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Spiritual Protection

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(September 9, 2014)

A recent poll resulted in a shocking and concerning discovery: more and more innocent and unaware people are reporting that they have been the targets of unexplainable dark forces. It appears that thousands are affected by a negative energy that spreads worldwide like poison. Unfortunately very few therapists, coaches or psychiatrists are aware of this problem, and those who are do not know how to help. Sadly, medication often contributes to the situation, exacerbating the distress and confusion.

The following symptoms are most common as the result of spiritual attacks and may be indicators of the influence of negative forces:

- Sudden fatigue, depletion of energy or other indisposition for no apparent reason
- Ongoing, repetitious streaks of bad luck
- Increasing discord in one's primary relationship, family or work place
- Unexplainable noises or sounds in your home
- The experience of people suddenly turning negative when in your presence
- Depression, despair, hopelessness, or excessive negative thinking
- Being surrounded by sudden coldness, even in a warm room
- Giving or working continually without receiving anything positive in return
- Unexplainable aches and pains in different parts of the body

The conviction that spirits influence or possess people is based upon the assumption that life continues after death. For centuries possessions have been documented in numerous case studies, leading to the conclusion that only the physical body dies and something else, which we call soul or spirit, survives.

So-called Earthbound Spirits, also known as discarnates, are simply those spirits who, for whatever reason, did not make the natural transition to their next higher planes of existence. They may need our help to get there. Our world appears to be populated by discarnates as well as living human beings.

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Fortunately there is a lot we can do to prevent negative spirits from entering our energy field. We can deny discarnates access to us by keeping our own energy fields, such as our aura, strong and rapidly vibrating at a high frequency.

But how can we do this?

We can strengthen our own energy field by using the *God Light Technique*. You may also replace the term God with: *Divine Energy*, *Divine Source*, *Highest Good* or *Supreme Intelligence*. I call it *God Light Technique* since it is known that the negative side uses light as well. Ideally, we access this God Light Energy twice a day, first thing in the morning and before we go to bed at night. The more we use it the more resilient we will be, and the stronger our aura becomes.

Here are easy instructions for applying the God Light Technique:

Using your creative imagination, open your crown chakra, (the area immediately above the top of your head), and invite the brightest, healing light from God to flow into your body, filling you from your head all the way down into and through each cell of your body.

Once you are filled with this healing light imagine it to overflow and surround the outside of your body as well, forming a strong radiant wall of God's healing White Light. Now allow it to completely surround your body, protecting you from any negative energies, including thoughts, words or actions.

Once you have familiarized yourself with this simple but immensely powerful God Light Technique, you can use it instantly - with just a thought and you will be protected. This process takes only a few seconds and can be done anywhere and without any time consuming preparation. You have total control over this technique and everyone has the power and gift to utilize it.

Spirit possessions can also occur more easily after surgery or during hospitalization. In order to protect yourself at these times use the ***God Light Technique*** more frequently. It is useful to apply it from the time you enter the hospital as well as immediately before you are anesthetized, as soon as you recover from the anesthesia and throughout your stay. Mentally stay as relaxed, calm and positive as possible.

The vibrations of our energy field vary constantly. They are reflections of our physical, mental, emotional, and spiritual state. Being upset, depressed, fearful or envious are all poisons. They slow down the vibration of the aura and change its colors. Any time we are confronted with a situation or person involving negativity, we may need extra protection: As soon as you recognize this you can **immediately** surround yourself with God Light.

Negative Energy does not always come from outside but can also be created by ourselves.

Therefore, it is imperative that we keep not only our environment but also ourselves as positive and 'clean' as possible. We can, in fact, create negative energy ourselves through our own negative thinking, indoctrinations, emotional blocks, hang-ups or any other negative or incorrect mental programming. Not only can negative energy make us physically ill, but it can also significantly hinder or delay our own Soul's development and advancement. Few mental health practitioners are aware of the multidimensional aspect of human beings and thus do not know how to work with this knowledge.

