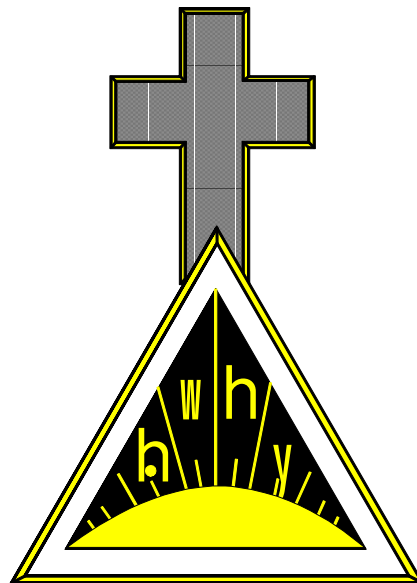


The Hermetic Order Of The
GOLDEN DAWN^{Intl.}

PSYCHIC SELF DEFENSE



ZELATOR 1=10

One of the biggest fears of the magical world is psychic or magical attacks. In fact, these are very rare. However, there is a common form of psychic attack. This is when an individual will hold a negative thought against another individual, for as it is stated in the Emerald Tablets, "As above, so below." It is stating that any thought held long enough will manifest. If someone is holding anger towards you, it will manifest in one way or another. This anger or negative thought will cause a stream of negative energy to flow towards you, which will in turn, cause an undesirable effect to occur in your life. Be it major or minor, it is still an undesirable effect.

In this technological society that we live in today, psychic attack is quite common in the media. Advertising is the greatest source of psychic attack. Our psyches are attacked in some of the most common ways. Some forms you may have experienced are ones that you've probably heard like these: "You must have this, buy this, buy that, do this, do that, think the way I want you to think." Moreover, some common attacks come from our families: "Act the way I want you to, don't change, stay the same." These are all forms of psychic attack.

There are many ways to deal with psychic attack. One method is Psychic self defense. Another way is by using the L.B.R.P.. Banishings are very effective against negative attacks and energies.

Now, we will begin the steps in performing the ritual against psychic attacks. Psychic self defense can be a very easy and quick process, taking no more than maybe a minute or two.

Step 1

Start off by calming your interior self. Silence your mind and become very meditative. The Relaxation Ritual is very effective for this.

Step 2

Once you have calmed your interior spirit, close your eyes and pivot in a circle clockwise until you can sense or feel where the stream of negative energy is coming from. You may identify it by feeling resistance from a particular direction in your pivoting. Always make a complete circumambulation.

Step 3

Next, you will draw an Earth Banishing Pentagram in front of you, visualizing the pentagram as a flaming blue. Visualize it becoming smaller and smaller until it is approximately four inches in diameter. Bring your hands up to your forehead in the shape of a triangle. Have your thumbs touching and your two index fingers touching to form the Triangle of Manifestation. As you raise your hands to your head, capture and enclose the pentagram before you. Visualize the pentagram burning many times brighter and much more intense.

Step 4

While in place turn your body clockwise and always make a complete circle. Somewhere along this circle, you may expect to find a resistance or push to your rotation. This will be the area or direction that the negative energy is coming from. Once again, make a complete circumambulation and turn back towards the area or direction that the negative energy is coming from.

Step 5

Now visualize the pentagram stronger and brighter then take a deep breath. Thrusting your left foot forward, making the Sign of the Enterer, project the pentagram towards the direction of the incoming negative energy while visualizing the pentagram growing larger and larger. Repeat this process two more times for a total of three.

This will repel the negative energy back to its own abode. Now that you have severed the link between you and the negative energy, be it real or imaginary, strongly perform the L.B.R.P.. This will prevent the negative energy from returning to you. As a day-to-day defense, the L.B.R.P. can be very effective in maintaining a protective sphere against all negative energy and attacks.

