Psychic Protection
Powerful Techniques And Tips
DISCLAIMER AND TERMS OF USE AGREEMENT:

(Please Read This Before Using This Report)

This information in this course is for educational and informational purposes only and should not be considered a substitute for professional advice.

The author and publisher of this report and the accompanying materials have used their best efforts in preparing this report. The author and publisher make no representation or warranties with respect to the accuracy, applicability, fitness, or completeness of the contents of this course. The information contained in this report is strictly for educational purposes. Therefore, if you wish to apply ideas contained in this report, you are taking full responsibility for your actions.

The author and publisher disclaim any warranties (express or implied), merchantability, or fitness for any particular purpose. The author and publisher shall in no event be held liable to any party for any direct, indirect, punitive, special, incidental or other consequential damages arising directly or indirectly from any use of this material, which is provided “as is”, and without warranties.

The author and publisher do not warrant the performance, effectiveness or applicability of any sites listed or linked to in this course.

All links are for information purposes only and are not warranted for content, accuracy or any other implied or explicit purpose.

This report is © Copyrighted by AstralProjectNow.com.

No part of this may be copied, or changed in any format, or used in any way other than what is outlined within this course under any circumstances. Violators would be prosecuted severely.

This Report Is Not Free. So Please Do Not Pass This Around

Click Here For Step-By-Step Astral Projection Instructions
Psychic Protection

Importance Of Psychic Protection

Astral projection is the safest and the most normal activity on earth. In other words, you are safe when you are out of your body. Nothing and nobody can harm you. Nothing and nobody can possess your physical body or your mind. You are in full control of yourself. But you have to ensure that you remain calm in order to exercise your power. The only thing you need to fear when you are out of your body is the emotion of fear itself.

Simultaneously, one cannot deny the fact that the astral realm is an unknown territory; and the unknown is always terrifying. Negative entities are always attracted to a projector who is afraid.

This is where psychic protection enters the picture. We need to protect ourselves not only to repel negative entities, but also to gain more courage to enter the unknown realms of the astral world.

Psychic protection is important in case of not only astral protection, but also other paranormal activities. In fact, you need psychic protection even in your mundane daily life.

Basic Psychic Protection

When you are giving yourself basic psychic protection, you are surrounding yourself with a coat of energy, the purpose of which is to block all malicious, negative, and intrusive energy emitted by any external source that might be consciously or unconsciously trying to harm you.
Psychic Protection Techniques

You can protect yourself in innumerable ways. Using a psychic shield is the best and the commonest psychic protection technique in the world. Your psychic shield can be a simple energy bubble within which you place yourself or it can be a complex multi-layered shield. There are several different types of psychic shields, and to get the maximum benefits, you must know exactly how to create a psychic shield. The following are a few varieties of psychic shields.

1. Ball of Light Technique

The Ball of Light, like the psychic shield, is among the simplest and most basic technique of psychic protection. Visualize a bright white light, the source of which is related to the universal consciousness. Bright white light usually indicates protection from the highest power, the Creator Itself. Here are step-by-step instructions to create a ball of light.

1. Visualize a bright while ball of light full of love arriving from the heavens. As you visualize it, feel the love and protection that it offers.

2. When the ball of light approaches you, feel its warmth and protectiveness and allow it to envelop your body in all directions.

3. Allow this ball of bright white light to immerse you completely within itself. Feel your body and mind getting charged with the abundant, powerful, protective, and loving energy of the universe.

4. For maximum benefits, continue visualizing the ball of light for at least one minute.

The ball of light protects you from all negative and harmful entities. Nothing bad will happen to you as long as you are surrounded by the ball of light. No evil vibrations will approach. They will simply move over the ball and away from you without touching you in any way.
If you perform the above-mentioned exercise daily, the ball of light will protect you every moment of your life.

2. Fire Within You Technique

Fire is a great psychic protection technique, which is ideal for people in need of strong protection. Here is how you use the fire technique for protection.

1. Stand erect and breathe deeply. Imagine a small flame burning on your Third Eye Chakra, which is located between your eyebrows. Focus on this flame for some time. Remember that this flame is protective in nature and cannot harm you in any way.

2. Visualize the flame spreading till your entire head is engulfed in flames. Let the fire spread over your shoulders, chest, back, and abdomen. Visualize the fire growing bigger and bigger till your entire body is engulfed in flames.

