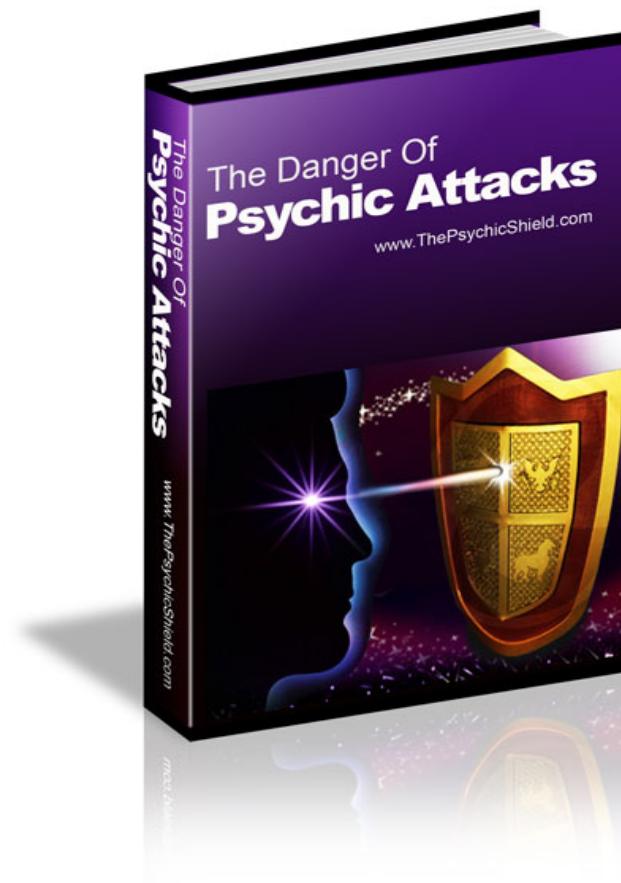


# The Danger of Psychic Attacks



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Empower Yourself With Psychic Protection Techniques  
<http://www.thepsychicshield.com>

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# Foreword

Psychic attacks are a realm phenomenon. When you don't understand the power of thought waves or the power of energy you may dismiss psychic attacks as new age mumbo-jumbo. However as more people are becoming open to the mental sciences more and more people are aware of their need for psychic protection.

There are many types of psychic intrusion. A person can be under the deliberate influences of someone whose intent is to direct their lives in a path that will only benefit the person who is doing the influencing. There are also those who send psychic attacks to cause severe harm to others. Adding to this are those people who use the psychic realm to always get access to what is going on in your life. Whether you believe in psychic influence or not will not stop it from working on you. Choosing not to believe in it only makes you an open target for attacks.

Whether you know it or not in some way you are already under attack. Is there tension in your home or your workplace? Are you going through a serious battle with someone who seems to have it in for you? If so then read on!

What you will find in this eBook is a great deal of information regarding psychic attacks. What you will also find are a few stories of people who have encountered psychic attacks or those who have been witness to psychic attacks.

# **The Nature of a Psychic Attack**

Have you ever been in the process of doing or getting something that you really wanted and in your excitement you told a friend, a coworker or family member only to have everything fall apart and not work out? Some odd intrusion may have happened to stop what you wanted from coming. And, although the occurrence which stopped your desire from happening seemed like a normal freak happening it's not always the case. It isn't every single misfortune that can be classified as a psychic attack but if you have found yourself having numerous mishaps or always losing out when it's your turn to gain something then it's time to take notice.

We live in a world where people use the power of their thoughts like black magicians, casting spells on each other. The average person has absolutely no understanding about the power of their thought. A person's thoughts can be used to create powerful healing within themselves as well as others but so too can that person's thoughts be used to cause havoc in the lives of others.

The average person lives on fear, jealousy, greed and hate. Sadly in a world where people feed off those lower negative emotions few people will ever realize their full potential. That is because most people will be at the mercy of those around them who send bad and destructive energy to their goals and desires.

In order to understand psychic attacks you have to understand the power of energy. Every single thought held with a strong intention and backed by a strong energetic vibration holds an incredible amount of power. Thought energy projected from the mind travels from the point of the sender to the target that it

is intended for. There is no limit to the distance at which a thought can travel. So someone who is sending emotionally charged thought of anger can reach someone who may very well be in another town or country. Somehow the target of that anger may suddenly feel a wave of angry or confused, without understanding why their emotions suddenly changed. What is good to know is that the further away you are from the source of that negative launch the less energy and power it has on you. Naturally you are more greatly affected by the thought transfer of those closes to you.

The power of thought creation also works based on concentration. So someone who holds a mentally strong and more dominant intention will dominate someone with a weaker mental focus.

So let's just say that you are sitting with someone who is secretly sending you negative thoughts; those thoughts will travel through the atmosphere and fill the space immediately around your body. You may find yourself feeling drained and uncomfortable without knowing why. The longer you stay in that person's company the worse you feel. After leaving their presence you may slowly start to feel better but how quickly you shake that energy off has a lot to do with how powerful the mind of the sender was and how long you endured that energy directed towards you.

Just stop and think for a moment. Have you ever noticed that while interacting with certain people you find yourself thinking and feeling a particular way that you may not feel at other times? It's very important that you trust your feelings. The biggest mistake you may make is not trusting in your gut feelings. Did you know that your body is a sensing device? Someone does not have to use words for you to know what they are about. All words as well as thoughts are

accompanied by a feeling and those feelings are what energy is all about. Emotion is actually thought energy is motion. So when a person is feeling bitter and hateful towards you even if they are silent your body senses the emotional energy of their hidden thoughts.

This brings us to the effect of negative energy on your body. We all know that positive thoughts are uplifting to your wellbeing while negative thoughts are not but do you ever look at negative and positive thoughts as a mathematical equation. We are all energy vessels and the more energy a person has the more powerful they are to create what they want out of life. On the flip side of this when a person is low on energy they get sick easily, experience mental confusion and can't attract positive changes. When you are with someone who is sending you hateful thoughts, those negative thought energies work by subtracting energy away from you. Those thoughts gradually weaken you and as thought energy cannot be destroyed you have to alter this negative energy to energy which empowers and supports you. The reverse is true of positive thoughts, people and environments. The positive energy you receive adds a great deal to your overall well being.

Never forget this mathematically equation of thoughts and you will always be vigilant of those things which add to your wellbeing and the things which destroy it.

The moment those negative thoughts have reached you and begin to tear away of your vital life force energy you become an open vessel for negative thought transfers. It's a lot like becoming naked, just in a spiritual way. Once your energy field is broken others can mentally super impose all sorts of disaster within your mind which will affect what you experience.

## ***How Psychic Attacks Prevent You From Manifesting Your Goals***

I can assure you if you pulled five random people off the street and asked them what was killing their ability to attract what they wanted they would all say the same thing. Most people complain that as hard as they work on themselves it can be extremely difficult to stay positive because of the over whelming number of negative folks in their life.

Let's face it no man is an island. As we interact with each other on a day to day basis we are influenced by the thoughts and feelings of others. This makes applying the law of attraction a bit tricky. Although you may want to be positive your own energy can become overwhelmed by someone in your environment who has a strong negative current.

Those negative people can be your co-workers, your family members or your friends. That's why before you can attract what you want there is a great need to apply one important step and that is to create a Psychic Shield.

Applying the techniques of shielding your energy is far more important to the law of attraction techniques than most people can imagine.



## ***Why a Psychic Shield is Necessary to Your Success.***

You are a magnetic. The human mind and body creates a field of magnetic energy in order to attract the quality of things that you want. Everything that you want is a source of energy. You will have no difficulty in drawing negative things to you when you are dealing with a negative attack all the time. When you try to attract more positive situations your may find it quite difficult to do when your magnetic field is saturated with negative frequencies.