Certain gifted people such as clairvoyants, mediums and a wide range of other sensitive people are able to see or otherwise recognize Spirits inside and outside of our energy fields. These uniquely gifted individuals can also often 'read' our state of health, our emotions, and a great deal more from the aura's shape, density and color. Anger, for example, sends out murky red 'arrows' that penetrate someone else's aura and impact the person's wellbeing.

Another excellent way to protect ourselves and to minimize the impact of negativity through inside or outside influences is to avoid recreational drugs and alcohol. Even getting 'stoned' or drunk once can result in a possession followed by spiritual implants that can last a lifetime!

Prayers or any positive loving thoughts or wishes are *very* helpful. They call upon powerful sources of the highest light beings and the part of us that is from our Creator, God's energy. The Lord's Prayer is a potent means of protection. The 23rd Psalm is also excellent for this purpose. Both of these prayers will not only raise the aura's vibrations, but will also attract help. We may also enlist the aid of spiritual healers, doctors and other spiritually knowledgeable and grounded specialists.

Regardless of your religious or spiritual background or particular beliefs, you can say any prayer or affirmation with which you feel comfortable. People with strong faith in a divine Right Plan and Order have a proven advantage over those who don't. They tend to live with more joy, acceptance of life the way it is, and greater inner peace.

It appears that it is not necessary, when dealing with spirit possession, to use a cross, holy water or religious relics, since they will not directly have any impact on Spirits. These items however may be used for our own affirmation as an emphasis which helps us to focus upon our intent. In reality we only have to *get the attention of* the invading spirits and then *firmly tell* them to leave. Only in the rarest cases, when dealing with a dangerous demonic entity, may we need to seek the help of a competent hypnotherapist or spiritual therapist, who has obtained special skills and experience in Spirit Release Therapy.

Here is a Summary of Major Means of Protection:

1. *Use the God Light Technique or similar protection techniques frequently, especially when exposed to negative environments, situations or people*
2. *Maintain balance in all areas of your life and maintain a positive outlook on life*
3. *Get professional help, if needed, to effectively release any negative thinking habits, emotional blockages, spiritual implants and/or spirit influences*
4. *Abstain from, or at least minimize the use of drugs and alcohol*
5. *Use the God Light Technique especially before and after surgery and during hospitalization*
6. *Pray and affirm positive thoughts and ask for spiritual guidance and help*
7. *Commit to live in accordance with God's Laws of Nature and all other Universal Laws and Principles*
8. *Have Faith in God's Divine Plan and Order*

How can we protect our Home from Spirits and Negativity?

Here are my suggestions:

1. Do *not invite spirits into your home!* Arranging for séances, using the Ouija Board or engaging in automatic writing can easily create potential disasters that may outweigh any possible benefits.
2. **Avoid** excessive use of drugs or drinking alcohol in your home.
3. Surround your home **daily** with White God Light. Imagine each room filled with God's Healing White Light. It takes less than a minute.
4. **Firmly** tell spirits to leave.
5. **Mentally ask for protection** from higher light beings such as Jesus, your Spirit Guides, your Guardian Angel, or God the Almighty directly.
6. Be strict about your own **"Emotional Hygiene"**! Keep your home happy and filled with love and contentment. Negative spirits feed on the energy from fights and quarrels, negative thinking, negative people or any other discord.

Keeping our lives balanced with regard to family, work, play and rest is vital, since spirits and our own self-generated negative energy can enter into a weakened aura as easily as someone can walk through an open door.

Spirits are a natural occurrence. Having spirits in our home is *not* a catastrophe, but they can be irritating and need to be recognized. As a general rule we **can all** deal with them and solve any problems associated with them on our own.

Further readings on the subject are to be found by **Raymond A. Moody, Edith Fiore PhD, Melvin Morse MD, Prof. Dr. Ernst Senkowski, Samuel H. Sandelweiss, Edgar Cayce MD, Roger J. Woolger, PhD, William J. Baldwin, DDS, PhD** and many others. This summary also includes information from **Theobald**, a Spiritual Teacher in the Beyond, and was confirmed of its accuracy.