



# Psychic & Spiritual Protection with Divine Love

## **BE Happy ~ LOVE is the highest form of spiritual protection**

Laugh everyday, make a point to cultivate love within yourself, and don't settle for toxic behaviour in any of your relationships. You are worthy and deserving to experience, retain and grow all facets of love in your life.

Watch animal videos often for an emotional pick me up, next best thing is to connect with nature and animals as much as you can.

## **Spiritual Hygiene is as important as physical hygiene:**

In the morning and/or evening when you have a bath or shower, use sea salt in your cleansing regime to intentionally cleanse and clear your auric field, from any energies that are not your own.

If you cannot cleanse yourself in a shower, imagine white light washing through your body, and grounding that energy into Mother Gaia.

Ground your feet in mother nature often, and connect with the beauty of nature to reconnect to yourself.

## **Mentally & Emotionally:**

- Your thoughts dictate your reality. What you think, speak, observe and absorb, will be reflecting in your vibration, and thus creating your reality. If you observe negative thoughts, have they got anything valid to share with you, or can you transmute those thoughts by listing everything you are thankful for in life.
- When you change your thoughts to being positively aspected, you will be attracting that which you think and speak. Have productive thoughts, make plans and take action to complete them.
- Meditation is another good alternative to allowing your mind to calm and empty using a form of meditation (sitting, walking, painting, writing, playing with animals/family).
- **Use Therapeutic Grade Essential Oils to uplift your wellbeing and raise your frequency.** I have a selection of hand-blended and blessed oils, Number 2, 3, 4 & 7 are particularly good for psychic protection, and depends on your particular needs.  
<https://108healingsenses.com/shop>

## **Relationships:**

- Witness the types of relationships that you are in at the moment. If anyone says cutting remarks at you that are designed to make you feel bad/low, know that they are wounded and behaving in a toxic manner. You do not need to accept anything they say as true, especially if they are actively trying to make you feel bad, leaving you drained and exhausted after an encounter. Listen if there is any quality feedback about your behaviour, self-reflection is a powerful tool to see your weaknesses and turn them into strengths.
- Enforce healthy boundaries and space from anyone in your life, that actively seeks getting into a fight or psychological abuse with you.
- When you protect your energy inside and out, you can navigate around those actively trying to destroy love and light. Agent smiths are real, and they normally come in the form of close family members, that are contracted to wake you up to your God-given talents and soul path. Don't give up, believe in yourself to overcome any adversaries in life.

## **Detox & replenish your body**

Detox: Heavy metals, yeast, parasites, viruses, harmful bacteria

Replenish: Pure vitamins and minerals to replace and nourish the body with good sleep, and clean healthy lifestyle.

I recommend Clive De Carle's clean products, especially the magnesium if nothing else:  
<https://clivedecarle.ositracker.com/183427/11489>

## **Reclaiming your energy back from a toxic/broken relationship**

Repeat when you find yourself endlessly thinking about them in a mind loop, it will soon pass:

***"I give back ALL that is YOURS. I take back ALL that is MINE."***

**Psychic Attack/Feeling Mentally Unbalanced/Depressed/Seeking an energetic clearing from the highest and most loving Source of Love:**

***"Source Love. Source Light. Christ Love. Christ Light."***

## **Energy Healing Work with Colour**

Everyday imagine golden rainbow light flowing through your body, into mother earth and back into yourself, lighting up your heart, chakras and energy system. This will build your inner chi/life force, and align your entire being to higher frequencies that will heal and protect your inner light, and assist in healing traumas and emotional wounds that are held within your body.

## **About Mental Health & Spirituality**

If you personally suffer or witness a loved one that has mental health issues/paranoia, much of that may be due to unprocessed trauma, and being energetically imbalanced.

If you are going through a mental breakdown/crises, it is important to cleanse your energy regularly, cleanse your thoughts and uplift yourself as much as you can by listening to what the body needs to feel safe, secure and happy.

## **Spiritually Awakening & Opening your gifts**

In an ideal world your gifts will come online when any trauma has already been processed, if you have awakened your extra sensory, it is important to stay energetically grounded, clear your energy field, heal emotional traumas, which will allow you to clearly discern what information is correct, and pure from the highest and most unconditionally loving source.

## **Energy & Psychic Protection**

If you feel you need additional help to clear yourself from negative energy, I highly suggest working with Andrew Porter Psychic Surgeon:

<https://andy-porter.co.uk/appointments-choices>

If you would like to equip yourself with more detailed protocols for yourself, family, loved ones, protecting your business and property, I joined up with Andy to bring you a discount of 10% for their 6-week Meditation & Spiritual Protection Course:

<https://andy-porter.co.uk/meditation-and-spiritual-protection-course>

10% Promo code: AndyPorter10

## **Medical Disclaimer:**

Consult your professional care provider for any condition you may be experiencing. By using these tools, you take full self responsibility for your mental and spiritual health.

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