

PSYCHIC SELF-PROTECTION

BOOKS BY JUDY HALL

Non-fiction

The Hades Moon, Samuel Weiser, Maine, 1998

Patterns of the Past, The Wessex Astrologer,
Bournemouth, 2000

The Illustrated Guide to Crystals, Godsfield, London, 2001

Karmic Connections, The Wessex Astrologer,
Bournemouth, 2001

Past Life Astrology, Godsfield, London, 2002

The Crystal User's Handbook, Godsfield, London, 2002

The Crystal Bible, Volumes I and II, Godsfield Press,
London, 2003 and 2009

The Crystal Zodiac, Godsfield, London, 2004

Crystal Prescriptions, O Books, Alresford, 2005

Crystal Healing, Godsfield, London, 2005

The Astrology Bible, Godsfield, London, 2005

Crystal Love, Godsfield Press, London, 2007

*Good Vibrations: Psychic protection, energy enhancement
and space clearing*, Flying Horse Press, Bournemouth,
2008

Psychic Connections, Flying Horse Press, Bournemouth,
2009

Crystal Experience, Godsfield Press, London, 2010

Fiction

Torn Clouds, O Books, 2005

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JUDY HALL



HAY HOUSE

Australia • Canada • Hong Kong • India
South Africa • United Kingdom • United States

First published and distributed in the United Kingdom by:

Hay House UK Ltd, 292B Kensal Rd, London W10 5BE. Tel.: (44) 20 8962 1230;
Fax: (44) 20 8962 1239. www.hayhouse.co.uk

Published and distributed in the United States of America by:

Hay House, Inc., PO Box 5100, Carlsbad, CA 92018-5100.
Tel.: (1) 760 431 7695 or (800) 654 5126; Fax: (1) 760 431 6948
or (800) 650 5115. www.hayhouse.com

Published and distributed in Australia by:

Hay House Australia Ltd, 18/36 Ralph St, Alexandria NSW 2015.
Tel.: (61) 2 9669 4299; Fax: (61) 2 9669 4144. www.hayhouse.com.au

Published and distributed in the Republic of South Africa by:

Hay House SA (Pty), Ltd, PO Box 990, Witkoppen 2068.
Tel./Fax: (27) 11 467 8904. www.hayhouse.co.za

Published and distributed in India by:

Hay House Publishers India, Muskaan Complex, Plot No.3, B-2, Vasant Kunj,
New Delhi – 110 070. Tel.: (91) 11 4176 1620; Fax: (91) 11 4176 1630.
www.hayhouse.co.in

Distributed in Canada by:

Raincoast, 9050 Shaughnessy St, Vancouver, BC V6P 6E5.
Tel.: (1) 604 323 7100; Fax: (1) 604 323 2600

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The contents of this book do not constitute medical advice, nor are they intended to take the place of a medical practitioner, and the services of a qualified crystal healer should be sought where appropriate. In the context of this book, every stone or natural resin is regarded as a crystal and healing is defined as bringing energies and subtle bodies back into balance; it does not constitute or imply a cure.

Judy Hall is not able to enter into personal correspondence with regard to the matters raised in this book.

A catalogue record for this book is available from the British Library.

ISBN 978-1-84850-158-4

Printed and bound in Great Britain by TJ International, Padstow, Cornwall.

To the memory of Christine Hartley, without whose wisdom I would know little, and to my clients and workshop participants, without whom I would know even less, and to all those who, by their actions and reactions, ensured I would learn rather more than I wished to know. My gratitude and blessings to you all.

'The experience of the opening heart gives joy so we can sense that all is well in the greater, spiritual life. The daily pains of living, and all that happens in the physical universe, are grist for the mill, egging us on to see through the material to that greater life. Only that view can reassure us, so we can relax into what's going on without being defended and afraid. And learning to allow both levels of experience makes everything easier, and perhaps fulfils the human task of connecting all levels of existence.'

Margaret Coolman¹

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Acknowledgements

I am most grateful to Margaret Cahill of Flying Horse Press, publisher of *Good Vibrations: Psychic protection, energy enhancement and space clearing*, for encouraging me to write this further book in a spirit of co-operation and with the view that it could only help more people to become aware of the benefits of psychic protection. Margaret kindly allowed me to use Crystal EFT material from *Good Vibrations* and to adapt other exercises, and for that I bless her. My thanks also to Hamlyn/Godsfield Press.

It was a delight to be working with Michelle Pilley again and her team made the process flow, so thank you all.

Thanks also to Margaret Coolman for permission to quote from her insightful monthly astrological newsletter.

Preface

LEARNING BY EXPERIENCE

'This book is not, and cannot be, a satisfactory handbook for the treatment of psychic disorders. All it can do is to point in the directions where enquiries might be pursued with advantage. If it serves to direct attention to certain subjects that badly need investigation it will have fulfilled its purpose.'