### ***Attraction Requires that You Become Full***

One key secret to manifesting what you want is to become full of energy. The more energy you have within the body the more powerful your thoughts. Your thoughts work at an optimal rate just like an electrical device. Think of a camera, your computer, portable radio, or any other devise that requires a fully charged battery. When the battery is low the power is gone from the devise and although it is programmed to do a specific job it simply cannot work if its battery is low.

The same is true for your thoughts and making a forward movement in your life. Try to remember a time in your life when you had just gotten through crying a lot or feeling very worried or fearful. Do you remember how weak you felt? Maybe you got so tired right after that you feel completely asleep.

## ***Stress Withdraws....***

Stress withdraws a lot of energy from your entire being. You experience a huge loss of energy from the normal stress of everyday activities. With a psychic attack you will experience an even greater loss of energy. When under a psychic attack your entire energy field becomes thinner, weaker and has less power. Your desires suffer the consequences of this loss of energy and weakened mental power.

## ***Why It's Not Working For You***

A lot of people give up on the law of attraction and manifesting after not seeing any results. They don't realize just how much interference there is in their environment on a daily basis which affects them.

If you are distressed on a daily basis by the effects of angry, toxic people in your life you won't make progress in the things which matter to you.

## **The Most Common Attackers**

**The Most Common Attackers** are not always who you may think. One psychic who deals with spell casting has all some of the most unusual candidates requesting attacks on others you may not imagine. Mothers wanting to harm their daughters or daughter in-laws; wives wanting to put a curse on their husbands or their husband's mistress for cheating; co-workers who were trying to get back at other co-workers for getting a raise or for simple office tension; men wanting to trap certain women in their lives. The list of request has no bounds or rational order. Too many people hold seething rage, anger and jealousy towards those whom they see as a threat, even though that threat may be an imagined one.

The most common attackers are always those you know and they are not always people you easily assume. The most dangerous attacker are the people who smile to your face but inside their sole intention is to cause you sever grief and they do that by launching strong energy attacks.

Those who launch psychic attacks are motivated by self hate. They are often people who are unhappy with the way their life is going, don't know how to change their circumstances and become violent when they see what they want happening to someone else.

## **Not All Psychic Attacks Are the Work of a Psychic**

That brings up the topic of **why not all attackers require the assistance of a psychic to severely hurt you**. It's important that you know that there are different levels or degrees of psychic attacks; however all potentially damaging, some more damaging than others.

One woman for example we will call Mary had a friend who was quite competitive with her when it came to attracting men. They both wanted to get married but Mary's friend was very jealous of the sort of men she seemed to attract. Her friend would flood her mind with discouraging thoughts and feelings every single time Mary seemed happy about someone she was dating. No matter how great the relationships seemed to be going, very shortly the man would disappear from Mary's life. It was only due to a psychic self development class that Mary realize the power of psychic influence that she realize that her friend was negatively influencing her personal life. She very quickly did the necessary steps to block then cleanse that energy and shortly after got married to a man who made her very happy.

Are you a parent with teenagers who fight with you on a daily basis? Your home maybe filled with the strong psychic activity of your children. How often do they shout out their ill wishes in your presence? The same is true for the interactions you may have with your spouse. In any environment where there is a lot of tension that negative thought vibration will not only fill the space it will saturate your personal energy field. This in turn will affect your ability attract money; it will affect your health and your ability to attract much of the positive things you

want in life. You have to neutralize this sort of energy projection or it will gradually cause tremendous drains in your energy field.

There are psychic attacks that are far more damaging than one can imagine. Take the case of one man who understood the power of pray. He would pray daily for the demise of his friend. He thought his friend had wronged him by taking a job he always wanted. He eventually got his wish. His friend's life suddenly collapsed and all around him was disaster. He lost his job, he broke his leg and then his relationship with his wife began to fall apart. It was a trio of disaster all at once, which is a classic case of psychic interference.

Sad as it may be the universe can still be a comical place. The man who devoted all his days praying for disaster in his friend's life soon met with his own down fall. Everything his friend encountered he also got in his own life. Unfortunately the laws of karma do not always work so quickly so hoping that others will incur the same fate that they wish on you is not so wise. It's far better to protect yourself from needless suffering.

These are all examples of people who created their own psychic attacks; however there are still those who will go to the length of seeking the help of a psychic to achieve far more damaging outcomes.

Because the psychic understands the power of energy and thought projection they can do far more damage than the average person can; as in the case of one woman who was so bitter due to her husband's infidelity. She got the help of a psychic to take revenge on the other woman. What she did not know was that the other woman had been lied to as well and had no clue that the man she was

seeing was married. In a sad twist of fate the other woman turned out to be a woman whom the wife had met and liked very much. They met at a personal development workshop.

When they met the other woman told the wife that she had been seeing a man but often worried that the man was lying or cheating on her with another woman. She expressed being hurt and the two women bonded on this topic as they both seemed to be going through the same things. The only problem is that the wife sought the help of a psychic to harm whomever her husband was seeing. As the effects of the attack started to happen just as planned the wife began to see the strange results on her friend. The psychic attack was so strong that the other woman began to lose her mind. Everything that could go wrong was going wrong. Then one day while the other woman landed in the hospital after a bad accident she was visited by the man she was seeing and her friend, the wife to the man. Imagine the shock and dismay that took place as they discovered how they were all related. On a very disturbing note the other woman eventually died of internal hemorrhaging.

Psychic attacks can cause sudden havoc in a person's life. They are usually launched by people who think they are justified because of their hurt. Those people will often seek out psychics to do their dirty work and those attacks can be harsh. Luckily no matter how knowledgeable a psychic is they work with the same laws of this universe and you can absolutely counteract a psychic attack.

When a psychic launches an attack they are counting on your ignorance of the laws of energy. They are hoping to instill immense fear and a series of mishaps to throw you off course and weaken you. Those attacks don't always have to lead to

a violent end but it sure will cause you some level of lose and grief. You can counteract it fast before the energy increases.

## **3 Areas of Your Life Where an Attacker Wants to Destroy**

**There are 3 areas of your life all psychic attackers want to hurt.** Those three areas are your finances, such as money and job; your personal connection with others and your health.

- All human beings thrive best on money because it brings them freedom to do what they want in order to live an abundant life. Because most people seek this sort of freedom most people are quite competitive when they suspect others of doing better than they are financially.
- The second category is your interpersonal relationships. A good relationship, good friends and family members are the foundation to a positive and joyful life. Look at how many people become envious when someone has a good loving spouse or is dating someone they really enjoy. People desire this and many often become envious when others are experiencing what they might imagine as a loving relationship.
- The third category of attack is your health. Let's face it without your health you are unproductive. Ill health affects your ability to live a rewarding life; it affects the connections you have with others and your ability to produce.

These three categories are the foundation to a joyful life. When one of these areas of your life is affected it naturally will bring you down but when all three areas are down it can be hard to rebuild your energy and alter those situations



without help or proper understanding. Often times a sever psychic attack will affect all three areas at once. Can you afford to do nothing about this? I don't think so!

## **7 Signs to Look For From a Psychic Attacker**

There are some signs to help you in knowing if someone is capable of or has launched a psychic attack. Now before I tell you what they are it is crucial that you know something. Every negative happening in your life is not the cause of a psychic attack. It's vital that you take responsibility for your own thought patterns as well as your actions and what results they produce. If your life is not where you would like it to be, check yourself before you accuse someone of trying to harm you. With that said we all have to deal with some sort of negative projections from others and it is wise to learn how to protect yourself from this sort of energy.

