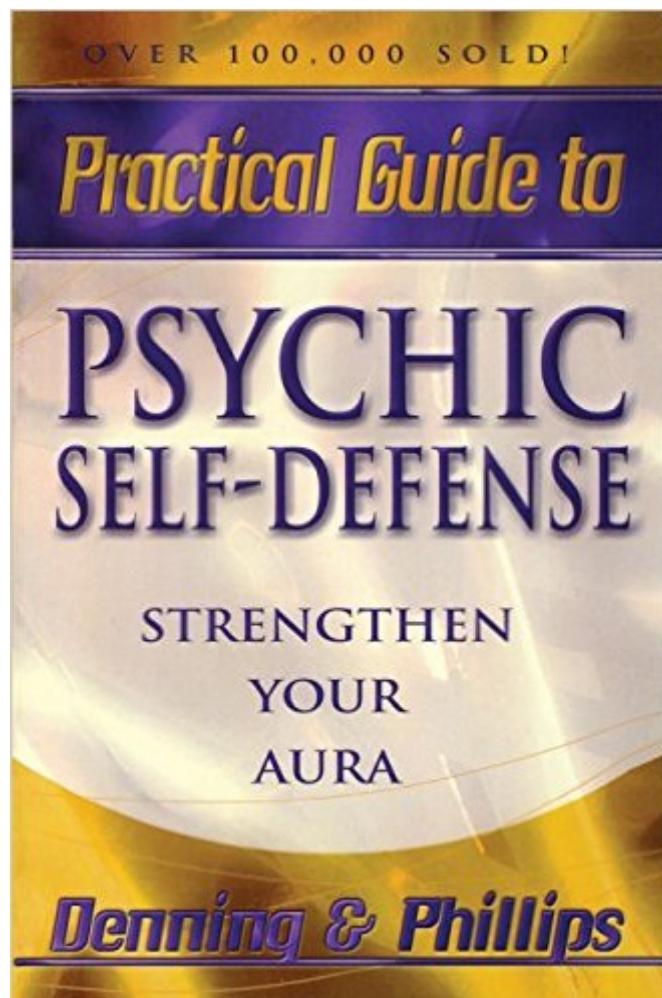


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The Llewellyn Practical Guide To Psychic Self-Defense & Well Being (Llewelyn Practical Guides)



Synopsis

Deliberate psychic attack is very rare. However, your psyche is constantly under attack from friends and strangers, advertisers and politicians who want to manipulate you. Luckily, there is a solutionâ •Denning and Phillips" The Llewellyn Practical Guide to Psychic Self-Defense. The best way to overcome attacks on your psyche is through awareness that they are occurring. This requires you to become more awake and alert to this bombardment. Part of the technique is to understand how this attempted manipulation works. By studying this book you will gain that knowledge. The result is that the psychological intimidation that has been used on you in the past will no longer control you. There are two types of psychic attack. The first kind is attack by a person who has not had any occult training. He or she may feel slighted or betrayed by you (based on actual or imagined situations) and hold on to negative emotions. Eventually, unknown to that person, the negative energy can leap out, directed at you. This book reveals that your aura is your best line of defense. By using the exercises in this book to strengthen your aura, any such unintentional psychic attack will easily be dispelled and discharged. Even more rare is the "classic" psychic attack where a person does some sort of spell or ritual to harm you. Full instructions are given for overcoming such negative magick, both on a practical, physical level (sever any physical connection between you and the attacker) and on a ritual, spiritual level (perform blessings and rites to overcome psychic attack). But what happens if an attack does get through? First, you have to know how to recognize it. Usually, a successful attack strikes at your weak link. That could be your physical health (causing illness) or your mental attitude (causing depression). This book will show you how to recognize the problem and how to deal with it effectively.

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Customer Reviews

Melita Denning and Osborne Phillips have published numerous books and tapes about psychic matters, magic, creative visualization, and astral projection. Their Practical Guide to Psychic Self-Defense and Well-Being, Second Edition is an update of the acclaimed first edition. Their publisher notes that there's no shortage of misinformation about the Occult, including psychic attacks, and says that "this book will give you a great deal of 'correct knowledge' and straighten out a lot of the nonsense . . . that has lead many naive people to walk in fear of demons and curses, of possession and jinxes, and denied to them their own natural psychic talents that would protect them. . ." Denning and Phillips believe that psychic self-defense begins with a strong aura. They explain exactly what an aura is, distinguishing between the electrical and psychic auras.

Acknowledging that certain situations create fear within us is the first step. The authors provide tips for recognizing rational and irrational fears and for overcoming them. They then explain in great detail how to create a "tower of light" that will "make your aura the luminous and potent shield of spiritual protection you ought to have." With practice, the tower of light can be invoked the instant you feel threatened or attacked. They go on to discuss the fact that a strong aura offers protection only from outside threats. Negative emotions attack from within, and weaken the protective light surrounding you. They also make people more susceptible to attacks made through elementals and sorcery. Denning and Phillips describe how to overcome attachments and break any links that have been established with unwanted entities.

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