Dion Fortune, *Psychic Self-Defense*²

In the conclusion to what is probably the best-known psychic protection book of all time, *Psychic Self-Defence*, written in 1930, Dion Fortune threw down the challenge that others should take her work further. For over 35 years, ever since I had the pleasure of meeting Christine Hartley, her literary agent and metaphysical colleague, I've taken up that challenge, not through choice but through necessity. Like Dion herself, I had to learn psychic protection techniques 'on the hoof' when I came under severe psychic attack. But unlike her I was not involved in magical working. My experience was more prosaic:

people I'd inadvertently upset in my everyday life attacked using their personal malevolent will and the power of thought, although one at least did have occult knowledge to call on. In addition, I realized how important everyday self-protection was as I became increasingly aware of my sensitivity to auras, energies and environments – and of the workings of my own inner psyche, which was not above carrying out a psychic mugging or two of its own, often on me.

- **Psychic attack:** Concentrated and conscious malevolent thought and intent directed towards someone to bring about harm.
- **Psychic mugging:** Being hit by a blast of negative energy.
- **Aura:** The subtle biomagnetic sheath that surrounds the physical body.

Fortunately, for several years I had the unfailingly wise counsel of Christine to call on and she shared many techniques with me, some of which form the basis for this book, although I've expanded them to adapt to changing situations and my deeper understanding of what may lie behind apparent psychic attack and noxious energy situations. My own studies into esotericism, metaphysics and psychology have furnished further avenues for exploration and many more insights into how we can be our own inner terrorist, as has working with what must by now be thousands of people in workshops and 'far memory' karmic readings that look at the deeply

ingrained patterns and expectations we have brought into this present life from our previous lives (an area which can leave us vulnerable but which I've chosen not to address in this book as I've covered it elsewhere).

I've written several books on psychic protection, each one building on the last and each arising out of a major change or challenge in my own life and further insights into why protection is needed. So why, you might ask, have I chosen to write yet another one? Well, this time the book is in response to world changes that affect everyone and looks at things from a slightly different perspective. It's particularly angled towards people who have never before thought they might need self-protection but who are finding the world an increasingly challenging place or who are caught up in the rapid expansion of consciousness sweeping over our world.

The book is also intended for anyone who is following the psychic, spiritual or magical path. The success of 'celebrity psychics' on the entertainment scene in the UK, the proliferation of psychic phone lines and the creation of dedicated TV channels are opening up the metaphysical world to everyone and it is now more accessible than ever before. But this brings its own pitfalls. Once, in the esoteric world, access to the worlds beyond this one had to be earned by careful study and long practice. Initiation was followed by closely supervised experience. Nowadays, anyone can pick up a book and learn how to be psychic in five minutes – but they are rarely taught how to close the ability down again. Dion Fortune's advice, Christine Hartley's edict and my own credo have always been: 'Don't meddle. Do only what you are trained to do.'

When I started teaching psychic self-protection, it was to youngsters playing with a ouija board who were in danger of being overwhelmed by mischievous spirits or the odd poltergeist, and there was always a need to move on spirits who hadn't quite cottoned on to the fact they had passed over to another world. Nowadays it is more likely to be alien beings trying to take over the world who are, allegedly, causing trouble, or so-called higher beings that are anything but. But people attracted by the excitement and glamour of the spirit world – and it's wise to remember that in the old days glamour meant 'spell' rather than appearance – are also in need of self-protection, especially from their own selves, as we will see.

- ***Psychic self-protection:*** Creating a safe space around and within yourself, screening out unwanted thoughts, feelings and energies from, and preventing energy loss to, other people or the environment.

There are many of us who believe the Earth is undergoing great changes at this time. Shifts of consciousness, a raising of vibrations, an influx of new energies – call it what you will. As an astrologer, I call it the transition to the Age of Aquarius. Others call it the ascension process, but some see it as the potential ending of the world. They speak of great traumas and dramas, natural disasters overwhelming the Earth. That's their reality. Mine is different. I believe we'll get the kind of world we create with our thoughts and actions now. If we make a

shift in our thinking and begin to treat the Earth as sacred once more and all the beings – human or otherwise – on the planet as our brothers and sisters, and if we raise our own vibrations, we have an opportunity for positive change. I believe we can all live intuitively and creatively from an open heart and I'd like to invite you to join me in that worldview.

I hope anyone who is facing the challenge of change or who is widening their perception and raising their level of consciousness, from the novice to the most experienced metaphysical practitioner, will find this book helpful, so that we all can, in the words of Margaret Coolman, 'relax into what's going on without being defended and afraid'. Knowledge is, after all, one of the most potent forms of protection there is.

Judy Hall