You can also pick up negative energy in large crowds, from your office where you work, your home or even commuting to and from work on the train or bus. So it's to your advantage that you know where you are picking up any negative energy and how to get rid of it.

When it comes to knowing if someone has launched a psychic attack whether unconsciously or deliberately there are a few clues.

- 1) If a person is always eager to give you a negative unsupportive outlook on anything you share with them.
- 2.) Someone who does not have a hard time criticizing you as often as they can, including making sarcastic jokes.
- 3.) Someone who smiles to your face but deep inside you get an uncomfortable gut feeling about them.

4.) Do you feel drained and physically tired while in the company of a particular person?

5.) You have bad dreams about a particular person harming you.

6.) A pure gut feeling that won't go away.

7.) A person who seems fascinated with the occult who also happens to be very angry with you.

Do some inventory on the characters in your life. Is there anyone who fits into this category? Make a list of every single person in your life and as you do go down the list and ask yourself if any of these characteristics apply to them. If more than one of these characteristics apply to them take note. Don't be too hasty to label anyone however every insight you get should be a step closer to uncovering the quality of persons around you and what they are capable of doing to your life.

## **Emotional Radiation How its Affecting You Now**

We all live and work in a sea of energy. That energy is colored by the emotional state of the people who live and work there. The most destructive energy is the energy of fear, anger, jealousy, rage and hate. The human brain emits and unseen energy in the atmosphere similar to radiation. The stronger those emotions are held in place and the more people who participate in those destructive emotions the stronger, bigger and more dense that emotional radiation becomes.

Your eyes may not be able to see it but you can feel it. An environment that is dense in emotional radiation can be felt even by someone who is not very sensitive to energy. That is because the quality of this energy at a high pitch can have an immediate effect on your physical body, your mindset and your emotional state.

### ***One Person May be The Carrier....***

If you examine such an environment you may notice that one person may be the leader in creating that destructive emotional state which then has an effect on everyone else.

Let's take ***someone who gossips a lot*** about a particular person. He/She may create the stories then force feed them to everyone else, insisting that these negative assumptions are true of the one being gossiped about. That person is a carrier of emotional radiation and creating a very damaging psychic attack against

the person being spoken off by gathering more company to join in on using their psychic energy.

Another carrier of emotional radiation is the bully. **The bully** loves has very low self-esteem and in order for the bully to feel good he or she has to damage those around him. The bully won't just passively project damaging energy because he or she thrives on actually seeing someone else suffer in pain. That display of suffering makes the bully feel good and satisfied that someone else is suffering as he or she is suffering. The bully will not stop at one attack but a constant barrage of attacks each and every day as he or she needs a fix. Just like an attack the bully gets a charge at wearing others down and destroying their energy. The bully knows exactly what he is doing; you can't make excuses for such actions. The aim is to destroy with words or actions that are verbally violent to you or whomever he chooses.

**The Victim**, holds an extreme amount of emotional radiation. The victim is someone who has no tools to get out of their depressed life issues. They often want to unload all their sorrows onto someone else so that others can take pity on them. They don't realize that everyone in the world has his own cross to bear and everyone has to acquire the tools necessary to heal situations. Instead the victim has the belief that the whole world is happy and they are the only ones cursed with a problem or problems that they can't seem to shake. So they pine day after day after day...morning, noon and night. They are saturated in those destructive emotional states. This creates an atmosphere around them and in their homes and office as well.

Whether the victim knows it or not they are also contributing to a vast amount of emotion psychic radiation which permeates their environment and anyone who enters it.

### ***Emotional Radiation Will....***

Emotional radiation will have a strong effect naturally, first on your emotional state. You may enter a room and just feel bitter without knowing why. You may find the emotion very hard to shake off for as long as you are in that setting which holds that particular energy.

Depending on what type of energy is saturated in that space you may also experience feeling very tired, drained and lack luster. That is because emotional radiation is very real and has a break down effect on your life force energy. It is an energy which destroys; it weakens, and causes you physical as well as mental fatigue.

You will find it hard to get healthy in such an environment. You may also find it hard to actually manifest the things you want because that sort of atmosphere is not an atmosphere for creating instead it's an atmosphere which destroys.

### **What to Look For to Determine the Emotional Radiation in an Environment**

- 1.) Step back for a bit. Take a look at everyone in that setting. Look at how they react. What issues are they facing?
- 2.) How emotions are they experiencing? Is everyone depressed...angry...high tempered....accusatory?
- 3.) Don't ignore what you are seeing. If most everyone is responding at a particular emotional frequency that is a clear indication of the quality of environmental atmosphere in that space.
- 4.) Watch how you feel when you enter the space. How do you often find yourself feeling?
- 5.) How do you feel when you enter your home?

- 6.) How do you feel when you get to your job every day?
- 7.) How do you feel around certain people?

### ***Are you a Carrier....***

Are you a carrier of emotional radiation? You cannot exclude yourself as a potential part of the problem. You very well may be someone responsible for creating a very high voltage of bad and destructive energy. If that is the case ask yourself these few questions.

- 1.) Do you initiate a lot of negative emotions which you can't stop?
- 2.) DO you engage others in those negative conversations to support how you are feeling?
- 3.) Do those emotions get triggered by someone you meet? Is someone else triggering those feelings within you first?
- 4.) Are you happy and excited in one environment but down and negative while in other environment or with certain people?

While you may be holding very strong patterns of emotional energy it may be triggered by entering an environment that is already hold that energy. To figure out the source, you must check yourself and everyone else within that space.

### ***Assessing Emotional Radiation From Others***

It's a lot easier to judge others while omitting our own selves as part of the problem. Now that you have taken some time to look in on yourself as a possible factor in generating emotional poison, you can now give a fair look at those around you.

Its easy to tell what sort of emotion dominates a person's life and if that native emotion affects the atmosphere and those around them.

- 1.) A person who easily tell you how they are feeling. They start every conversation with, "I feel.....," and those feelings are always negative and gloomy. No matter how well meaning a person may say they are if they don't have any sort of control over their emotional state they are liable to drain your energy, leaving you weak and mentally broken.
- 2.) Someone who never tells you how they are feeling but their conversations always have a main theme. An example of this would be someone who is always criticizing others? Or someone who is always talking about what is wrong in the world. There are those people who can spend hours sharing what is happening in the lives of others that they have no right discussing.
- 3.) You cannot discount a person's facial features. The face alone with their expressions will tell you a lot about who someone is. People often express their feelings with their expression. When those expressions become a strong and consistent part of a person's daily way then this adds form to their facial features. You can't pretend to not notice someone who has a very angry look on their face all the time. While they may not be angry with you they are certainly processing a lot of moments in their life which make them very angry.
- 4.) How do they make others feel? This is where they can't go wrong. No matter how much a person tries to disguise who they really are, they always leave traces in others as well as the environment where they are. A person cannot make you feel happy if that are consumed with feelings of



rage, anger and regret. It can't happy! Emotional energy takes a conscious effort to change. A person can only transfer to you the energy that is apart of who they are.

### ***Your Feelings are always a Barometer***

Your feelings are always a barometer for what is really going on around you. Keeping silent as you focus on yourself and your feelings will help you in understanding the energies which have an effect on you. Your mind receives and reads the energy coming from others and it relays that reading back in the form of feelings. What the mind receives as good will make you feel good. However whatever thought projections which take a stab at who you are will be read by the mind as something which makes you feel uncomfortable.

***Your mind knows and your body responds.***

# **Fear – The Greatest Mental Breakdown**

Fear is a very powerful emotional energy. And, I say powerful not in the good sense but in the extreme potential that fear has to completely cripple anyone. Like a virus fear expands through the mind, affecting your emotional state and then your body.

