

Psychic Protection for the New Millennium

by R. A. Pittman

Introduction

Periodically I am asked to do work as a Bodyguard. Because of this I have not only studied physical arts but also studied psychic arts--- both Spirit Mediumship and Remote Viewing. In studying these along with work as a bodyguard I became increasingly aware of the varieties of ways a person can be harassed, terrorized, even *hypnotized* into feeling they are being oppressed, threatened, watched or manipulated.

The target of this book is for such harassed people--those who have been - or are under - psychic attack. In spite of the advance of technology in the world - a wide variety of techniques from Santeria, Voodoo, Shamanism, Wicca, Satanism and other ethnic paths of power are still utilized to attack people for various reasons. And the use of these methods transcends Education and Class as well as Income Level. You are as likely to get attacked by a wealthy person experimenting with occultism as a poor person. The desire of Power over others is universal. While belief systems and their techniques can be used for altruistic means often they are not. Spiritual Paths can do one of two things; empower people or enslave people. And "Empower" of course can mean "Power over Others" as well as "Power to know oneself". When I speak of "Empower" I speak of the development and evolution of a person toward higher and better Powers. In other words "Freedom" is Evil if it's not The Right to do Good. There are many barking voices of a political nature spouting "Freedom" without stating clearly what their said "Freedom" is directed toward. The target is never mentioned. This situation is directly related to and parallel with the small town savings and loan companies who help small businessmen, contrasted with the Giant Banks of the world. The small bank actually helping the small business in a human scale within a community and eco-system verses the Giant Banks largely fleecing the population due to various forms of subterfuge, lying and leverage from Insurance Companies, and so called "Investment Firms" all of which embody the Predatory impulse and justify it with an outdate social Darwinism. As Ottoman Hanish has said in his book, "Yahushua Nazir" (A Life of Christ),

"The study of human weakness has become one of the leading pedagogical branches of education among the privileged classes-Theologians, Medicos, Militarians", (and I would add "Businessmen")..."The Priests took into consideration every phase of human dependence and subjective-nests to influence, and dissected the subject matter of human nature to it's minutest phenomenon...The illiterate were controlled by the manifold phases of fear-either those of the terrors of imagination or the pangs of physical torture. The more advanced, too, readily fell prey to the one phase or the other, and often to both".

Historically people have been encouraged to be victims by whoever their manipulative overlords were at the time. This has and continues to justify the existence of governments- however benign- and other forms of graft in which people are encouraged to pay someone else for their security. The New Millennium however is showing a change in

the Will of people world -wide and some are beginning to take response-ability for themselves. After all, the word "Responsibility" actually means *The Ability to Respond*. So this is a book of Responses for you to use when someone tries to use Occult techniques to bully or manipulate you. These are Responses to a perceived attack. For those who do not believe a psychic attack is real-this is NOT the book for you. I am not writing this book to proselytize or convince. It is for those already convinced.

Chapter 1

"How Do I Feel? "

You feel uncomfortable and do not know why. You have a sense of oppression or depression. It is inexplicable. You cannot seem to concentrate on your task. Though often your mind dwells on negative things this is different. You are dwelling on terrible things - graphic horrors--or you have a sense of doom. As though someone "passed over your grave" as the saying goes. You try to change your mood with recreation, drugs or a change of scenery. Still something is "dogging" you. What IS it? Tasks mount up and do not get done. You go to comfort food or buy stuff...still nothing avails. There is a sense of being hunted and perhaps being haunted.

You get inexplicable pain in your body for no reason. You may get heart palpitations with no history of heart disease. You have not hurt yourself exercising nor have you had an allergic attack. You may have difficulty breathing.

Someone who you know- but perhaps not very well - comes to mind -repeatedly and you do not know why. You may or may not have had recent meetings with this person. They may be the "attacker". They could also be someone in need of you. So you must be careful here. A person can also send out a "help" signal. This can be observed when you think of someone and then get a phone call or email. Basically a signal is put out or *radiated* by a person to you. (As a matter of fact the Heartmath Institute and the Coherence Project both have and research the science behind human radiation/vibration). The radiant vibration of a person may have a negative or positive emotional quality or a quality of emergency. Sometimes someone dies and you "know" it. Let yourself listen to your "instincts" which are basically your psychic power. "Intuition" is another word to defuse the power of telepathy. Only now since the discovery of "Mirror Neurons" do we have a clear scientific basis for telepathy. Mirror-Neurons allow you to duplicate the feelings of others in your own body simply by looking at the person. Even monkeys can do it. I don't know if simply imagining the person will have the same rapport-producing effect but I expect it will - especially with close friends or family.

