

The
PRACTICAL
PSYCHIC
SELF-DEFENSE
HANDBOOK



A SURVIVAL GUIDE



COMBAT PSYCHIC ATTACKS,
EVIL SPIRITS & POSSESSION

ROBERT BRUCE

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Introduction

Core Affirmation: “I am loved and I am worthy. I am safe and I am free. I am powerfully protected. I am master of my body and ruler of my mind.”

WELCOME to *The Practical Psychic Self-Defense Handbook*. This second edition offers a whole new level of accessibility and understanding, along with new countermeasures and practical advice to help with a broad variety of weird and sometimes dangerous real-life paranormal situations. Knowing how to spot negative problems early and take effective action prevents ongoing problems and suffering in the long term.

This book is every bit a survival guide. You can think of it as something like a fire axe, kept under glass with big red letters that say, “In case of paranormal weirdness—break glass!” It is wise, though, to digest the contents of this book before you tackle any paranormal fires.

People suffering from psychic attack or other paranormal troubles are frequently blamed for attracting or creating their own problems, for having done something wrong, or for having bad karma. This attitude is unfair and largely based on ignorance concerning how things actually work in the greater spiritual reality.

I was in this situation myself around 1990. I was unsupported, judged, blamed, avoided, and, in general, let down. When the teachers and healers I approached for help saw I had serious paranormal problems, I was

not helped, but avoided. I am sure a lot of people wanted to help, but very little is known about the how and why of such dark problems. Even less is known of what to do about them.

A lot of things that look good on paper fall down in practice. Many people pretend or persuade themselves that they have the higher knowledge and skill and faith to deal with real evil spirits, demonic attacks, and possession problems, but they are usually just as clueless and afraid as are the victims of these dark maladies. “Just surround yourself with white light” I was so often told, but when this did not work I was openly blamed for not doing it right. The teachers walked away one by one, shaking their heads and telling me I was being difficult. They knew the truth with a capital T. So it must be my fault.

The real truth down here on planet earth is that a serious paranormal problem can be likened to a gang of armed criminals busting into your home and tying you to a kitchen sink. You manage to sneak out your cell phone and start dialing and whispering quietly.

You call a neighbor: “Tell them to go into the light.” *Click.*

You call a New Age friend: “Ask your guides to take them away.” *Click.*

You call your mom: “Have you been drinking again?” *Click.*

You call the police: “Have your medication checked.” *Click.*

You call the hospital: “Take two aspirin and drink plenty of water.” *Click.*

Your cell phone battery dies.

With no other options available, you have a good think about your problem and come up with a plan yourself. You sneakily set fire to the garbage under the sink and smoke the place out. The bad guys choke and run from the building. Wet soap gets your hands free. A wet towel helps you breathe. You lock all the doors and windows, dive into the basement, and dig out Grandpappy’s old shotgun. Then you put out the fire under the sink and review the situation.

By taking decisive action and doing a few simple things, you have placed yourself in a much better position. It may not be perfect—the bad guys are still outside—but life is definitely looking up for you. This is much like the advice offered in this book. It is based on the maxim of “What works, works.”

This is not to say that no one out there can help with serious paranormal problems. There are some, but they are few and far between. It’s the same with books on this subject. There is little that offers much by way of practical advice and help. Most books on this subject are not useful to

the average person. One generally has to read a wheelbarrow full of books just to get a few snippets that work.

Because of the general lack of information on these matters and a lot of popular but unrealistic beliefs, when I first experienced serious paranormal problems, I was faced with working it out for myself the hard way. I made just about every mistake possible. I was almost killed several times. I barely survived. I suffered and I experimented and I observed and I grew and I learned. After a couple of decades of helping myself and many others, I eventually learned enough to make a difference.

The actual reasons for paranormal problems are generally beyond human understanding. These reasons can involve unhealthy lifestyle choices, occult dabbling, conflicts, and making enemies. The opposite can also apply, in that Neg interference can be a test or a response to spiritual development. But paranormal problems just happen to some people for no apparent reason. Often, people are just in the wrong place at the wrong time.