The more fear you feel the more you visualize and lock in those mind images which create more fear. Because fear and panic can take on a life of their own within a person's mind, it does not take very much too completely cripple someone with one simple attack.

As human beings we hold very deeply to certain standards; when anything goes wrong with anything we value as important to upholding that standard we fall into fear and anxiety. It's not very difficult for a psychic or anyone for that matter to throw us off balance by simply disturbing one of those standards that we hold so dear to us.

## ***The Chemical Break Down of Fear***

Every single thought held in the mind creates a chemical reaction in the brain. The longer you hold that thought the stronger the release of those chemicals into your blood stream. Just like any pharmaceutical some chemicals work to enhance your wellbeing while others can create a very quick break down.

The chemicals created from fear are perhaps the most caustic chemicals which can be created within the body.

Fear causes a corrosion of your cells and consequently a breakdown of your entire body. This internal break down also corrodes the energy field of your aura. Your aura is like the shell encasing the inner part of the egg. When that shell is broken down you become an open vessel, weak and vulnerable to any form of psychic attack.

Someone who understands the science of fear can use it to weaken anyone. Fear alone is enough to weaken anyone's mind or muscles enough to cripple their progress.

Psychics who work on creating psychic attacks use the fear energy to add power to the attack. One sign of a psychic attack done by an actual psychic is an unwarranted feeling of immense fear. You have no idea why you feel afraid but you suddenly get a feeling of goosebumps all over your body. You get a haunted, frightening feeling which persists. You may even get random images, like flashes of scenes inside your head which resemble like scenes from a horror movie.

### ***The Bad Movie Effect***

Try to recall a time when you were sitting through a suspense thriller or a horror movie. Can you recall the nervous anxious feeling whenever something frightening was about to happen? Try to remember how your heart would race faster, and how weak you would feel. A sever psychic attack done by a psychic

will feel this way. You will be consumed by fears of being followed by some invisible thing. You will worry and fear for the future and as the energy consumes you, simple activities will seem hold you back.

### ***Psychics Who Create Fear***

A psychic will focus on what brings you the most fear. Understanding the value of upholding certain standards, they understand that if you loose, money, friends, or your health you are liable to go into a state of panic rapidly. They often follow up those mishaps with something else and yet another thing. In that way you have little time to recuperate from the first issue let alone the second or the third.

They know that your fear and attachment to those things is enough to break you down if you felt that you were to lose any of it. So first the psychic creates the energy of fear within you then the mishaps occur. When you are saturated with the energy of fear accompanied by a few mishaps in your life, the changes of getting back up is quite slim. It is enough to send anyone into a mentally unstable state of mind.

### ***Friends and Family Who Instill Fear***

Your family and friends may not know the actual science of fear and how it corrodes the body as well as the aura. They may not understand that if your aura is damaged then you are open to mental break down or all sorts of health and physical issues. However what they are aware of is that fear cripples most everyone from taking positive action.

The fear of an event that may never happen is enough to cripple most anyone. Being afraid of what may happen causes, anxiety, depression and low self esteem.

One of the first clues in someone who is capable of sending a psychic attack is someone who tried to frighten you about any area of your life. Watch what happens when you tell share something good that is happening to you or something that you would like to do. Look and listen to the words of fear that will come out of the mouths of those you are around. Look at how they persist. They do are relentless in convincing you not to take action on a matter that will improve your life then at all cost remove yourself from that persons' space.

This person does not mean you well at all. A person can smile to your face yet hold the worst intentions for your life. What you need to learn is that if someone is not holding the highest vision for your life they are NOT FOR YOU. No matter how much they try to convince you that a lesser choice is better, all they are truly doing is revealing their hidden intentions.

Someone who enforces fear within you will eventually cripple you. Most people won't stop until they infuse you with a heavy dose of fear until they can see the effects of that fear working in you they won't stop. Be mindful of such people.

# Why Most Books on Psychic Protection Fail Miserably

First I would like to say that all teachers have a message and I do value everyone who teaches what they learn. However when it comes to the topic of psychic protection I am well aware of the urgency, pain and lack of power that one can feel when under an attack.

What most books don't give the reader is a sense of power that they need in order to overcome a psychic attack. Most teachers give you tools that have little prolonged value because soon enough the attack happens again because you have not fixed the core problem.

Psychic Protection should really be termed Psychic Power instead. Protection always gives the feeling of running in fear from something or someone, which really is the case. Unfortunately if you feel the need to run from a psychic attack you are doing yourself a very big injustice.

Here are a Few Common Beliefs That Don't Work When it Comes to Psychic Protection

**Amulets** – stones, crystals and amulets are all great tools for psychic protection but they don't often work very well for most people facing constant psychic attack. In order for an amulet to work you have to actually believe in its power with all your mite.

**Psychic Protection with the White Light** – Light energy of any sort is a great tool but again like the amulets there is something more needed. For one thing light energy needs to be programmed. If you do draw white light to yourself without programming it, it naturally synchronizes to your predominant thoughts and feelings.

While light is a tool that you must know how to use. It's not unlike someone giving you a knife which you hold at the blade. White light only amplifies your intention and that intent is often communicated by your predominant thoughts and feelings of stress and hurt over what is happening in your life due to the attack. .

**Special Baths** – Baths in herbs and salts are also good but the source of the attack is now inside of you, where it's designed to recreate itself over and over in your life. A herbal bath should be used to maintain your overall energy but now when an attack has really happened. This calls for a series of actions.

### **Why Attacks Happen in the First Place**

Psychic attacks increase because of one fundamental flaw within you. You are playing the receiving roll in the victim and bullies game. You are an open vessel for abuse in some way or another. You are open mentally as well as energetically. So in order to really benefit with psychic protection you have to take a journal inside of yourself.

If you were not subconsciously playing the victims roll you would never attack an abuser or psychic vampire. You let them it by the way you are being, dreaming, thinking and acting. You are playing a weak man's game and not even know it.

You have to tap inside of your psychic mind to feel out who and where your attackers are coming from; and why are they attacking you. You also have to realize what you are doing to be bullied and manipulated. Even though the attack is psychic your outward actions may reveal a lot about who you really are and why you are being attacked.

Psychic Protection is something everyone needs to learn. We live in a while where thought forms linger in the atmosphere and over a long period of time they accumulate in your space as well as your aura like living forms which eventually tear away at your life force energy.



# **3 Things You Need**

## **In Order to Stop a Psychic Attack**

**There are three things you absolutely need in order to stop a psychic attack.**

Many people will tell you that all you need to do to stop a psychic attack is to draw white light to you. Sorry to say that this is not enough. In fact it's simply not effective. When a psychic attack is sent to harm you it works like a virus at the very core of your being. It's like planting a seed deep into the soil and watching it grow and expand.

That psychic attack slowly eats away at your core then expands throughout your energy field. You may then experience a cloudy or dark feeling. It's a feeling of walking under a cloud when everywhere else is bright and sunshiny. When you call on white light it does not fix the problem. Calling white light is like running under a rock to hide, soon enough you have to come out. Besides in order for higher energy to work for you, it must be effectively programmed to do so. Calling on external energy can only amplify the problem you are having. Adding more energy increases the energy that is already there.

There are three things you absolutely must do. The first thing is that you must be able to sense your own personal energy. An attack can distort your energy. You must be able to tell if what is happening to you comes from a source inside of you or a source outside of yourself. Your ability to sense your own energy will also be able to help you in reading the energy not only in your environment but from other people as well. You want to be able to tell who has sent you an attack and what they intend to do through that attack and that can only come by first being aware of your own personal energy.

