

Psychic Protection Techniques (1)

Someone who ought to know told me recently that I needed more protection. This came as a surprise as I call on angels, guides, helpers and power animals every day and Archangel Michael whenever I feel in need of extra help. But the remark set me thinking. Maybe it has all become a bit routine and perfunctory. Most of the time I can easily handle situations now which were difficult when I first started out on the spiritual path, but the enemy never sleeps and is always waiting for the moment to pounce. That moment comes when a situation arises which is not only unexpected and unforeseen, but unimaginable at one's current level of understanding. At such a moment there is great danger and a risk of being taken unawares. Time to take another look at protection.

I remembered a booklet I wrote in 1990 which brought together various techniques for protection which I was taught in a theosophical school. In those days I used to do two to three hours of mantras every day, more at weekends, so protection was very much an issue. I have revised and updated this booklet, so here it is.

Everybody who works with spirit realms needs protection, but especially those who decide they want to do something good to help the world, or develop spiritually, or both. The dark forces will go all out to knock them down. I have met any number of wonderful, warm-hearted spiritual people, who foster children or run animal shelters or help the sick, and so many of them have dreadful problems. They have one illness after another or there are family difficulties or they are simply ground down by the sheer weight of the misery they encounter every day. They don't have enough protection. They may reach a point, if they are too burdened, where they no longer have the energy to stand up and resist the opposition that works against them.

Another group of people who need help are those whose natural protection has been damaged by mental or emotional problems, or addictions, or some other sort of trauma which makes them more vulnerable to psychic attack. We are all born with a protective sheath, our aura or electromagnetic field, and it is said that evil cannot enter us without our consent. This is true. But it is possible, say, for a 19-year old in a drunken rage to tear his aura so that an evil spirit is able to enter his force field and take up residence. Ten years later he wants life to be different and he becomes interested in spiritual things, but the demonic entity is still inside him giving him problems. I once knew a schizophrenic member of a theosophical study group who told me that as a child she had seen an evil spirit enter her aura. She didn't tell me how this could have happened, maybe it was too private.

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There are thousands of people in this sort of fix and there is very little help available for them in modern Western society, where the belief in spirits, including demons, is taboo. The fact that received opinion laughs at the idea of demons is a tragedy for those in need of healing.

The Basics: have high standards.

Whole libraries have been written about this, so I will be brief here. It is vital for a spiritual person to live by an honourable code of conduct, because even small sins can trip you up. It may seem trivial to fiddle your expenses or tell lies, but such things stain the soul and make you vulnerable because they bring you closer to the demonic. It is not okay to do a bad thing just because everyone else is doing it. No matter what is going on around you, you should have a high code of conduct because (as the lady in the ad says) you're worth it. If there is nothing nagging at your conscience you can enjoy real peace of mind. If you are above suspicion there will be no need to keep looking over your shoulder. You will have genuine self-respect instead of the lurking uneasiness felt by those with dodgy morals.

We all suffer from negative emotions from time to time, so it is best to accept the fact that you have them without condoning them. As the Sufi saying goes: It's not your fault if a bird lands on your head, but you shouldn't let it build a nest in your hair. Negative emotions leave us wide open to demonic infestation.

This couplet from a poem written by Andrew Marvell has often sustained me when provoked:

*He nothing common did or mean
Upon that memorable scene.*

There is also that touchstone which has served generations of Christians facing a dilemma: *What would Jesus do?*

Keep your energies up to a good level. Eat a healthy diet, drink lots of water, get enough fresh air, exercise and sleep - all the obvious things. You can probably get away with a little bit of neglect, but beyond that you become vulnerable. Stay positive in your outlook.

The Enemy

Armageddon has not yet materialised on the physical plane but it is in full swing on the astral plane. There are countless legions of ghouls of every description and varying degrees of power ranked against the human race, and in arms against them are angels and other celestial beings. Almost all humans are troubled by demonic forces and millions are consumed by them.