“What you resist, persists,” said Carl Jung. This maxim is frequently cited as a reason not to do anything beyond positive thinking to resist or defend yourself against paranormal problems. It is also used as criticism, accusing people of causing their own problems by focusing on negative things. But would any reasonable person apply this maxim to things like sunburn, termites, burglars, and addictions? That would, of course, be ridiculous! So why should this principle apply to the evil spirits invading your mind and your home? They’ll just go away if you ignore them, right? This maxim was obviously never meant to be used as a reason to not do anything to help yourself in any given situation. Other maxims that do apply here are “God helps those who help themselves” and “Trust in God, but keep your powder dry.” While there are times when it is best to do nothing but think positive, in real-life paranormal situations, positive action must be taken, or things can get decidedly worse.

Early detection and action are crucial factors when dealing with negative forces and beings. This book addresses the most common types of negative psychic influences, attacks, and problems and how to deal with them. By and large, dealing with them does not require anything too outlandish.

The book begins with a quick-start guide for people who don’t have time to read the whole book and need to take action immediately.

In Chapter 1 I provide context for what is to come by discussing the unseen environment. This discussion includes a quick rundown on the

astral dimension, which is the environment from which most paranormal activity is based. I also discuss some natural sleep-related factors, including sleep paralysis, astral and psychic senses, and the mind-split effect, that can occur during sleep. These things can be exploited by negative forces. They can also cause problems in and of themselves, if you do not know what is happening.

I introduce the involvement of the physical body, the mind, and the higher self, along with issues of free will, choice, and permission. These are integral to the life equation concerning paranormal issues and spiritual problems. They control natural shielding and safeguards and are central to the mechanics of spiritual problems and paranormal activity, including overshadowing and possession.

I then explain the most common types of psychic interference and attacks and discuss exposure issues and the main symptoms of negative interference. I discuss energy-body attachments and ways to utilize the abilities of the energy body to counter negative interference and to remove attachments. Then we look at the structure of the human energy body and its major energy centers (commonly called Chakras), including the relationship of the outer energy-body sheath (the outer skin of the aura) and how attachments by negative beings can cause skin blemishes and lumps to appear in the physical body. I also provide methods for removing skin blemishes.

Then I introduce core images, explaining how the mind is involved with psychic attacks and negative attachments, including natural and false trauma memories, and giving procedures for discovering and removing hidden core-image attachments.

Next is the main countermeasures section, which contains many different methods of dealing with paranormal issues—methods to suit most situations. I then discuss children's paranormal problems, along with specific methods for handling them.

A discussion about overshadowing and possession issues is followed by simple, but effective pentagram banishment and cleansing methods that anyone can use.

All the procedures given in this book are based on the maxim "What works, works." These are things that I do myself and that I teach others with similar problems. These methods have been repeatedly tested and used in real-life field conditions and found to be broadly effective.

Enjoy the book.

The Core Affirmation

I am loved and I am worthy.

I am safe and I am free.

I am powerfully protected.

I am master of my body and ruler of my mind.

The Core Affirmation is a set of seven spiritually charged statements that express the perfection of your life without any negative influences. These statements are filled with positive intention. Your higher self will respond and work towards bringing about this perfect state of being in your life.

The Core Affirmation heads every chapter and is extensively used throughout this book. It is shown frequently so it sinks into your mind and thus becomes easy to remember. Please use it as much as possible. Print it out and place it on walls around your home. Give it to your friends. Add it to your email signature. Record it and play it on repeat. Say it aloud when you are alone or driving. Saturate your mind with it. This is powerful magic. The more you say it and think it and see it, the stronger will be its effects on your life.

Quick-Start Guide

Core Affirmation: “I am loved and I am worthy. I am safe and I am free. I am powerfully protected. I am master of my body and ruler of my mind.”

The quick-start guide provides simple instructions and countermeasures that can be applied immediately. After you gain a little peace of mind, you can read and do more.

Do These Things First

Start repeating the Core Affirmation. Say it aloud as much as possible. Repeat it silently as you are falling asleep.

Turn on all the overhead lights. Make your environment as bright as possible. Sleep with the lights on while there is a problem. (Placing a dark cloth over the eyes makes it easier to sleep.)