The main thing here is to pay attention to how you feel and then attention to WHAT you feel. Our early schooling does not teach us this. In fact it teaches us NOT to do this. So you will have to re-train yourself and give yourself full permission to FEEL. In fact you may want to draw it. Draw how you feel. Do an outline of your body and color it with whatever colors or symbols seems to represent your feelings. This will help you focus your attention on what is actually occurring. Get a clear picture of your body and what the feelings are in and around it. Think of your body is an antennae because that is -

among other things-what it actually is.

If you feel something is REALLY "not quite right" ---

- Can you give a LOGICAL EXPLANATION for why you are having these feelings?
- an argument with a spouse, or authority figure? had sex with a witch or warlock or anyone else involved with
- occult studies or involved in a strange "spiritual" path?
- have you eaten some bad food or recently taken any medication?
- are you dehydrated? this can make you sleepy and scatter brained...
- vitamin deficient? this can lower your stamina...
- blood sugar level low? this not only interferes with concentration but also can cause severe jitters and nervousness, headaches, etc...
- been to a foreign country and picked up a germ or bacteria/parasite of some kind? this can often result in chronic tiredness or digestive upset as well as a tendency to be continually sick...or slightly sick most of the time...
- experiencing guilt for something YOU have done? granted, this is tricky and assumes you HAVE a developed conscience. Some people do NOT have such a thing. They are the Predators and actually look for and use those with a developed conscience. The person with a conscience has a desire to fulfill certain social responsibilities and feels conforming to society can be a contribution to it. (I believe it can be safely said those with the highest level of Entitlement have the least Conscience or "sense of obligation").

when you are sure it is none of the above - absolutely sure - we will go to the next stage...

Chapter 2

"I believe I am actually being attacked psychically by someone or something"

O.K., Let's say you have gone through your check list as I listed it above and you have concluded your are indeed being psychically attacked by someone or something. There may be just a feeling in you. Or like some cultures, someone may have placed a dead animal in your yard, shot or killed your pet, or put a bloody animal in your mailbox or on your car. Or someone may have sprayed graffiti (even talismanic symbols) on your house or defaced your property in some other way making you feel violated. You may

have started getting threatening letters or suspicious phone calls or calls which hang up when you ask who it is. You may have noticed the ubiquitous white van repeatedly parking on the street of your block. Any combination of this sort of thing will unnerve even the most reasonable person. There is also "Psycho-tronics" or technology that merges psychic energy with a mechanical/electronic "boost". This type of technology allows someone of normal or less psychic ability to "amp up" what they do-whether remote viewing or remote influencing - and really create mayhem in the mind of their target. I don't know the limits of beam weapon technology now and to my knowledge it is classified. But I do know the military and police have beam weapons which use microwaves at a distance which can produce a burning sensation. There are also other weapons using other frequencies and which can simulate a heart attack. years ago the French experimented with a sound weapon which could tear a person in half. So please keep a wide window of possibilities if your enemies work for a branch of a government or have access to people/resources in a government. Besides the Government there is also institutional religion - all kinds - which have their own ways to coerce and "guide" others.

In fact some of the best psychic attack is done by Churches who "pray for you". More like "Prey for you". These do-gooders who constantly pray for "God's Will" in their groups (which basically build up a mutual harmonic of THEIR Will) are no different than the Wiccans praying for "Goddesses Will" in theirs! The "Power of Prayer" is not a joke at all. People are healed by prayers and they are also cursed by prayers. Prayer energy is a power to influence a person, even dominate them - into feeling better and of course "returning to the flock" where they can continually be fleeced in other ways...the other lesser known but more dominant form of Psychic Attack is through the Blitzkrieg techniques of the media who use familiar images and blasted volume to convey unfamiliar products; the image of the Garden of Eden with the words "The Purple Pill" for example. Whether subtle or obvious, psychological or psychic - all of these coercive forms of attack are designed to work against your will and your personal freedom. They all have an element of hypnosis and all have an element of coercion and also include a Predatory Intent.

Mind you, having said that- there ARE authentic Good People- in all beliefs -and climes -who are praying for your Freedom and Human Development in an Altruistic way too! that mother who is on her knees every night praying to God her son does not get shot in the overseas war is maintaining a psychic shield around him . And there are many incredible stories about the love of a mother or father protecting the son or daughter in a far away place. And this goes for spouses in war time too. Obviously it does not always work. And later we will discuss why. I have yet to see an unbiased study of this kind of phenomena. (And probably never will. Do you think the Insurance Companies who get you to PAY to BET AGAINST YOURSELF want you to feel free and secure??)