In addition to the legions of discarnate entities there are many people in

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embodiment working for the evil side who spend their time trying to enmesh and destroy those of us who are working to do good and advance spiritually. They may be black magicians performing rituals or simply people nearby who are consumed with hatred and general negativity. You may recognise where an attack is coming from, or you may be completely unaware that someone known or unknown to you just hates you for who you are, even though you have never done anything to offend them. It might be worth taking a look at who is in your vicinity. A young couple I once knew who had recently become interested in spiritual teachings began having unaccountable problems. It turned out that an African witch doctor had moved in upstairs. When they realised he was not very pleasant they moved out and their problems ceased.

Never confront evil face to face on its own ground unless you really know what you are doing. Protection is essential, since while a situation may look manageable it may turn out to be a lot stronger than you.

Unintentional witchcraft

Just as witches' spells don't always work, so it frequently happens that people practise witchcraft in ignorance with great success. Years ago, when I first became interested in these matters and before I had acquired much in the way of self-discipline, I noticed that whenever I felt an intense anger or dislike of anyone, the next time I saw them they told me they had been ill. At first I put it down to coincidence, but after this had happened a number of times I realised that I could no longer take the risk that my negativity might hurt someone, and from that time I have never allowed myself the luxury of unrestrained anger, hatred or dislike. Malevolent witchcraft, however unconscious, carries a severe karmic penalty which I did not want to incur, and those who put out hatred and anger into the world get it back many times over. It is spiritual death to use mental powers for selfish reasons. It is simply not worth it. This is why one should never counteract evil on its own level but from a higher level.

Vulnerability to suggestion

What happens when one person is directing powerful feelings of hostility towards another is that this mental bombardment can tip the balance for one who is vulnerable so that he or she falls over the edge. Psychic attacks work through the physical circumstances surrounding their victim. The enemy seeks the weak link, the tear in the aura by which it may gain entry. The weak link may be some personal failing that you are not aware of. Or it may be a virus lying dormant in the body, or something unattended to in your home which could easily cause an accident. A large part of protection means making good these physical circumstances so that evil may not gain entry through a weakness in your defences.

Where someone's state of health is poor and no attempt has been made to control the tendency of thoughts to become negative, there will be little to

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withstand an attack from outside. It is difficult and takes some practice to be able to distinguish between your own thoughts and someone else's which are being projected onto the screen of your mind. We tend to assume that our thoughts are our own, and inexperienced people imagine that their identity consists of their thoughts. But a great many of our thoughts come from outside. Either we have learned them or adopted them from other people, or they are floating around in the general soup waiting to be picked up. Or they may be projections, telepathic suggestions beamed at us by someone who wants to exert control.

When you are already burdened, depressed and run down because of what life is doing to you, or as far as you are a prey to fear, anger, greed or any other negative emotions, you are a target for the demons and their human tools. But it doesn't have to be this way. Just because you have been exposed to a virus doesn't mean you have to become ill. You can quite often get rid of a cold by refusing to have it. Positive thinking and visualisation techniques can often effect healing and raise you above the level at which you can be hurt.

Not all the voices which chatter in our heads are our own. To be able to tell the difference it is necessary to cultivate an inner quietness. Are you being tormented by feelings of inadequacy and failure? Look at your life. Perhaps you are trying some new venture which somebody may not want you to undertake. Those feelings of inferiority and defeat may not be yours at all. They may be powerful suggestions from outside. The most important thing here is to build up self-confidence to the point where one does not immediately assume that every shabby thought, every fear, every ugly picture is one's own. No thought or feeling has any power unless we allow it.

One giveaway is the oddity of whatever it is you feel suddenly compelled to do. When I was young and green I was at a party once when I suddenly felt overwhelmingly compelled to remove a beautiful jacket I was wearing. In those days such a jacket was rarely seen in London. I was bewildered, because why should I take it off? It didn't make sense, but I took the jacket off anyway. Naïve and trusting as I was, I didn't immediately connect this strange incident with a certain girl who had been at the party. She was a solid lump of malice and I remembered she had stared at my jacket and told me a couple of times to take it off in a quiet sort of way. It seems extraordinary now, but at that time I didn't understand what was going on.

