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# Foreword

Having a happy life and achieving your goals is something that you can easily do. All you need to do is learn some strategies in order to help you. The following book will provide you with steps on how to use the psychic defense strategy to live a happy life.



## ***The Psychic Self Defense Strategy***

How To Shield Yourself Against Psychic Attacks And Live Free

# Chapter 1:

## *Introduction*

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### **Synopsis**

Do you feel weakness and extreme fatigue after spending time with somebody? Do you experience something uncomfortable after you listen to someone who has a big personal problem? These are the probable symptoms of power contamination. Luckily, you could eliminate and do some measures to prevent them.



## **Defense Strategies**

What you need to do is to learn the psychic self-defense strategy. By knowing this, you will be able to overcome the negative energies and other things that can penetrate your own energy field. As a human, you become psychologically and physically weak and ill because unclean and “harmful” energies linger in your energy system.

Learning the strategies involved in psychic self-defense would be a very beneficial for anyone, as it is a significant phase in psychic development. Cultivating personal psychic self-defense is a must for everyone. Learning how to use it in the best way possible is one of the actions that you can do to safeguard yourself from negative energies, falsehood, contaminated energies and influences.

While you pursue on your psychic improvement tasks, exercises and psychic self-defense techniques will help you in enhancing your mental capabilities. Therefore, these good practices will make you stronger, especially on the mental aspect. Likewise, it will be easier for you to keep yourself safe and protected from injury, diseases and attacks made by other human beings.

This book is meant to provide everything you need to have a stronger and more competent mind. Your journey is just about to start...enjoy reading!

# Chapter 2:

## *The Importance Of A Strong Mind*

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### Synopsis

Being strong is not only all about your physical power. Toughness is also connected with the mind and it means that when you are strong, you possess adequate mental strength. Having a strong and healthy mind could help you a lot in achieving the dreams and goals you have.



## **Strengthen The Mind**

A strong mind is a very important thing to have in whatever you do in life. Whether you are a student, a professional or someone who is engaged in sports, you really need to have a strong mind. You need to improve the strength level of your mind, so that you will possess valuable qualities like determination, persistence, passion, tranquility, dedication and patience.

There are several benefits that a person who has a strong mind gets in each day of his or her life. With better mental strength, he/she can face difficult situations like disease and stress from work with ease. It will also help him/her avoid stress that can affect his/her job and the way he/she thinks. When you experience too much stress, you have to stop on working for a while to rest and re-channel your life from that something that bothers you. Knowing how to use the power of your mind to encourage yourself is somewhat easy to do. All you need to do is think and concentrate on your goals and the positive thoughts you have.

Having a strong mind should be one of your goals when it comes to overall health. A strong mind matters most and by learning the psychic self-defense strategy, you will have better mental strength.

# Chapter 3:

## *How To Know If You Are Under Attack*

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### Synopsis

There are different ways to tell that you are under attack. Two of them are when you experience energy loss or depression. To be sure that you really have this condition, you have to be watchful with the symptoms of psychic attack.



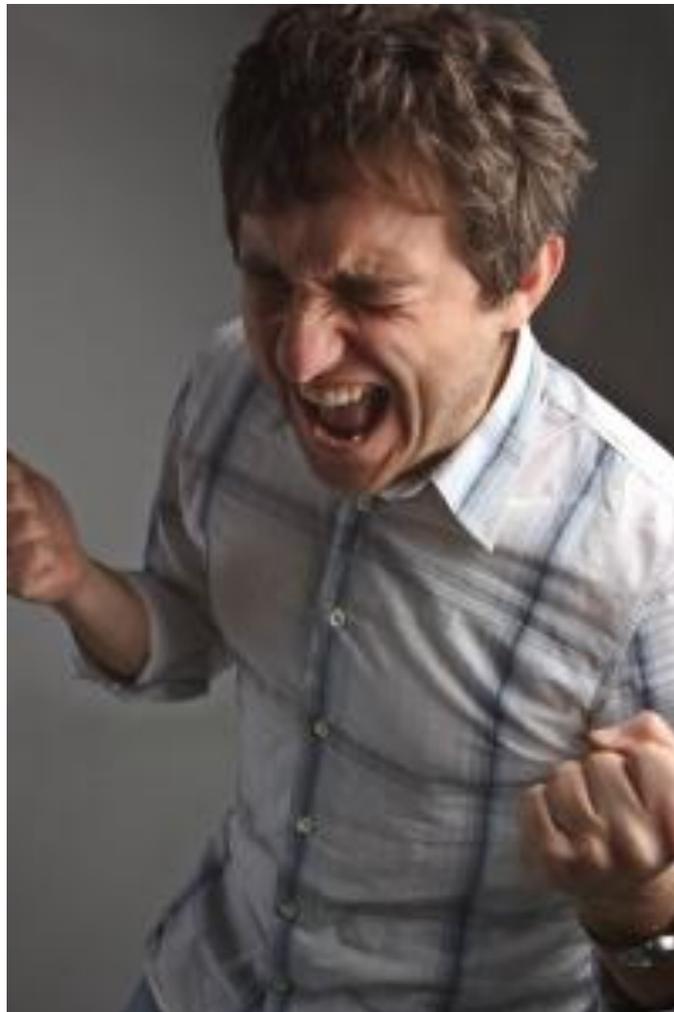
## What Happens

Here are the signs that you may experience when someone attacks you:

