

Psychic Self-Defense

LA/OC Pagan Pride Day 2023

Just as we pick up dirt, debris, and other physical “junk” in our daily lives, we also pick up vibrational (astral) “junk.” When enough accumulates, we may experience uneasiness, exhaustion, anxiety, insomnia, or a host of other ill effects. Practical actions to prevent or rid yourself of this astral “junk” fall under the three broad categories listed below. These categories are not mutually exclusive – address all three for effective long-term results.

1. Maintain Your Physical & Astral Health

General Best Practices

- Stay as physically healthy as possible.
- Ground regularly. Popular grounding techniques include: eating root vegetables, walking outside barefoot, submerging your hands or feet in water, touching stones or tree bark, and breath control.
- Avoid unnecessary physical contact with people, especially if you are an empath.
- Avoid unnecessary physical contact with inanimate objects. They may harbor gross germs, and also gross vibrations.
- Stand in sunlight for a few minutes each day – it naturally counteracts negative vibrations.

Open-Handed Personal Protection

Shielding

- The “Egg of Light” is a popular shielding method. Visualize yourself inside an egg of impenetrable divine light. Negative vibrations cannot enter the egg (they are destroyed upon contact), but positive ones can.
- To shield yourself from a particular person or a group of people, visualize a large pane of glass separating you from the person or group. You can physically see and hear them through the glass, but they cannot astrally interact with you.

“Closing the Circuit”

Stand or sit with your feet together and hands covering your solar plexus, with fingers interlaced and arms touching your sides. Alternatively, you may cover your solar plexus with an object while maintaining a similar stance. When performed correctly, you will still feel your personal energy circulating internally but outside vibrations will be unable to pass into you.

Additional Practices

- Ritual baths aimed at purification or protection are common in many paradigms. A variety of ritual bath “kits” are widely available in most metaphysical stores or online. You can also make your own!
- Protective amulets have been worn for thousands of years. Talismans bearing connection to defensive or divine energies are also common.

- In extreme circumstances it may be necessary to temporarily avoid solitude, large bodies of water (sometimes excessive water may worsen symptoms), and performing certain types of magical work.

2. Purify Your Surroundings

General Best Practices

- Keep your environment as physically clean as possible. Eliminate clutter and let in fresh air. Implement good *feng shui* or *vastu shastra* if you feel it is necessary.
- Don't neglect your personal items – they also accumulate physical and astral “junk.” If items do not bring you joy or are irreversibly imprinted with bad memories, donate or dispose of them.
- To purify a room, sprinkle table salt, consecrated water, or a combination of the two in locations where you feel it is necessary (e.g., in the quarters, across the doorway and windowsills...).
- Purifying a room via sacred smoke (e.g., sage, palo santo...) is another practice embraced by many paradigms. The details of the procedure vary among cultures.
- The sound of bells, windchimes, clapping, and laughter help break up negative vibrations, making them easier to clear out.

Environmental Purification Techniques

The “Candle Vacuum”

Obtain one black candle and one white candle of the same size. Program the black candle to absorb negative vibrations and the white candle to project divine vibrations. Light the candles on the same table at the same time. While the black candle absorbs the negative vibrations, the white candle will fill the void. That way, negative vibrations cannot seep back in the area. Burn the candles for as long as necessary, but extinguish them at the same time. The candles may be reused, but only for this purpose.

Mirror Magic Reflection/Deflection

Program a mirror to either (a) reflect detrimental vibrations back to their source, or (b) deflect them away from a particular area. Regarding the latter, deflecting towards the earth (where they can be grounded) is a popular practice. You may hang your mirror on a front door, place it on a windowsill, or position it in some other reasonable location where its reflected light is not a fire hazard. Ensure the mirror faces outward to reflect the detrimental vibrations. If grounding vibrations, ensure the mirror is placed at a slightly downward angle.

Additional Practices

- Many crystals have the innate ability to purify the immediate environment. Black tourmaline, selenite, and amethyst are popular options. For general personal protection and grounding, citrine and orange calcite, respectively, are also reliable.
- Banishing rituals serve to clear an area of any vibrational “junk.” Feel free to perform an existing banishing ritual, or create your own!

- Many plants are also innately protective. Sage and rosemary grow fairly well in the LA/OC area. Both are non-toxic to cats, dogs, and horses. The [ASPCA](#) maintains a comprehensive plant toxicity database for pet parents.

3. Reduce or Eliminate the Source of Detrimental Vibrations

Sometimes it is not possible to determine the source. If this is the case, there are still many practical measures you may implement to mitigate detrimental vibrations.

General Best Practices

- Determine if the source is internal, external, or both. If you are an empath, regularly ask yourself, “Is this emotion mine, or someone else’s?”
- Connect with divine energy regularly – it naturally neutralizes negative vibrations.
- Avoid toxic people (e.g., Cluster Bs, “energy vampires,” chronic complainers...) as much as practically possible.
- Make sure you get enough “alone time,” especially if you are an empath.
- When feeling bombarded, visualize a tidal wave, earthen wall, or something else pushing detrimental vibrations away from you.

Cord Cutting

Cord cutting severs energetic bonds between yourself and other people, places, or situations. Many paradigms practice cord cutting, thus many variant procedures exist. A basic procedure is as follows.

1. Take a few deep breaths and center yourself.
2. Visualize an umbilical cord connecting you to the source. Detrimental vibrations are transmitted through this cord. If the source is unknown, you may visualize its astral appearance instead.
3. As you continue visualizing the source at the opposite end of the cord, say your peace and then cut the cord.
4. Visualize both ends of the cord being cauterized with divine light.

You may also invoke divine light or a patron deity after cutting the cord and before cauterization. Note that cords are often capable of reforming, so repeat as necessary.

Additional Practices

- Hematite rings absorb detrimental vibrations in general. When the ring breaks, it has done all it can – buy a new one.
- If you cannot go “no contact” with toxic people, surround yourself with the “Egg of Light,” glass shield, and “gray rock” when forced to be around them.
- To neutralize negative vibrations in general, “elevate the opposite, refine the distortions.”