings of those around you?
28. Is your life purpose rooted in spreading light and helping others?
29. Are you deeply spiritual or devout in your love for the divine?
30. Would you say that your physical self-care needs improvement? For example, do you smoke, eat junk food, avoid exercise, or stay indoors all the time?



## Quiz Interpretation

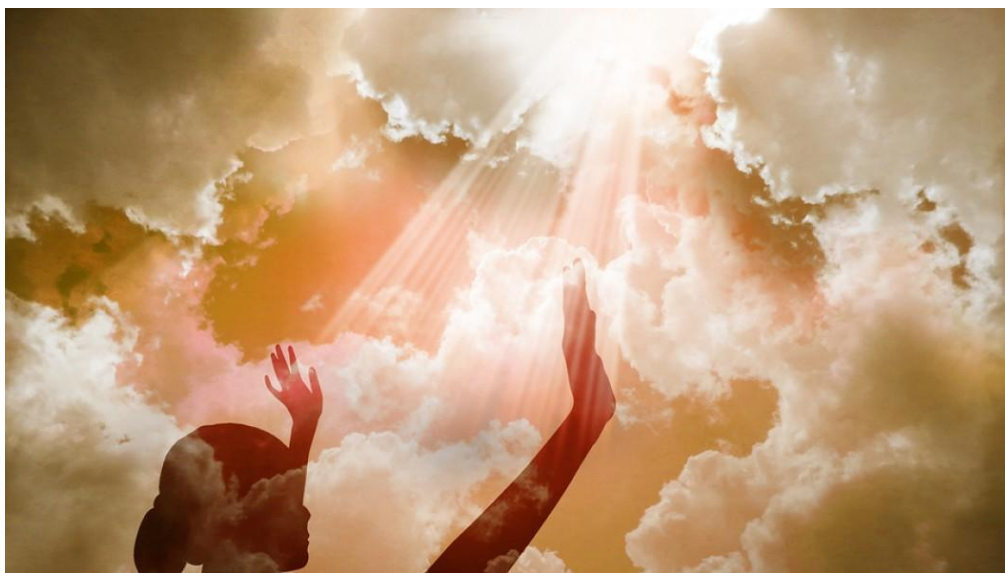
Now that you are done going through these questions, it's time for some evaluation. Did you answer 'yes' to one or more of the questions above? If so, that means you may be more vulnerable to psychic attack than the average person.

Let's break it down a bit. First of all, any experience whatsoever that involves trauma or stress to your body, mind, or spirit, will inevitably cause some level of damage to your energy body (aura), thus making your system weaker and more vulnerable to attack. If left unchecked, a person can end up having large tears, holes, or missing areas in their aura, or even lacking any energy boundaries whatsoever, leaving them wide open for attack. Even seemingly mundane situations like a routine medical procedure or a moderately stressful workplace can cause damage to a person's aura. And of course, traumas of a more serious nature literally leave an imprint in a person's aura, making them a vibrational match for additional victimization, including spiritual attack.

There are some circumstances that can essentially put an energetic target sign on a person. If an individual has had encounters with dark entities in the past, either due to having been a victim of psychic attack, or due to willingly and knowingly calling in evil spirits, any and all dark beings will have easier access to this person in the future. It's like the person has been 'tagged.'

In addition, any person who is 'light polarized'--who has a strong alignment and commitment to work with the divine--is seen as a threat to the dark agenda, and may be targeted specifically to keep them from shining their light. Also, remember that psychic attack can happen to literally ANYONE.

***No matter how you answered the above questions, do not worry. Read on for additional resources which will allow you to learn numerous powerful methods to keep you and your loved ones safe, strong, and empowered.***



## Further Support and Resources

**'Psychic Protection Sanctuary' Facebook Group (free)**—A high-vibration, loving-based group for discussion, sharing, and support regarding all things psychic protection. Monthly Facebook Live classes. Click here to join: <https://www.facebook.com/groups/1131711920221024/>

**Psychic Protection Emergency Kit**—For those who've had issues with psychic attack, entity attack, house haunting, curse/hex, or any other non-beneficial spiritual phenomenon. This is a comprehensive e-kit, delivered electronically, which includes handouts, videos, and audios with all the tools and information you need to resolve these issues. I created this kit in response to the many people who message me daily asking how to clear themselves of malevolent spiritual activity. Click here to learn more: <http://mayazahira.com/psychic-protection-emergency-kit.html>

**Psychic Protection Monthly Masterclass Online**—An ongoing 12-month paid program with monthly live online video classes for those wanting to learn a broad scope of information about psychic protection not taught anywhere else. This program is perfect for those who have had ongoing issues with psychic attack or entity interference, as well as energy healers and spiritual teachers who wish to incorporate this knowledge into their professional practice. 12-month commitment. Click here for more info: <http://www.mayazahira.com/need-psychic-protection/psychic-protection-masterclass.html>

Contact me if you have any further questions! [oasis@MayaZahira.com](mailto: oasis@MayaZahira.com) or visit my website, [www.MayaZahira.com](http://www.MayaZahira.com).

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