

PSYCHIC SELF DEFENCE

Magical protection from mystical and material threats

Feeling under the weather? Depressed? Down? Listless? Often low feelings are caused by some form of magical attack. Now, before you accuse me of paranoia I am fully aware that there are many other potential causes for these symptoms and would be the first to suggest you go and see your doctor if they are getting on top of you.

Nor am I suggesting that someone has deliberately attacked you if you are feeling a bit out of sorts. No, although magical attack (or cursing) does occur, it is extremely rare. It is even rarer to find someone who is good enough to have any real effect on you. So the chances of being on the receiving end of an effective magical attack are minimal.

So What's The Fuss About Then?

Sometimes, just sometimes, we get run down through a combination of general stress, some sort of bug going round, etc. And sometimes we get run down by the low level instinctive ill wishing that often surrounds us in this day and age. That is, everyone has magical abilities, they simply don't know it consciously. If, for some reason, a number of people resent you, or your position in life, or just plain don't like you for some reason, it is possible they can launch a minor unconscious psychic attack on you. If a reasonable number of people do this, you may begin to notice some effect.

What's To Be Done?

The solution to this low level attack is quite simple, but can be a bit of a chore. Simply create and use an straight forward self defense ritual daily. Here's one that has stood the test of time:

Stand upright with your feet slightly apart. Take two, or three deep breaths and enter a light magical trance (see "[Cast Real Spells](#)" for instructions on this).

Imagine a glowing pentagram in front of you (electric blue, or even red if you're really feeling ground down) spanning from the top of your head to the tip of your toes.

Make a statement of intent such as:

"I make this symbol secure in the knowledge it will guard and protect me throughout this day, from all hostile intent."

As you complete the sentence, visualize the pentagram "switching on," that is, lighting up with extra energy.

Then go about your business for the day. It might be worth repeating the ritual in the evening substituting "night, " for "day."

Anything else?

Something as simple as this will tend to ward off the stuff we come across from day to day.

I even spoke to a magician once who used something like this to avoid a physical attack.

He had been practicing for some time, and simply "saw" the pentagram light up as his attacker came at him. The attacker broke off and left the scene.

For a response to a more serious magical attack, go to our [website](#) and get in touch.

The author and publisher of this work have over 38 years experience in magic and have made every effort to produce an accurate and useful guide to magical practice. It is quite likely that the authorities where you live do not believe in magic (for example - recent amendments to UK law mean that this product is offered for entertainment value only and no magical results can be guaranteed) and therefore it is necessary to state: This guide is produced to the best of the ability of the author. Magical practice is necessarily experimental, so results cannot be guaranteed. You must satisfy yourself as to the legality and safety of any practical work you undertake.

As much spell casting uses candles, incense, and other hot materials, please make sure you take adequate fire precautions. We want you to come back and buy our other products, not lie in a hospital bed with severe burns. Magicians are often portrayed with cowled robes and flowing sleeves etc. Whilst this can look really impressive, remember FIRE will destroy any cool you have if you wave those sleeves too near the candles or joss sticks.

You know what I'm trying to say here. Modern legislation practically requires me to remind you to keep breathing whilst performing magic. Be careful. Be safe.