Sit with yourself for a few minutes. Close your eyes and bring your attention solely on yourself. How do you really feel? What thoughts and feelings are you experiencing at the moment? Can you identify the emotion that you are feeling? As you search your feelings can you identify where those feelings originated? Do they come from you or did someone or something trigger those feelings you are now having? The more you are able to tune into your own energy field the better.

The second most vital part of psychic protection is your ability to create personal power within yourself. An attack happens because your mental power is weak and you have no knowledge or awareness of universal truths, so you remain fearful weak and broken. You are powerful! You have the ability to create a vast amount of mental power to over throw anyone who tries to strike you down. If you have any feelings of fear you have to get rid of such feelings as the power of a psychic attack is done with the hope that you do feel fearful. It cannot and will not work if you remove fear from your body and mind. Naturally the more you know about the nature of energy and mental empowerment the stronger you will be to combat an attack. In the end you may even laugh at it all and that is precisely what you need to do.

The third part of psychic protection requires an ability to shield your energy so that the things you don't want to have enter, won't.

***A psychic shield requires 3 layers.*** The first layer is the energy inside of you. The second layer is the energy around your physical body and the third layer is the energy between you and whoever is sending you the attack. All three layers must

work in harmony. If one layer is not protected you remain vulnerable which makes it easy for anyone to launch some level of psychic influence.

If you sense the energy of an attack by all means you must trust your inner guidance and learn the steps necessary to protect yourself. The longer you go without doing something about it the stronger that energy becomes and the more damage it will do.

***The Energy Inside of You*** – most often the energy inside of you may be quite corrupt. You may be filled with feelings of fear, anger, regret or even hate. This intense emotional energy makes you a target for much more negative energy. True if you are being attacked this is enough to make anyone very angry and the desire to do something to get back at your attack would naturally plague your mind. But while that energy of corruption still exist within you then launching an attack on another is not a good idea. You can launch a vicious attack to counteract what has been done to you but you cannot do it while your inside is consumed by thoughts of fear or hate.

***The Energy Around Your Body*** – Think of yourself as a fish swimming in the ocean. The energy around your body is like this. You are immersed in a sea of energy that either helps or hinders you. Imagine if you were swimming in dirty water as opposed to clean water. Naturally clean energy enhances your mind, body and energy field. However negative, destructive energy has the impact of dirty polluted water.

Take inventory of your environment. What is your home like? Is it a den of negative energy, lots of quarrels and disagreement? What is your work environment like? Do you feel that you are in an environment of growth or is your work environment simply a factory for gossip and break down?

***The Energy Between You and The Other...*** - Whether you are aware of it or not we all create a connection between ourselves and those people we interact with. This interaction may be a good one or a not so good one. The more we interact with anyone the stronger this energy connection gets. We telepathetically feed the other person information, such as how we feel about ourselves, how we think we should be treated, what we are afraid of and what we are willing to do to maintain the relationship etc.

The way we communicate and express our truth about who we think we are determines how others treat us. Have you ever noticed that someone who is a bully can walk into a room and easily pick out their target while completely ignoring others? The target that the bully has selected will always allow the abuse to become prolonged and run on for a very long time, so long that any strong, self respecting person would have but an end to the attack a very long time ago.

Without knowing it we often feed others a very negative, weak impression of ourselves and those who are inclined to launch an attack see this as an open door to create their poison. The thing is you may not even be aware that you are being an open vessel for psychic attacks. There are many things which or situations which may make you this way. Any ounce of fear is enough to create that entry point for someone else.

## ***How Fear Causes Us to Be Bullied***

One man for example who was most definitely being bullied by his neighbors wanted to fight back but he did not and so the attack continued on for almost a year until he simply moved away. It was not that he could not fight back, as a matter of fact he could have easily destroyed any one of those other men but the fear which kept him in that situation was one thing and that was his sister who had been visiting him had over stayed her time in the country which was not the country of her birth. He feared that if he attacked either verbally or physically they would report his sister. So in maintaining this fear he kept from acting out which made him an ever greater target of attack.

One woman was dealing with a great deal of stress at work. Her boss was making heavy advancements towards her that were getting progressively worst. She wanted to fight back but her son had recently been hospitalized with a condition that the doctors could not yet diagnosis. In need of money to pay the hospital she was afraid that if she confronted her boss she would lose her job and any money she needed for her son. Her boss realizing her vulnerability increased his advancements until it got out of hand.

## ***Changing the Energy Between You and The Psychic Attacker***

This is not always the case but it is a common feeling to be afraid of the one who is launching the attack. You may assume that this person has more power than you. After all they are doing something to you which you may perceive as occult, powerful supernatural. While not all attacks work with the use of occult tools but simply the mind, fear can still cripple you.

That feeling of fear is a telepathic communication between you and the other person. The more you fear the stronger they become in what they are doing. The more you fear the easier it is for them to launch even more forms of attack on your life. Changing how you think and feel about what is happening and the person who is sending a psychic attack is the first tool you should be working with. Alter those feelings of being victimized; alter those thoughts and feelings of fear. Alter your attachment to what is happening as well. As you alter these energies towards the other person and what is happening the more empowered you become. The less effect this situation will have on you and the less power the other person will have on you also.

***The following are stories sent in by readers who have either experienced some form of psychic attack or been witness to one.***

## **Psychic Protection Could Have Saved Her Life**

Sometimes an attack can be so severe that it not only throws you off balance mentally and emotionally but also physically.

I met a man who shared with me his quilt over an attack he sent to a woman he worked with. While working with her he began to fall in love with her secretly. Then one day he got the guts to tell her his feelings, only it was not reciprocated by the woman. There is nothing terribly unusual about that, but what she did got him very, very angry.

She went around the office telling everyone how disgusted she was of him and could not believe that he had the nerve to ask her out. This man was deeply hurt by the humiliation of this gossip. Inside he was seething with hate towards her. How could she undermine him in this way?

With deep rage he began to send her mental attacks which became an obsession. At the time he did not have a clear sense of what he was doing except that he had become obsessed with sending her horrible mental and emotional energy. He could go for hours. He found relief in playing out the worst scenario in his mind.

Then one day she came into the office asking someone for help in regards to her car which seem to be giving some problems. It immediately put the thought in his mind of her dying in that car. This mental obsession went on for weeks. Then he found himself doodling images of her dead in that car. He did this every day sometimes for hours.

Then one month to the beginning of this mental derangement they got a call at the office from the woman's mother telling everyone that she had passed away in her car the night before.

What was disturbing about this is that this woman knew something was wrong before it escalated to that point. She sensed it. She had spoken to her mother about a dream she had involving that man from her office coming to her like a giant and placing his foot on her car and crushing her. Of course they blew it off as a weird dream, despite her already having weird feelings of darkness surrounding her.

This man is now devastated and he should be. When the story the mother shared with others at the office got to him he knew what he had done. He clearly recalled throwing those crumbled up pieces of paper of his doodles on the floor and stepping on with all his feelings and intention of hate.

No matter how devastated he was to realize this, the most devastating part is that this woman could have protected her energy from this man. She KNEW something was wrong, yet she pretended that she did not know. She lied to herself out of maybe ignorance, lack of knowledge.

She could have manipulated that energy he was sending her and even reversed the outcome. She could have been safe, maybe put out for a month or two but still alive to continue her dream on this planet.



All too often people experience depression and confusion in their lives because they have not learned a necessary key to protect their energy.

Just as the law of attraction was once hidden and used by a few people but also considered a very necessary tool, psychic protection is also a very, very, very necessary to your survival on this planet. It supports good mental hygiene.

Mental and energetic attacks are real and they will stop your life as well as the flow of good energy.