Things can get a lot worse than this. For years I could never go near a cliff edge or the top of a tall building without having to ignore a voice that told me to jump. Fortunately I never actually felt like jumping. And every now and then we hear about someone who has committed terrible crimes because voices told them to. Those poor demon-possessed souls didn't understand that they could say "No".

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Psychotronics

Nowadays mental projections may be amplified by machines in a form of mind control known as psychotronics. The cold war produced considerable experimentation with psychic gadgets, especially by the Soviets. The whole subject has gone very quiet these days, and some of the agents who were using mind control for the military during the cold war are now in civilian life teaching psychic techniques to the public. It is worth checking out psychotronics on the internet and I suggest you have a look without letting it affect you. The important thing is to have the information but not to dwell on it too much. Human nature being what it is, there are bound to be those who are tempted to use psychotronics for evil purposes. What you need to remember is that it only works on a low level. You can only be got at if you are in a state of fear and general negativity and weakness. If you are in a harmonious, loving, positive state of consciousness psychotronics cannot affect you. The demonic cannot rise above a certain level of consciousness.

I believe I experienced an attack by psychotronics in 1980, when I was just about to join an American group which did a lot of mantra work on heavy duty subjects such as world communism, the drug barons and other world problems. I woke one morning feeling very strange having had the following "dream:" I was in a cell with two men who were shoving my head down a toilet. Not only have I never before or since had a dream of this kind, but it played like old, grainy CCTV footage and was a weird watery green colour - the green that appears in the film *The Matrix*. If something like that could be projected at me in 1980, what might science be capable of now? Would we even recognise the projections for what they were? Or would they just seem like "normal" dreams or thoughts?

Psychic Attacks

A psychic attack is in many respects no different from any other kind of attack. The important thing is not to react with fear and panic but to be above it. Treat it with contempt, even ridicule, if you can: "the devil, that proud spirit, hateth to be mocked." If you are able not to react you may neutralise the attack, which will then go back to its sender, who will get the full force of what was intended for you. It is the same principle as dealing with a bully or a growling dog. Stand your ground, and nine times out of ten they will back down. Of course, a sensible person does not deliberately seek a confrontation. When Martin Luther saw a demon in the corner of his room he threw an inkpot at it. That lack of respect is basically the attitude to take.

Attacks often occur at night, when less energy is required to mount them, but when they occur in the daytime they can sometimes be recognised by a jagged, hectic type of energy which is out to cause accidents. There may be sharp gusts of wind with a buzzing quality like angry bees. This energy is seeking out some weakness in your physical surroundings through which it

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can cause you to crash your car, fall and break your leg or suffer some other form of damage which will never be regarded as deliberate. Those with inner sight sometimes see a cloud of black particles like tiny splinters. Glass breaking for no good reason is a sign of witchcraft, as it is particularly vulnerable and therefore a weak link through which you may perhaps be reached. Machinery is also vulnerable. If your car is not kept in good order there may be many weak points through which it can be manipulated. If you feel you may be someone's target you should keep your wits about you and make sure your home and general surroundings offer the least possible occasion for any form of accident or demonic infestation. Finally, it has to be said that the most vulnerable points in your world may be your children and animals. In using protection techniques, make sure they are thoroughly covered.

Night Attacks

Psychic attacks most commonly occur at night. This is because there is too much interference in the daytime for some of the more delicate psychic processes to operate successfully. ESP does not function so well in sunlight and our physiology is in a more receptive mode at night. Most of the population is asleep so their mental processes don't clog up the ethers.

The most likely time for witchcraft is in the wee small hours, when life is at its lowest ebb, around three to four in the morning. This is the time when the dying are most likely to depart and the sleeping are most vulnerable. If you find you frequently wake at this time, as I do, it may be because your Guardian Angel is waking you to protect you from attack.

