

ANKH ♀ HEALING

& HYPNOTHERAPY

Psychic Protection *in 12 Easy Steps*

1

Salt bath - sea/pink/epsom salt

Water holds memory and healing. Adding salt to your bath will cleanse the auric field and remove low frequency energies. To amplify the effects, add a lit candle to each corner of the bath, and some rose petals, lavender, angelica or a few drops of essential oil.



Essentials oils

Oils can be diffused or placed in an oil burner to cleanse the atmosphere surrounding you, or a few drops in the bath.

Lavender - Frankincense - Angelica - Sandalwood - Rosemary - Juniper - Sage

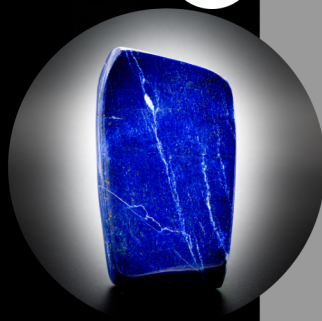
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3

Crystals - Wear or Place Around the Home.

- Black tourmaline - Jasper - Labradorite - Amethyst - for Protection
- Lapis Lazuli - Very protective - it recognises psychic attack, blocks it, and returns the energy to it's source.
- Black obsidian - removes negative spiritual influences.
- Malachite - absorbs negative energy



Candle Light

Burning a white candle will help to bring the angelic realm into your environment. If you are undertaking a specific task where you are doing spiritual work, always have a candle burning North, East, South, West around the work you are doing.

4



5

Sigils

The Sigil to the left has been powerfully created to protect the room in which it's placed from uninvited visitors. Please duplicate and use this as you will. Or alternatively, you can create your own powerful sigil.



Parasite Cleanse

A mix of three very powerful herbs:
Mugwort - Wormwood - Sage

Take 2 tsp of the mixed herb, and brew for 20 minutes. Have a cup on waking, midday, and before bed. Take the tea for 9 days. Start the cleanse 6 days prior to the full moon.

Once complete take a good quality probiotic.

6



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7



Lemon

The lemon is an early warning device. Place a lemon in each room. If the energy is good, the lemon will simply go firm like a golf ball and a little darkened in colour. Replace once hard. If the energy is low frequency, dark energy then the lemon will rot with mould. This is your signal that there's a problem and you'll need to cleanse the space immediately with a smudge stick.

Smudge - Home/Aura

You can use a variety of herbs to smudge:
White/purple sage
Lavender
Rosemary
Eucalyptus

8



9



Pyramid or Sphere of White Light

White light holds the highest frequency possible. Visualise yourself in a pyramid or sphere of white light before sleep.

Australian Bush Flower Tincture

Fringed Violet - Strengthens the aura

Grey Spider - Protection during dream state

Take 7 drops morning & night as needed.

10



11



Holy Anointing Oil

Exodus 30:22-25

Rub a small amount of oil on the 3rd eye and on the heart for blessings, light & protection - connection to God - Prime Creator.

12

Ward Around the Property or Room

Place a ward or psychic barrier around your property or room. Ensure to cleanse thoroughly, including the doors and windows so that negative energy isn't trapped.

Place a piece of selenite and a small bowl of salt in each corner of the house.