## **He Was a Destructive Vampire But His Friends Did Not Know it...**

If you find yourself around others who seem determined to challenge you whether at work or in your very own home then you need psychic protection urgently.

When someone behaves in a way that seems toxic, combative and filled with hatred towards you be happy that you are made aware of their behavior. While some people will show you their disgust others wont and those toxic avengers are some of the worst form of mental murders around. People who tend to be passive aggressive pacify their rage but inside of their mind they are launching mental attacks towards you all the time.

Some people become obsessed as I shared in my eBook about one man who discovered his ability to mentally influence his friends' lives. He was bitter and unhappy in his own life and wanted to see everyone suffer as he was suffering.

He could spend hours redesigning the lives of his friends on the mental plain and wreak havoc in their relationships and their lives. However when he realized how much more he began to suffer as a result of what he was doing he worked very hard to get rid of his obsessive hatred.

He did go into healing to get rid of the hurt and pain that was first inflicted on him but it did not take away the damage he was able to cause in the lives of those whom he pretended to befriend.

Some people are mentally disturbed and they can obsess for hours about you and as they do they are building up a very large amount of dark energy which can destroy your own energy field. When your energy is compromised this can cause physical illness as well as extreme mental illness.

## **The Old Ugly Man and the Very Young Beautiful Girl**

When you think of a psychic attack you may think of someone trying to harm you so that you don't succeed in life. While that is the most common sort of attack it's certainly not the only form of an attack. A few months ago I met a very beautiful girl who was under a very violent attack from a much older man. Had she not gotten help soon she would easily have died.

What happened? One day while visiting an event she met a very mature older man who immediately attached himself to her. When first looking at this girl you can easily tell that she is a very kind open soul. When this man approached her he immediately made himself a fixture in her life.

This man was gaunt, very poor, and toothless and at the age of 55 he looked allot older. Fifty-five is pretty young but this man looked quite old.

On the other hand this girl was dramatically different from this man in all respects. She was young, smart, beautiful, educated except for the fact that she was too open, too caring. She did not want to hurt this man by pushing him away.

Being open while it may seem like a great quality it is not. As one elevates the spiritual ladder you must learn discernment. Discernment is not prejudice its simply learning clarity and having an understanding that those who surround you can either add to your wellbeing or damage you. It's about learning that the

vibration of those around you will soon merge with your own so you must be careful of the quality of people you allow in your life.

Discernment is knowing that others must be deserving of you and that you cannot share yourself with any and every one.

Over the course of a few months something horrible began to happen to this girl. This man would visit her unexpectedly and for whatever reason using whatever technique he used he would spend hours sitting and talking with her. The time would go by and she would always become very surprised that so many hours had gone by while she sat attentively in the very same spot.

But, that was not all. What she noticed was a pattern that she seemed unable to stop. This man would arrive looking drained and depleted. His eyes dark and sunken and by the end of his visit he would be vibrant, alive, and full of energy. While on the other hand this girl would be in physical pain. Her body depleted of energy and depression would set in very fast.

This man was clearly drawing energy from the girl; he was literally using her like a battery. This sort of vampirism is not unusual. This man sort out this girl because he saw in her vibrant energy and he used it to sustain himself.

When you hear the word vampire you may have an image of a character from a movie. However vampirism is not necessarily the sucking of your blood. The sucking of your life force energy is what vampirism is all about. When your life force is damaged you are disabled, weak and not able to life a productive life.

This girl began to lose her mind. First she began to lose her energy badly. She experienced not just a little tiredness instead it was a huge tired, drained feeling. Then slowing she began to lose her mental focus and she quickly moved into dramatic mood swings and crying fits.

Imagine a completely normal happy person being under such mental and energetic control. Luckily she got help from a close friend who encouraged her to immediately terminate this man from every coming to her home. She did just that, she demanded that he no longer come by or she would call the police.

Unfortunately the damage was so severe that nothing she did seem to help. Her mental and energetic levels could not regain their previous strength. Not only that but she became violently ill and had to be hospitalized. It would take her quite some time to build up to a strong state again.

This is not uncommon at all. The only difference with this story is that her experience was a bit more extreme, having it done in such a fast and forceful way.

But, what happens when you are surrounded by others who are also using your energy unknowingly? The effects can be just as bad. It may not happen quite as fast as it did with this girl but the end result could be just as damaging.

It's absolutely necessary that you become aware of your energy. It's absolutely necessary that you become aware of the energy from others. This should become a way of life.

Who in your life is drawing on your life force? Who in your life is blocking the flow of positive energy from entering your life and affecting your life's blessings?

# **Nightmare Nurse**

Have you ever had the feeling that you were being followed by something horrible but did not know what it was? IT's a horrible feeling to experience being followed by something that you cannot see. My story started at my job. I am a registered nurse and have been working at my job for over ten years.

The issue started when a new nurse come to work on my floor. This woman was very friendly but very aggressive at the same time. The other nurses and I did not know if you love her or hate her. She dominated everything and wanted to be in control right away.

After more than ten years, I was just promoted to head nurse of my department. I felt great but when this woman comes to work in my department she was really a test by my position and authority. All the other nurses wanted me to do something fast to get rid of her but it was not as easy as they would have liked it to be.

One day when I least expected it she made herself a fixture in my life by choosing to visit me and call me at some of the strangest hours. At first I was very angry at how aggressive this woman could be and how she pushed her way into my life. But, as time passed I actually started to like her. I thought she was a woman who just needed a good friend. So when she called me to tell her about her issues at job with the other nurses or her personal life at home, I felt moved by her and wanted to help.



The problem started when she began to take our friendship for granted. She would come in very late, long after her shift was due forcing other nurses to stay later to cover her time. She would also get into unnecessary arguments with the other nurses when it was clear that she was wrong. Basically this woman had a serious character problem and she needed to be avoided at all cost.

When I sat her down to tell her that she was creating too much conflict at the job she went ballistic. She was incredibly defensive and could not accept that she was at fault in the issues she started. No matter how hard I tried to calm her down she became more and more angry and aggressive. Speaking to her was a pointless case and I could not get to her even by trying to be very pleasant.

A few days later after our talk, she completely stopped talking with me. She would say no more than what was completely necessary to get her job done. At first it really did not matter but after a few days this sort of negative energy began to affect myself and the other nurses more than ever before. Not only was she rude, unable to get to work on time but now she was holding a huge grudge and making it impossible for everyone in the department.

About two weeks into this situation I began to have some really bad dreams. In those dreams I would experience myself standing on a Clift holding my heart in my hand. Someone would tell me to jump and always I struggled to keep from jumping. I knew in the dream that someone was trying to hurt me but I did not know who it was. Then shortly after that I started to realize that something was seriously wrong.

Anxiety began to take over my life and I did not know why. I could not explain why I was feeling so nervous and afraid. Whenever I was alone I would get the most horrible feeling coming over me. It always felt as if someone was following me and that someone wanted to hurt me. It was just a feeling but that feeling was extremely strong and I could not seem to shake it off of me.

The strange feeling of being followed started to grow into strong paranoia. My heart would suddenly start to race hard and I could not ever calm myself down. Sometimes my job required that I work later hours and I would have some very weird mental illusions. I would become extremely fearful of entering the patients' rooms alone. Walking down the hall ways would be equally scary. I would have strange visions of the hall way extending in front of me and no matter how much I walked I could never get to exactly where I was going.

Honestly I was terrified that I was losing my mind. I did not feel that this sort of thing was something that I could easily share with anyone around me. I felt that if I told anyone they would have me committed. The thing is, these issues come on suddenly but it expanded inside of me and affected my entire life.

I knew something had to be very wrong; the weird illusions, the dreams, the intense fear of being alone. All of this was too sudden and too much so I went to a psychic to find a solution.