Take a long shower as soon as possible. Imagine you are being washed inside and out with electric violet or white light. Repeat this shower as often as necessary. The running water of a shower is your primary EMF (electromagnetic-force) defense against direct attack. Notice that you feel more peaceful under the shower. Use that peace to recite the Core Affirmation aloud and often.

After showering, rub Tiger Balm or Tee Tree oil into your feet and anywhere that is feeling weird sensations. Add more as necessary.

Use plenty of incense or essential oils in every room—white sage, dragon’s blood, frankincense, or whatever you have. Keep the incense burning. Have plenty on hand.

Start playing music—loudly, if the situation is bad.

Slice garlic cloves and place them around the room on plates or tissues. Replace them daily.

Sleep electrically grounded, or earthed (see Chapter 7). Get automobile jumper leads and an antistatic computer wrist strap. Connect one end to a metal tap, water pipe, or grounded steel and the other end to your bare skin during sleep.

Place a power extension cord on the floor, coiled to form a perimeter around your bed. Plug in a small lamp or clock so its cord runs current.

Play music through headphones to occupy your mind and drown out invasive thoughts. Play the music louder while you’re awake and softer while sleeping.

Soak your feet in an earthed (electrically grounded) bucket of warm heavily salted water. Imagine murky bad energy is being sucked out of your feet. Use automobile jumper leads or salty wet cloth to connect the water to a metal tap or pipe, which will electrically ground the water in the bucket. If this is not possible, stand in or on top of running water of any kind (e.g., water running through a garden hose, bathtub tap, water-main pipe, or natural stream or creek—anything electrically grounded).

Get as much light and sunlight as possible. Avoid dark, quiet places.

Essential Guidelines

Break or minimize contact with potential sources of attack.

If possible, make peace with sources of attack and defuse the situation.

You *must* get adequate food and sleep every day. Seek medical advice if you need help. Lack of food and sleep will increase exposure to psychic attacks and worsen symptoms. Again, sleep and food are priorities.

Avoid alcohol and recreational drugs. These will make things worse.

If your bedroom or home atmosphere is disturbed, fix it with light and incense, or sleep elsewhere. Try sleeping on the couch or in another room, for example, or sleep in a motel or at a friend's home, or camp out on your back lawn.

Develop a businesslike attitude and, as far as possible, do not talk about the problem, particularly to people who might be critical or unsympathetic. Refer to the problem only indirectly ("That *thing* is happening again" or similar).

Keep your mind *off* the disturbance and disturbing thoughts. Use the Core Affirmation and other positive thoughts and statements, mantras, and prayers. Watch lots of happy movies. Listen to happy, uplifting music.

Get a Q-Link. (See "Further References.")

Legal Disclaimer

While spiritual and psychic protection and cleansing are the main focus of this book, there are no guarantees that you will experience or achieve anything whatsoever from following any of the instructions, procedures, and advice given within this book. Personal experiences vary too greatly for any guarantee of consistency or achievement. You, the reader, are solely responsible for any physical, mental, emotional, psychological, or spiritual issues, problems, and maladies, whether real or perceived or imaginary, that might arise, or that you might perceive to arise, from following any of the ideas, procedures, and advices offered within the pages of this book, whether directly stated, perceived, implied, or assumed.

CHAPTER ONE

The Unseen Environment

Core Affirmation: "I am loved and I am worthy. I am safe and I am free. I am powerfully protected. I am master of my body and ruler of my mind."

A great range of positive and negative inorganic beings—unseen spiritual forces—affect humanity in many often-unsuspected ways. I have spent much of my life searching for explanations and practical ways to counter the negative influences. In my early days, this was a matter of personal survival. Later, it became a healer's quest to help the many helpless people with similar problems who were led to me.

I class all spiritual forces and beings that have unwholesome effects upon human life as Negatives—Negs for short—regardless of what type of spirit or energy is actually involved. This helps simplify and desensationalize an otherwise complex, fear-inducing subject. There are many types of Negs. They are known by many names. Negs can be thought of as misguided or mischievous spirits, deranged ghosts, demons or jinn, toxic thought forms, whatever you like. What matters most is dealing with them.