3. Ensure that the fire is fierce and intense. The fire must extend to a radius of 1 – 2 feet around your body in all directions.

4. Whenever you exhale, the flame will get stronger. Visualize this flame for around 1 – 2 minutes for maximum benefits.

You will not feel hot; and you will not suffer any burns. This is a spiritual flame, which will make you feel warm, loved, and protected as long as it is around you.

You are safe as long as the fire surrounds you; no negative entity will dare approach you. If it does, the flame will ruthlessly burn it down and prevent it from touching you.

3. Rain And Lightning Technique

You can use the rain and lightning method for protection. Here is how you do it.

1. Assume any comfortable posture, breathe deeply, and relax.
2. Imagine tiny drops of rain falling from the sky. Imagine them getting attracted to you from all directions and form a protective shield around you till they surround you completely.

3. Visualize the drops of rain at a radius of 1 – 2 feet away from you. They do not touch you. Visualize the raindrops falling… the more it rains, the more droplets attach themselves to the spherical shield of raindrops around you, making the protective shield larger and stronger.

4. Now imagine a powerful bolt of lightning touch the protective shield of raindrops. Naturally, the shield gets electrocuted and sparks fly in all directions. Visualize the sparks as powerful and intense; and visualize many of them flying in all directions.

5. Hold the imagery in your mind for a minute or two for the maximum benefits.

Remember that the raindrops and the lightning will not harm you because they are meant for your protection. Any negative entity that tries to approach you with the intention of harming you will be destroyed even before it can touch you.

Combining Multiple Psychic Shields

You can obtain additional protection by combining all/any of the above-mentioned shields and creating multi-layered psychic shields.

For instance, you can first create the ball of light and then create the rain and lightning shield around it. Alternatively, you can first create the rain and lightning shield and then create the fire shield around it. Multi-layered psychic shields ensure double protection.

Cleansing Your Aura

If you want to create a really good shield, you must first clean your aura of all negativities before creating a psychic shield.
Psychic Protection

You can use either of these aura-cleansing techniques.

1. Relax completely and visualize two beautiful silvery white hands slowly descending from the heavens. Visualize these hands lovingly cleanse your aura of all negativity. The hands will cleanse your aura from top to toe.

Imagine that you are getting cleansed of all negativity. The silvery white hands will return to the heavens after cleaning you completely.

2. Relax completely and imagine yourself on top of a hill/mountain. Imagine all the negativity within you rising from your body in the form of a dark, dirty smoke. Visualize that the smoke is coming out of your toes first and then from your feet, thighs, pelvic region, abdomen, chest, shoulders, hands, neck, face, and head.

Visualize your entire body engulfed with black smoke, rising toward the sky and forming a dark black cloud there. Continue this as long as required.

Now visualize the smoke coming out of you becoming lighter and lighter till it become sparkling white. As for the dark cloud of negativity in the sky, visualize it moving higher and higher till it completely disappears from view.

These exercises must be done slowly. With practice, your visualization will become more intense and effective.

Positive Affirmations And Prayers

You can use affirmations and prayers in order to further strengthen your psychic shield. You can even pray to a god or a goddess for protection.

Prayers and affirmations have the effect of raising vibrations and putting you in harmony with the positive energies of the universe.
Here is an affirmation you can use: “I am a child of Light; and I am completely protected from all negative influences. No harm can come to me whatsoever. I attract only the positive energy around me.”

**How Often Should These Techniques Be Practiced?**

Constantly recharging and re-energizing your psychic shield is of utmost importance. Your energy shield gets recharged when you repeat the exercise. For these reasons, you must practice these techniques daily. After a month, you can work on these techniques twice a week; and later reduce it further to once a week.

The time you spend on these exercises will reduce as you get better at it. You will realize that you do not have to visualize for a long time when you feel that you psychic shields are already strong and need only slight visualization to make them stronger.

You will know that you have gained expertise when you do not have to practice anymore. You only have to visualize your psychic shields and will them to get recharged, and they will immediately get re-energized and recharged. However, you have a long way to go before you reach this stage.

This Report Is **Not Free. So Please Do Not Pass This Around**

**Click Here For Step-By-Step Astral Projection Instructions**