The shock came when this psychic who was referred to me by something else told me that I was experiencing a psychic attack. What shocked me was when she said that I knew the person who was doing it and it was someone who was at my workplace. What shocked me even more was when she started to give a

description of the person who had sent the psychic attack. She gave me a description which completely fitted the woman at work.

The psychic said that this woman was very angry with me and had used another psychic to send me an attack. She asked me how I had been doing and if I had experienced anything unusual. I told her about the dreams and the weird feeling of being followed. She insisted that I pay her to take the spell away but I was skeptical and immediately discredited everything she had said on the account that she wanted money to help me more. So, I left without doing anything.

Another two weeks went by and the experiences became worst. It got so bad that even the other nurses thought that something strange was happening. I did confide in one of my good friends at work and she admitted that I did not seem like myself. She said that the other nurses were also talking and they were thinking of reporting me because they did not think that I was fit to handle the position. They noticed that I steer into space for several long minutes in the middle of doing something. They were also furious that this woman was getting completely out of hand and I had not once said anything to get her back on track. She was coming in later than ever and doing what she wanted.

All of what they complained about was true but there was very little that I could do. It felt as if my hands were tied behind my back and fear had taken over every part of me. Things were very bad, I needed help.

Then the worst thing happened when I thought that I could not feel worse, one of the patients got severely hurt in my care and the department was seriously considering suspending me until an investigation could be made.

This was the final straw; I knew something had to be done. I knew that even though I tried to tell anyone that something was wrong they would not fully see the damage and the strange occurrences that seem to suddenly happen all too quickly.

I did not go back to the psychic, instead I started to search the internet for information and it was then that I found the psychic shield website. I got the eBook and read it in one night. Using the instructions as a guideline, I created my own daily ritual. I followed this every single day and did not skip a day. By the third day I started to feel stronger. By the end of the week I knew that without a doubt I had been affected because it was as if my life suddenly had a reverse effect. Everything that could go right started to go right.

I returned to work but more importantly those horrible dreams which came every night stopped. That horrible feeling of being followed also stopped. All the weird horrible mental issues stopped.

When I got back to work, I took a very bold step and had the department relocate the nightmare nurse to another department and another time frame. What I really wanted was to have her completely fired and I am still working on that part.

But, what is really amazing is how I feel now. I have a new awareness that psychic attacks are real and it can do some serious damage if it's not taken care of. This leads me to wonder about many people who think that anything occult is a joke and not real. Maybe there are people who dismiss their mental issues as just

that, mental issues without ever knowing that they were being worked on and given a slow death by some ignorant person.

When I saw the huge positive changes that I achieved I felt both happy and angry. I could not believe that this woman would try so hard to harm me. I have to admit I wanted her to pay and pay badly for what she had done to me.

One day I went to visit her at her new location. I did not beat around the bush. I told her clearly what I had experience when she was there as well as what the psychic had said. She did not answer me. There was not one word out of her mouth. She looked at me long and hard without either defending herself or denying anything. What made me feel so sure that I had not made a mistake was the look in her eyes as I told the story. In her eyes there was a strong look. She almost looked as if behind those eyes there was a smile. I felt as if she was silently laughing at me.

Three months later, while on vacation this woman had a terrible accident causing her to have both her legs amputated. Naturally she could no longer come into work.

I was both happy and sad. Knowing that a great part of the intensity of what happened to her was because of some of the practices that I had begun to incorporate in my daily routine. I had not ever sent her an attack I simply used her energy in a way that empowered me and it worked.

Later I would hear that she had a husband whom she never talked about before and that shortly after her accident he left her.

## **A Reverse Psychic Attack With a Horrible Ending**

When I was very young I can remember a very sad occurrence happening in the neighborhood where I grew up. I grew up in a small town in the Caribbean where stories of psychic attacks are not completely unusual or unheard off.

In this case this was a story that I was a bit close to home in that my mother knew the woman. The story goes this way. That a woman who was married to her husband for some time discovered that he was cheating on her. She begged him to stop his cheating but when she found out, he just took it as a sign to go right ahead and do it in the open.

This woman would sit at home while her husband would go out and be with the other woman every evening. He would return whenever he felt like it. Even though she wanted to leave, I think embarrassment made her stay. Shame is a very strong thing and a lot of women don't want to feel that some other woman won their husband. So she stayed but no matter how she begged him he would not stop visiting his other woman.

So this lady decides to go to a psychic to have the psychic place a curse on the other woman. The psychic gives her some herbs and tells her to put the herbal mix inside of the underpants of her husband and when he goes to have sex with the other woman the herbs will cause an eruption inside of her and cause her to die. The wife desperate to have a solution to this issue takes the herbal mixture and puts it in her husband's underpants.

The problem happened when on the night she applied the herbal solution to his underpants her husband does go out to his mistress. He spends the night with his mistress but he never had sex with her.

Instead on that particular night, her husband began to think hard about what he was doing. He started to think that his wife had always been good to him and really did not deserve what he was putting her through.

So he came home to share his feeling with his wife. When he returned home he begged her to forgive me for what he had been doing and confessed he was being very selfish. They had such a healing moment that the husband and his wife decided to have sex.

The wife completely forgot about what she had done and the herbal solution she had placed in his underpants earlier that day for the other woman. So she went ahead with having sex with her husband that night.

A few hours later she began to feel a strong discomfort, a strong burning in her stomach. At first she dismissed it as the effects of not having sex for a while but then the burning grew stronger. She started to feel intense blistered feeling in her body.

This burning continued to grow. By the next day she was experiencing extreme cramps so strong that she was rushed to the hospital for care. By the time she reached the hospital the condition was so severe that she struggled to walk.



It was then that she shared the story with her closest friend, my mother. She told her what she had set out to do and what was happening to her. She realized that there was no going back, she was going to die. After all that is what she had planned for the other woman. The only problem is that it did not work out as she had set out to do. It had all turned around on her.

After 3 days of agony this woman finally lost her life to whatever herbs she had planned for the other woman.

# **Reversed Psychic Attacks**

This last story was shared by one of the readers of the psychic shield and its classic in regards to the reversal attack that can happen. Reversed psychic attack is very common. The problem that many people don't understand is that sending dark energy will lead to receiving dark energy. What you sent out is what returns to you. You can't send dark energy to others and hope that it does not return to you.

The biggest mistake that many people make is becoming so angry about what is happening to them that they try to send it back to the person who is making them angry.

Energy works like a boomerang. It goes out but it also returns to the sender. That is why most people will go to a psychic to have the psychic do their dirty work. The problem is that this is not fail proof. You can get a psychic send an attack to harm someone else but that attack can return to you based on the energy you are holding for the situation and that other person.

There are ways of fighting back and causing a great deal of damage but none of those ways include sending bad energy to others.

Secondly reversal attacks happen when a person holds dark energy within themselves. So a large part of psychic protection is cleansing the energy inside of yourself. It simply cannot work any other way.

When an attack is launched on you, it works as a source of dark energy. That dark energy works like a virus and it grows rapidly within you. What you don't want is to send that dark energy out only to have it return and acquire even more dark energy.

## **How She Lost Her Mind – 3 Stages of an Attack**

How many people do you know who are lost in depression and can't see to get out of it no matter what positive things are going on in their life? How many people have lost control of a healthy mind only to sink into mental imbalance due to some form of psychic attack?

Some level of mental instability occurs with a heavy psychic attack. You see a psychic attack is over-riding your own natural mental and emotional barometer. The attack is like hitting an ear of corn with a two ton brick. The power of an attack is to dominate your mind while the intruder injects your mind with sabotage thoughts, images and feelings.

