

Good Vibrations

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Do you pick up other people's thoughts and feelings? Do you ever find yourself glancing over your shoulder because you feel you're being watched, only to discover there's no one there? Are you particularly accident prone? If so, you may be in need of a special kind of protection.

We think we know what protection means. At a national level, we've the armed forces to 'defend the realm', the police to 'keep us safe'. At a personal level we wear wellington boots and waterproof coats to repel the rain. We insure our house and our car in case of theft or accident. We install alarms against fire or intruders. Protection is an industry worth millions of pounds.

But have you ever stopped to think that there's something else against which you may need to insure yourself? An intrusion that is silent, invisible, and yet very, very powerful. This unseen force operates not in the physical world, but in the psychic. It's formed from other people's thoughts and energies, particularly the negative ones. One of the best defences against negativity is to keep a positive mind yourself.

Ask yourself:

Do you work closely with other people?

Do people naturally gravitate to you with their troubles?

Do certain people or places leave you feeling drained and tired?

Are you sensitive to atmospheres?

Do you feel low if a friend is depressed or unhappy?

Do you use relaxation tapes? Meditate? Do yoga?

Have many small things gone wrong recently?

Do you suffer from nightmares and poor sleep?

Do you live with your head in the clouds?

Are you perpetually tired, listless, hopeless, edgy?

Have you ever felt invaded, somehow *not yourself*

Do you dwell on things, turning them over and over in your mind?

Has anyone shown strong animosity to you?

Were you born under the signs of Cancer, Scorpio or Pisces?

Have you ever seen a ghost?

If you answer yes to more than two of the above, then the chances are, you need psychic protection.

Psychic protection is subtle and invisible. It's a defensive barrier around the aura - the subtle energy field that surrounds us - that can sometimes be glimpsed as a whitish glow around the head. Psychic protection acts as an impermeable barrier to other people's thoughts and feelings.

At its simplest level, psychic protection can be a hoop of light that you imagine is around your feet, and you mentally pull it up whenever you require it. It can be visualised as a bubble you inhabit, or physicalised as a crystal you wear, a talisman you keep at your side. The Star of David, for instance, is an ancient protective talisman as is the Eye of Horus.

Simple acts can give you psychic protection. Many people find themselves instinctively crossing their arms over their solar plexus when the emotional level around them becomes too highly charged – the solar plexus being where our body feels invaded by other people's strong emotions, and where they can drain energy. Some people are sensitive to other people's thoughts too. Most of us at some time or another have had the experience of having a thought pop into our head that isn't *ours*. But, there are people who're constantly bombarded by other people's stray thoughts, and some have the misfortune to come under deliberate attack by someone who bears a grudge.

The key to good protection is to find exactly the right method for you and the situations you find yourself in. What we believe in, we bring into being. So, visualisation (picturing things) is a powerful tool for protecting ourselves. So too are crystals - which have been used for thousands of years. A black tourmaline worn around your neck, for instance, turns back curses and ill-wishing – and protects your energies against debilitating electromagnetic waves or mobile phones. A modern method of protection uses flower essences - subtle, vibrational energies that resonate with our aura to strengthen it and to cleanse the

space around us. These are now increasingly available from health stores or crystal shops or you can make your own (see Crystal Remedies).

One of the most common forms of subtle invasion is 'energy leeching'. Someone, knowingly or unknowingly, 'sucks out' your energy to feed their own – like a psychic vampire. Wearing crystals such as Green Aventurine or Black Tourmaline guards against this, as does the Mantle of Light. In a crowd of people, encasing yourself in a mantle of light protects against energy intrusion or loss. You may find being with certain people also brings up the need to safeguard your energy in this way.

Picture yourself entirely surrounded and enclosed by light. (You may find it easiest to start with a light over your head and bring this down around your body, working towards your feet). Make sure that the Mantle of Light goes under your feet and seals itself there.

You can also 'crystallise' the outer edges of the mantle for additional protection. Simply visualise yourself standing inside a large, hollow, crystal that is filled with light.

Subtle leeching of energy, and hooking into your emotions, often takes place through the spleen – located on the left side of your body just forward from the base of your armpit down to your waist. The spleen can easily be protected with a pyramid. Picture the pyramid in place before you go out into the world and especially if you feel drained or if you become aware of a tugging sensation beneath your armpit or a dull ache around your ribs.

Starting from a point just in front of and below your armpit, imagine a pyramid extending forward to your waist and backwards to the centre of your back. This pyramid can be any colour you wish. It enfolds your spleen and keeps it safe. (For extra protection, tape a Green Aventurine over the spleen).

Practise these protective measures before you need them so that they are instantly available and remember, like attracts like so banish fear from your mind and you'll always be surrounded by good vibes.

Author: Judy Hall is the author of the best selling *Art of Psychic Protection* and *The Way of Psychic Protection*. She regrets that she is unable to deal with matters of psychic attack or energy vampirism.