

Introduction to Personal Spiritual Protection By Rev. Jessica Hebert

What is it, and why is it important?

Spiritual protection is important, because it prevents surrounding energies and beings from affecting us negatively. It also protects us from attack by other people, such as psychic attack and psychic vampire. Psychic attack can be intentional, or unintentional attack on another person through cords. Psychic vampires are people who suck other people's energy. Many are unaware that they are doing it, but some are intentional about it. One may find oneself feeling very fatigued physically, mentally, or emotionally when around psychic vampires.

Spiritual protection shields us from the paranormal. It is not my intent to generate fear or worry, but there are entities who attack people, and energies that leave people feeling drained, heavy, and overall yucky. By protecting ourselves, we don't have to worry or focus on those negative energies and beings.

As we grow spiritually, and raise our frequencer, the stronger the attacks will be. Much like a celebrity, needing stronger security as they become more famous.

How to do it?

There are many ways and types of spiritual protection:

1. Prayer, spells, visualizations, affirmations.

- a. One can call upon St. Christopher (especially when traveling), Archangel Michael, Kali, Bastet.
- b. Visualize three layers of protective sphere of light in white, purple, pink, or orange. Or the spheres can be reflective like disco balls. This works great for empaths!

2. Talismans, symbols can be worn, or drawn on skin.

- a. One can use eye liner to draw symbols on my body where they aren't visible to others.
- b. Wear saint medallions, such as st. Michael, st. Benedict, mother Mary, and Jesus.
- c. Symbols such as the cross, pentacle, sheila na gig (irish), runes, etc.

3. Some colors are thought to have protective properties by different cultures. Red (native american), black, white, blue beads for evil eye (egypt), and purple.

4. Carry pieces of animals.

- a. Especially predatory animals, such as: Wolf, bear, dog, cat, shark, etc.
- b. It can be any part of the animal, and one only needs a small amount. This includes a few strands of fur, a tooth, and a piece of bone.
- c. Armored animals also are protective. One can carry shells (particularly fossils).

5. Crystals

Black tourmaline deflects psychic attack and psychic vampires.

Sun stone prevents cording, and supports joy. Great for empaths!

Rose quartz is nice for healing, protection, and emotional balance.

Lapis lazuli, black obsidian, and apache tear are also generally protective.

Hematite protects by absorbing negativity. It needs to be cleansed regularly.

6. This may sound weird, but one's own bodily fluids, such as menses and blood, can help protect against the paranormal. Just a drop is all that's needed.

7. Herbs. They can be dried herbs from the spice section in the grocery store, fresh cut, or essential oils. A few protective choices are frankincense, angelica, and rosemary.

8. Head covering, especially around ill people, or paranormal hotspots. It's important the crown is covered by a solid material. That is part of the reasoning behind head covering in some cultures. Some people also believe it is helpful to cover the back of the neck.

9. Put it all together (except the head covering), and what do you get? A medicine pouch. Can be any little bag for holding any combination of the above items. I sewed mine from scrap fabric, and safety pin it to the inside of my clothes. The pin itself can add protection from psychic attack if it is made of steel.

A word of caution:

People are often curious about unique jewelry, symbols, shaman pouches, and so on. Be mindful about disclosing all of our protection techniques, as something will then try to get around them. If someone knows about the protective properties of black tourmaline, it won't work so well to prevent attacks from that person. And same with the paranormal.

When to use spiritual protection...

ALWAYS!!!

But especially when:

Doing psychic work

Meditating

Sleeping

Visiting lower vibration places ex. Toxic work environments, neighborhoods, bars, hospitals

Virtual environments, such as Facebook and Twitter

Around lower vibrational people

Experiencing paranormal activity, or investigating it

Indulging in alcohol, and hallucinogens (including pain meds)

Attending psychic expos/events