Psychics are known for aiming to destroy the mind of the person they are launching the attack on. One woman shares the story of being perfectly fine one day and then the next she found herself overcome by very strong emotions which threw her off balance. For no apparent reason she would feel herself overcome by feelings of horror and fear.

While having those random feelings some very disturbing images would play out in her mind. One scene after another that made no sense. She was not a woman who watched violent movies or read violent books. These disturbing waves of energy would last for about an hour and a half and then suddenly they would stop.

She began to take note and realize that this was occurring every single day at the very sometime. She knew then that something was being done to her. However what was happening was occurring so quickly that it started to have a very profound effect on her mind. She felt unstable, weak and emotionally unbalanced. Something was seriously wrong. She knew it, but she held a great deal of fear that if she told anyone they may just think that she was crazy. She knew that this was not the case. She could see clearly that someone was working hard to harm her and she needed help.

She experienced a strange phenomenon every day she went out. Just as she was about to cross the street a car would get within inches of her body, almost knocking her down. This strange happening occurred every day until she began blaming herself, thinking that maybe it was the way she approached the crosswalk. Regardless of what she did and how she changed her approach nothing changed.

### ***3 Stages of Mental Break Down***

- 1.) First her emotions became extremely unstable. Despite all her efforts to stabilize her emotional state she would fall strongly into states of fear, depression and a feeling that something was chasing her. Strong emotional instability is the first sign of a psychic break down.
- 2.) Second she began to notice patterns of events that were not with her usual life. That can happen as a series of mishaps happening too frequently. In her case she began to lose things which were of value to her. Then there was also the situation of come close to being run over by a vehicle every time she went out.
- 3.) The strange energy of the attack begins to take over the mind. IT begins to dominate to the point that the one being harmed can no longer control

their emotions and stop the strange vibration. Instead it becomes so strong like a virus that there is seems to exist now in a state of disrepair.

# **Are You Experiencing a Psychic Attack? – Here Are a Few Signs to Know**

Are you under attack? To some extent you can say that we all are. However there are degrees to psychic attacks that can cripple even the best of us based on the degree of the attack. Here are a few signs and you be the judge of it all.

***General sense of anxiety or fear without an identifiable cause*** – This sort of fear phenomena is usually the sign of a sever attack done by a skilled psychic worker. When a psychic does work on to harm someone one of the first effects they want to create within you is EXTREME fear. Fear works like a virus; it breaks down your immune system very fast, weakens your aura, causes erratic behavior patterns and affects your mind.

***Inability to go to sleep or sleep interrupted by poor dreams*** – When someone goes to a psychic to launch an attack on you, your mind will be forever affected by continual turmoil. Bad dreams are a signal from the inner mind alerting you to a problem. When you are asleep your subconscious mind attunes you to those situations that you are unaware of in your life. Bad dreams are a reality of an issue you must fix.

***Feeling you're being followed or watched*** – Some psychics create on invoke other dark spirits and those spiritual entities will continually do damage on every areas of your life. However they feed off your fearful vibration. They can only attach themselves to you if you remain in a mentally unstable state of being. That is why a psychic will enforce a great deal of fear and dark images into your mind. The

idea is to lodge dark energy into you so that you can be a host for negative entities.

***Fear of being alone*** – Your fear of being alone will follow any feelings that you are being watched by something. Naturally if you are under attack by a dark force you will feel vulnerable. The idea of being alone will only heighten the feeling of being vulnerable and open to being harmed.

***Lots of Confusion and Fights For No Apparent Reason*** – If you find yourself suddenly having a huge disruption in your life for issues which seem minor you may want to look more deeply at this. A psychic attack can be sent to cause chaos in your life with those around you. Their idea is to cause disturbances so severe that you lose any support system in the form of friends or the support of family members. As human beings our success depends on the support of others, however when your support system is broken down you become open and susceptible to mental intrusion from others.

***Sudden Financial Losses*** – Your job or business could be going well one day when suddenly for what seems like no apparent reason everything starts to fall apart. Problems happen in life, things fall apart. However if you do feel that things aren't normal don't pretend that they are. You intuitively know when a financial downfall is as a result of a bad action that you took. However when there are other signs that all is not well adding that to your financial life suddenly falling apart, it's time to take notice.

***Check your emotional state*** - always be in tune with how you are feeling. When you know your own temperament you can tell the difference when someone is



trying to harm you. You can actually feel the energy of an attack and it really does hurt. If you are sensitive to energy you can tell.

***Getting Others Angry*** – Let's face it if you understand the nature of psychic energy you it would be enough to change how you interact with others. If you knew the truth of how destructive an attack could be you would not want to intentionally cause anyone harm.

All too often someone plays victim after the effect of an attack but they may not stop to ask themselves what it is they did to trigger such a destructive energy. Not everyone who experiences a psychic attack is a saint. If you find yourself in the midst of others whom you have wrong make it right. Remember prevention is better than cure.

***Emotionally Unstable*** – We can all account for being in the company of others who are seriously unstable emotionally. No matter what the emotions, they will rule how that person interacts with you. Eventually you will be the target of their emotions. Who in your life is highly emotional? Who in your life projects a lot of blame, anger, regret, fear and judgment?

***Trusting Your Intuition*** – Your own psychic mind knows when something is wrong. You get a hunch about something but because you don't have physical proof you dismiss it as nonsense. When in reality what is of a psychic nature is far more real and powerful than what is of the physical nature. Trusting your intuition is the first thing in reading someone's energy and taking the steps to a psychic protection.

If you feel that someone in your life is not sincere trust it. Trust what you are picking up as the mind is a receiver of vibration and attunes itself to who a person really is not what they want you to believe.

The moment you get a sign that you need protection don't hesitate to take measures in protecting your energy. Psychic protection will not only block out the attacks of others it will enhance your life and secure energy to reach your goals.

### ***Your Right to Live a Successful Life***

How sad it would be for anyone who has the potential within them yet never get to realize it. Sad as it may seem its far too common but many people to look back at their life with regret and blame. Recently a woman wrote to me about her deep regret for how she had spent over seven years of her life fighting with her neighbor. Her neighbor would hurl shouts of insults to her every day. This neighbor would also spread gossip causing some of the other neighbors to become angry with this woman.

No matter what she did, she could not seem to rid herself of that intense feeling of an upset stomach. This nervous, anxious feeling plagued her for years. Several doctor's visits did not produce any results. What this woman was going through was intense anxiety from all the tension with her neighbor.

Desperate and eager to change this anxious over cast feeling of being in black bubble compounded by the upset stomach she decided to seek psychic

protection. After applying the techniques with serious enthusiasm to quell the attacks the situation changed dramatically.

For some unknown reason the neighbor became violently ill. She could hear her crying and screaming in pain next door. At first this woman did not know what was going on. More than a month had gone by and all she realized was that while her neighbor had not been coming out to offend her, life as she knew it for seven years had changed. Situations she had been working towards such as a job and making more money had suddenly taken a turn for the best.

She was now ecstatic about how everything was going. Realizing the techniques worked so well she continued the practice. The more she did it the better things got for her. Then one day on her way home from work one of her neighbors pulled her aside and ask if she knew that her neighbor was presently in the hospital. Her neighbor had gotten cancer and that cancer was in the area of her stomach.

This was really a moment of oddness because as she was told what had happen to her neighbor she turned her attention to her own stomach and realized that that prolonged nervous, anxious feeling that she had suffered for close to seven years had disappear without her ever realizing it.

What happens when you cleanse and strengthen your energy field is that what others wish for you, what they send for you stays with them. The damage that they do you become their own.

***Your success in life depends on protecting what you have worked so hard to achieve.***