The effects of Negatives on human life form a part of the underlying workings of life. Negative forces are just as necessary for spiritual growth as the positives are. These are unseen aspects of natural selection and spiritual evolutionary processes. Beyond this, there are times when they need to be dealt with. Think of this book as a spiritual first-aid course. It is wise to learn basic medical first aid well before an accident happens, just in case. It is also wise to learn what is in this book, just in case.

Negs spread misery, disease, and spiritual corruption. They interfere with human life on every level, far more frequently than one might suspect. Psychic influences and paranormal issues are natural parts of human life and society. But the negative aspects do not have to be endured meekly. All Negs have natural weaknesses and much can be done to avoid or counteract Neg-related problems. By and large, this does not involve doing anything too outlandish.

Neg-related paranormal activity needs to be put into context. So following are brief explanations of some of the most important factors.

Unseen Environments: The physical universe is only part of a reality spectrum that includes unseen energies and dimensions that permeate our physical reality. Quantum physics shows the existence of other dimensions that most people cannot directly perceive. If you lack personal experience with such things, this science provides a good basis from which to approach nonphysical realities, forces, and beings.

Unseen environments can be said to exist at higher frequencies than that of the physical universe. They exist at angles of perception outside of 3D reality that we cannot normally perceive. This makes them invisible and undetectable to our five senses and to scientific instruments. Just as different types of energies—such as light, gravity, x-ray, heat, microwave—can occupy the same space at the same time, so unseen environments coexist with the physical universe.

The Astral Real-Time Zone: The closest unseen environment to the physical universe is what I call the astral real-time zone. This subtle environment shares some properties of the physical universe (it is a direct and objective real-time reflection of reality) and some properties of the astral dimension (it is a fluid, nonphysical environment). The astral real-time zone permeates the physical universe and contains a perfect reflection of reality, as reality happens.

An astral projector in the real-time zone is like a ghost in the real world. All Negs utilize the real-time zone to be close enough to the physical universe to affect its inhabitants.

Computer Analogy: A good analogy here is to imagine the physical universe to be a vast computer called Source, with an operating system called the Collective Unconscious. All conscious beings are discrete programs that exist and function within this operating system. In this sense, Negs can be likened to computer viruses and malware. They infect and alter, invade and damage how these living conscious programs (people) function.

Your Higher Self and You

Your higher self has many names and aspects. My conception of higher self includes the conscious and unconscious mind, and the physical body's innate intelligence on the cellular level. It controls your natural shields (your default antivirus/anti-Neg protection), which is obviously breached during any type of Neg invasion. These breaches are allowed to happen because of free will, choices, and permission factors, or because Negs find ways around your natural defenses. Either way, your higher self holds the keys to whether or not you are susceptible to Neg problems. The actions of your higher self are often attributed to the divine or to the actions of spiritual beings. To help to conceptualize this, consider your higher self to be connected with Source through a gradient of consciousness, which runs from you to Source.

Iceberg Analogy: Imagine that you are an iceberg floating on a great ocean. The conscious aspect of you, the part reading my words, floats above the ocean. Under the waves rests 90 percent of you, which is your unconscious mind and higher self. The iceberg that is you floats in a vast ocean, along with countless other icebergs—other living beings. The ocean represents the collective unconscious. The icebergs all perceive themselves to be separate individuals, although all are composed of and are floating in seawater. Frozen or liquid, it's still seawater. In this analogy, Source would be the subatomic particles and elements from which the seawater and icebergs are composed.

Source is universal consciousness and energy. You are an integral part of the universe. There is no actual separation between you and the rest of the universe—only perceived and believed separateness. You are an integral part of everything and everyone else. This is what Eckhart Tolle means when he says in his book *The Power of Now*, “You are the *now*.” He is saying, “You are Source.”

The following exercise demonstrates this relationship between you and Source.

Take your index finger and point to Source.

Next, point to where Source is not.

You actually cannot point to either. Source is everywhere and in everything, including you and your higher self. You are composed of Source. You and Source are, therefore, indivisible aspects of each other.

A further analogy may help: Consider the fingertip of your index finger. Imagine that this is you and that the rest of your body is the universe and