

## Tools for Psychic Protection

Dr. Vest : Women of Color Medicine Series Nov/Dec 2018

1. Meditate regularly to keep your vibration up. Meditate on love and peace as often as possible.
2. In everyday life, be loving and focus on the positive. Whenever possible follow bad thoughts by good ones. When you feel nervous or afraid, you tend to think about too much. Follow your worry thoughts by this question: What is the best possible outcome? Do not answer it, just ask it. By deliberately changing your thoughts and thinking about the outcome you desire, you immediately start protecting yourself.
3. Mind Your words. Monitor your speech and actions and keep them on a high vibration. Negativity attracts negativity. If you engage in conflict, angry or mean words on a regular basis this can attract negative energy. If you find yourself saying cruel words in anger or being excessively critical, follow your negative statement with a positive one or say, " Cancel. I cancel what I just said." Tell people you love them often.
4. Visualize shields, circles or cones of light protecting you. These shields can be generated from your Higher Self, from your ancestors, angels, from God/dess, etc. Imagine yourself protected by this light and any attempts at negativity hitting the shield and being deflected off or dissolving.
5. Ask for help from nature. Everything has a spirit. The rocks and plants and animals all have spirits and we can ask for their assistance. You can carry a crystal or gemstone. You can rub it whenever you feel the need for protection. You can use herbs in the form of herbal sprays (eg. Lavender, Rosemary), you can burn holy plants (Sage, Sweetgrass, Frankincense and Myrhh, Cedar, Palo Santo, Tobacco, etc.);
6. If you come from a religious tradition, you can say a prayer, refer to your holy book, employ statues ( Buddhas or Christ, etc.) or make the sign of the cross. These give you an instant connection with the Divine as you perceive it, providing peace and comfort as well as protection.
7. You can engage in mindful breathing/breath yoga: Breathe deeply and slowly. This expands and strengthens your aura, which provides you with psychic protection.
8. Use water and/or salt. After experiencing any form of negativity or psychic attack, it's a good idea to wash your hands, splash your face with water, or enjoy a relaxing shower. Water absorbs negative energy, washes away energetic debris and aids in purification. Visualize the negativity flowing away from you while you're in the shower. A leisurely bath in salt water will remove all the negativity that has attached to you throughout the day. You can also go to the ocean and put your feet in salt water or shower with a soap that has salt in it. You can also sprinkle salt around a space to keep it pure.
9. De-cord on a regular basis. Visualize energetic scissors and use them to cut any cords attaching you to any negative persons, places, or events.
10. Ask higher level beings for assistance. Call on the ancestors, archangels (Michael, Raphael, etc,) or your Spirit guides, Guardian Angels, or your Goddess/Source Energy to help you to remove any negativity from your aura and also to protect you from negativity.
11. As often as possible think about the people you love. Enumerate in your mind all you are grateful for. This is a type of prayer.

Plant Medicines and Tonics for Protection and Cleansing

Sage, Sweetgrass, Palo Santo,  
Frankincense, Myrrh, Copal, Pine  
Rosemary and Lavender  
Feverfew, Mugwort, Sandalwood, Dragon's Blood, Eyacaplyptus  
Florida water, Rose water

Home Rituals

Red brick dust tracked in  
Sweep away the footprints of anyone who has tried to harm you/spoken ill of you in your home  
Cascarilla Powder for protection  
Pray in or sanctify the four corners: White candles; Pennies in the corners; bay leafs  
Ritual Baths: salt water, Bay Leaf, feverfew, etc.  
Draw Symbols: Adrinka (Ghana), Veve(Haitian)  
Prayers to La Virgen, Orishas, Ancestors, Angels  
Play music: Blow horns, play drums, play music on YT, mp3s, etc.

Homework

- A. Talk to the Old Ones and Ask them about protection
- B. Create or replenish your Altar/Sacred spaces in your home
- C. Decide on the personal medicine you will carry
- D. Choose a symbol for yourself or your home