- Sudden violent attitude change
- Big changes in attitude without valid reasons
- Memory loss
- Significant changes in your capability to think clearly or the so-called analytical capability
- Unexpected ongoing fatigue without obvious reasons
- Having a feeling of energy loss
- Icy cold sensation on some parts or all over your body
- Hearing the voice of someone regularly
- Hearing strange voices
- Frequent or recurrent nightmares
- Strange accidents
- Thinking that somebody is watching and observing you
- Fear or discomfort from an area or room inside your office or home
- Lack of self-confidence
- Sudden health problems which elude diagnosis
- Having a disease that is unexplainable
- Having a feeling that somebody got in contact with you even you are alone
- Having irrational difficulties or problems with relationships or money

- Thinking of monsters and having fear of shadows
- Being depressed without a reason
- Hallucination
- Strange fear, sorrow or anger

Having any of these signs will mean that you are under attack. To prevent all of these, you should learn how to protect yourself from the negative influences and energy present in the environment. This is why you should learn the psychic self-defense strategy.



# Chapter 4:

*Learn How To Take Control Of Your Energy Levels*

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## Synopsis

When it comes to psychic self-defense strategy, you will learn that there are certain ways to control the level of your energy completely. To make it happen, you must do the following:



## **Examine It Well**

- Mundane – you have to get the individual out of habitual mindset, into a normal and mundane mindset. You should ask him what he or she did yesterday. You may also ask other questions like if they are comfortable with their boss or about their favorite colors.
- Shielding – make energetic shields from a person to hinder energy flows which cause problems. When a person is incapable of making his or her own shield, you can make it for them temporarily.
- Blocking – it is the same with shielding, but it is more on the physical aspect. Put yourself in the physical way between your own self with something where distress comes from. Blocking provides energetic advantages of protecting yourself from the physical hindrance provided by the supporting blocking power.
- Charging – it is lifting the energy level of a person by placing energy inside their system.
- Re-turning – it is where you return the energy of somebody to a superior vibratory level to manage the higher energy level with no adverse effect.

- Energy-shifting – it is the same with returning, but it's more on a temporary and smaller scale. It will shift the vibration rate of a person temporarily whether lower or higher for a specific time period only.
- Finding the Equilibrium – your energy will seek and find its balance automatically. This phase is known as equilibrium. You just have to relax to allow more energy to come in and out of your body without the need to force it. This strategy is also ideal when it comes to searching for harmony with the environment.
- Breaking the connections – energetic threads could be created while you work ritually or magically. It often happens while you are unconscious. When you break this connection physically or energetically, finding the solution to your problem will be an easier thing to do.
- Regaining concentration – reminding yourself to concentrate on something that requires you to bring yourself back to a place where you must be.
- Stilling – it is the way of carrying your body to a soothing, steady, relaxed and calm state. This is the physical series of balancing, attuning and centering.

- Centering – this technique is useful when you have a poor ability of focusing on something. This is the psyche version of balancing, stilling and attuning.
- Balancing – this one will work to make your energy level balance. It is the same as equilibrium, but you can use it when you cannot relax to find the balance. Finding the equilibrium will let your energy flow naturally.
- Attuning – you should come in contact with your core spirit. This strategy is the spiritual side of balancing, stilling and centering.
- Closing – to control your energy level effectively, you should close the chakras of a person temporarily. You can do it whether partially or wholly. This technique will help you in preventing the energy flow in and out of that person.
- Cocooning – making a shield or bubble of power around somebody. You can use this to cut off the person from the energy circle without making them aware that you did it.
- Resting – there are times that a person needs breaks, and this will give you a chance to improve the present level of your energy. A short nap and enough sleep will be good for your body to get more energy.

- Remaining present – this is the set of skills that you can use to recognize the feeling that you have lost control of your body like through possession and channeling. Train yourself to become aware about the precaution signs like trace states, impulsive body movement, perceive thoughts, feelings and voices which are not actually from you.
- Shock – a surprising sensation or sound can break someone from the state where his or her attention is absent. A loud sound close to you like a sharp clap of the hands will usually snap somebody out of the altered state. At some point in time, when the case is extremely severe, physical movements like slapping the face or a a kick to the shin would bring a person back right away without long term or chronic side effects. These must be used only as a last measure, and you should always use this under specific circumstances only.
- Radical grounding – these are the tactics that you can use to instantly remove all excessive energy present in a person. These include the physical, and more than an energetic movement. An example of this is a heel drop. Let the person jump and when he/she is off the ground, ask him/her to lock his/her knees, then to land hard using both his or her heels. Physical jarring will occur when he/she lands, as this will drive his/her energy deep in the ground right away.

- Grounding – this is the last technique that you can use to improve your energy, but this is also considered as the most frequently used technique. It is suggested to be used on almost every situation and it is typically the wrong way to do it. When you have poor energy levels, this technique would not be the best technique to use on your case. When you are suffering from imbalance or energy blockage, this technique would not be helpful for you. When you try to build your energy, this technique will tend to suck the energy out of your body. When trying to make yourself “mobile” and “fluid”, grounding will affect this process and it will keep you ingrained. It would only be useful if you have extra strength to avoid something. Usually, you could just perform some magical things and reflect the energy without intent at the back of it. This way, you will get the advantage of avoiding the energy, but it is important to keep this as a goal.

As you can see, there are several ways that you can use to learn how to control the level of your energy. These strategies will help you have a better capacity to control your inner side, so that you can concentrate better outside. Controlling your energy is also an aspect of the psyche self-defense strategy.

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