There are people who are afraid to sleep, however much they long for rest, because they fear they will be tormented. While it may take time to change a long-ingrained situation, there are preparations you can make to ensure that your nights are peaceful and trouble-free. If you think you may be a victim of psychic attack manifesting as nightmares, do not use sleeping pills. It may be better to wake up in this world than to be trapped on the astral. Wherever possible, spend at least 15 minutes before sleeping in prayer and meditation, listening to uplifting music and establishing a contact with the higher powers. Read something inspirational to put you on their wavelength. If you have a guilty conscience, now is the time to ask for help.

Do you sometimes wake in the morning feeling drained, headachy and all tensed up after what should have been a good night's sleep? Don't always sleep in the same place. Your enemy may have a "fix" on your bed: your coordinates can be exactly known. If you move the bed to different places around the room, or sleep in another room, or even get in the car and drive somewhere else - it will not be so easy to get at you. One of the joys of travel is that you can sleep well because the enemy has not been able to pin you down. (You may conversely have to contend with the vibrations the previous occupants left in your hotel room, but that's another story).

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Attacks usually coincide with some great leap forward in your life. If you are not doing anything very much they don't waste their precious energy going after you. For instance, on one occasion when I was starting a new project I woke up in the early hours feeling ill and vomiting. I got out of bed and lay down on the floor and felt perfectly fine. I couldn't believe the difference. To test this sudden improvement I got back into bed and immediately felt sick. I spent the rest of the night on the floor. This particular attack may have been psychotronic because of the symptom of nausea.

However, it takes a great deal of energy to practise black magic on someone. It is hard work and the practitioner, unless very advanced, has to whip up considerable intensity of emotion and concentration in order to achieve any effect. For this reason attacks are fairly rare and do not last long.

One phenomenon which is common in all cultures is sleep paralysis, in which people find themselves physically unable to move on waking from sleep and are attacked by a demonic creature. Science of course dismisses the experience as a hallucination, but the physical sensations of being crushed and injured are very real. Sleep paralysis has happened to me many times, once while wide awake and trying to fall asleep by doing a relaxation exercise, so it is not always connected with the dream state. On that oppressive night I became aware that a grey, rat-like creature about four feet tall was sitting on my chest and the weight became so bad that I could hardly breathe. At the same time I felt something like a blunt metal rod being driven into my left lung from below. This was so unbearable that with tremendous effort I sat up and was able to drive the creature off, using some incantations. It then loped off through the open window.

I have since learned that the best way to deal with sleep paralysis is to move your little finger first, and it then becomes easier to move the whole body.

Avoid habits. Don't always think the same things. Don't always sit in the same chair at the same time in the same place. Move about, both mentally and physically. That way you won't leave tracks so easily for hunters to find.

Finally, there is one very useful technique which I have hesitated to mention because there is always some idiot out there who could misuse it. Some people get themselves a fancy sword, but in my case I have always found a long sharp kitchen knife works just as well and doesn't cost so much. If your room feels bad, and you suspect it is infested with demons, what you do is go round every part of it and cut through the air. You can cut in a crucifix shape or a six pointed star shape, or any way that feels right. Put a bright electric light on. Make as much noise as you want. Reach up and slash into the darkest corners near the ceiling, and slash over your bed and around the sides. That will clear them out, at least for a while.

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If you feel polluted, and think there might be entities hanging on your body, as often happens, you can also, very carefully, cut the air above your head, over your shoulders, down your sides, across the palms of your hands and under your feet. That is very cleansing.

If you so much as touch anything physical with the sword or knife - whether it's your own body, or someone else's, or just the furniture, you have failed. The demons want you to destroy things, and if you manage to hurt yourself they will be very pleased.

Why this slashing of the air works is because discarnate beings have a certain degree of materiality. If you cut a demon in half it will recover, but it won't like it. In the last few years I have seen quite a few people who have died, and noticed that if you go towards them they will move away so you don't walk through them. If they are sitting on a chair they will get up rather than have a living person sit on them. It must be uncomfortable for them.

End of Part One
