

GUIDE TO PSYCHIC PROTECTION

*and Psychic Protection
Guided Meditation*

A N D Y B R A M H I L L

The Quick Guide to Psychic Protection

The best methods and why you might need to use them

Why might you need to protect yourself psychically?

When you are doing spiritual or energetic work, you are invariably working on higher planes of existence. To do this we need to open our higher chakras, the third eye, the crown chakra, and even the heart chakra in order to receive information from these higher planes. When then find ourselves in this *'open state'* it is possible that energies of low vibration may also creep in.

It is these low vibrational energies or *'negative' energies* that we need to keep in check as they can often have adverse effects on our physical, mental, and psychic well-being.

These low vibrational energies have many different forms and are called by many names... everything from energetic parasites and worms to errant souls and spirits and even demonic presences.

This is not something that needs to be worried about and many people, out of fear, read about these different types of attacks and convince themselves that they are happening to them.

In my 35+ years experience working with this I have had many, many, people come to me thinking they were under attack when really all that was wrong was that they had absorbed some low-frequency energy from being around certain people or being in certain places or by taking certain recreational drugs (especially marijuana and cannabis) or they have been trying to contact deceased friends or relatives or maybe even they have been experimenting with out of body experiences and astral travel.

All of the above can expose us to the likelihood of 'spiritual attack' or as I prefer to call it, exposure to lower vibrational energy.

This is especially noticeable when the practices that cause the exposure involve opening up the chakras or opening up in a general spiritual way.

Well, the good news is that it is not that difficult to solve and it is even easier to prevent...

And I am going to show exactly how here:

Psychic Protection Methods

Here are some *temporary methods* that will work for a while (usually a number of hours) before the protective effects wear off.

- Create a dome of light around your body by imagining a bright light surrounding you. Only allow light and love to pass through this light that forms the dome.
- Trace an octahedron around yourself with light. Once again, imagine the outline of a double four-sided pyramid around your body. Start with a square around your waist, and then trace up from the four corners to a point where they meet above your head. Then trace again from each of the four corners to a point below your feet where they meet again.

Having this octahedron of light around your body, within your aura, provides you with an extremely powerful source of spiritual protection.

- You can ask Archangel Metatron to use a Merkaba symbol in a similar way to the octahedron above.
- Invoke the Archangels Gabriel, Rafael, Michael, and Uriel - to create a protective circle around you.

All of the above methods of protection are really good ways to protect yourself against virtually any low-frequency energy and can be done quickly and quietly as and when needed... ie before going into a place where the energy is troublesome or unfocussed or before doing any spiritual practice, even if it is just doing oracle cards reading or anything that involves a spiritual opening.

Permanent Method:

Here is a method which when used will not expire or wear off after a while.

The trick is to connect with the Angels, or with the absolute highest spiritual force you are aware of before starting your spiritual work. This may sound very straightforward but it is the only thing you really need to do. This will ensure that you are channeling true spiritual light through your body as you are working.

It is this true spiritual light that protects us against all that is not light... It is this light that will dissolve all shadows and darkness when we are working or when we are in places where the energy is unfocused.

Remember:

- Always channel from the absolute highest (Angels or above).

When you are open to Angelic energies and when you are channeling Archangel energy, the light will dissipate any darkness and dissolve all low-frequency energy.

If you are practicing regular Angelic connection, you will have this permanent protection from the highest source and all energy that is low vibrational or dark will simply dissolve in the light.

As you might have realized by now, I am all about Angels but have not always been. To me, the idea of religious Angels is very foreign. To me, Angels are spiritual guides at the highest possible level.

I battled with psychic attacks for many years myself when I was working as a medium. It was not until I started working with Angelic energy that I was shown this method.

I haven't had any problems with psychic attacks since.

I am including a 'guided meditation' with this document that will help you to channel in the light needed to serve as psychic protection.

You don't have to do the meditation every time you need to protect yourself, but if you do it once, you will see the sort of experience it attracts, and then you can duplicate that experience as a and when you need, doing it as quickly or as thoroughly as you see fit.

To learn more about the Angels, take a look at some of the courses I hold.

Impeccable Angel Card readings - Angelic Communication:

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<https://www.andybramhill.com/angel-communication-course/>

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