So psychic energy can be used Altruistically for the benefit of all and the evolution of the planet and humankind or FOR YOUR OWN ENDS. Be clear in your mind about what you want. Be sure that you will somehow, one way or another --- pay for it. When you put out a signal to help someone with genuine love it is a totally different signal than "I want this to happen to them now" or "I want them to feel this now" etc. If you are going to get the smallest amount of "blow back" or "back lash" you will be sure your intentions are clear and honorable and as altruistic as you can imagine. Otherwise -- your target's rogue energies -the energies that associate with them- even if they are not conscious of

it-- can latch onto your energies--- which are extended out like psychic tentacles--- and whip you around and bring all sorts of "Unfortunate Events" in your life that will make Lemony Snicket look like amateur hour!

Chapter 3

Some Traditional Techniques of Psychic Dominance, Harassment or Psychic Torture

1. The Voodoo Doll

Well yeah, you have all seen or heard of it. The little effigy you put needles in. Sometimes wax effigies are used with burning candles too. The "Homunculus" or "Little Man" which is also referenced in Alchemy. Chants are chanted to amplify energy. Songs are sung. Sounds are made. The key here is that "The Little Man" must be made of things that the person actually wore or owned. This is about vibration going back to it's source. Sometimes called "Sympathetic Magic". Fingernails, hair and jewelry are usually key ingredients along with preference of perfume or cologne. So it is a Mirroring Mechanism. Basically the practitioner puts their malevolence or "Bad Intent" -via the needles- as an energy- into the doll made of YOUR stuff and is able to channel the energy along a psychic vibration or "etheric line"/ conduit directly to you. I dare say it does not matter whether you "believe" in Voodoo or not. You will FEEL something!

Now if you happen to attend some kind of church or meditation group, and they are "praying" or vibrating with you, the voodoo practitioner may start feeling something too! so you see the energy can always go BOTH ways. That's the catch! The trick is to use it on a *Non -suspecting person*. Once their cover is blown and you know what the score is you can jerk their chain too. The key here is do you have a spiritual practice or meditation practice? in other words the whole point of your daily, prayer, meditation or what have you is to create enough positive energy pushing out from you, radiating from you--- to keep this negative influence--at bay--- or even blow it back - or reflect it - to the practitioner or sender. Group prayer,chant or meditation is even more powerful. Christ said, "Where two or three are gathered, there am I in their midst". So two people is more effective. Twelve even more so.

I have known this kind of "sympathetic magic" to be done simply with someone's sweater -which was handled by another person- and then used as a "point of reference" to contact them. A ritual chant was done holding the sweater and the person who had handled it -months before---was made contact with---while asleep at night---in their dreams. And they knew someone was in their dream who *did not belong there*. So this sort of thing can be done without the elaborate doll - it just needs an object touched by the person you are trying to influence. Preferably recently while the impression is still fresh.

2. Animal Sacrifice

The key difference with animal sacrifice is the blood carries a vibration, or perhaps more

accurately, can easily have a vibration infused into it... especially the blood of an animal which has been tortured or killed with it's heavily laden adrenaline smell. That smell on it's own, helps induce panic. And panic is contagious on both a chemical and psychological level. If you doubt me yell "Fire!" in a movie theater and see what happens. To make an animal sacrifice myth work the "practitioners" have to chant and sing and burn a candle - that is do some kind of ritual, write some words out, usually in the unfortunate animal's blood---all the time with YOU in their mind. So the ritual concentrates their energy on YOU and whatever residual energies of the chicken vibrate in the blood with it and sympathetically vibrate your blood or just as likely your glandular system via your olfactory or smell glands in your nose. Remember scent glands are sensitive for miles around you. There are written accounts of dueling swordsmen which tell of how excited the crowd would get once a fencer got cut. "Bloodlust" is a real phenomenon and not relegated to wild animals. If you don't get panicky when you see a dead chicken in your mailbox with strange writing painted on your driveway then this may not actually work on you...but the strangeness of the act alone tends to worry people. For the "superstitious" or fearful the effect is truly dreadful. Once you *understand what they are up to* the effect of a ritual like this is mitigated a great deal. However if you are the sensitive type you may still feel violated and you may feel the need to protect or shield yourself- or run some kind of "interference" into their malicious intent. More on that later.

3. Tratakam

"Tratakam" is a Sanskrit word meaning "fixation" and relates to staring at someone. This may well go back to The Eye of Horus which we find in Egypt as a symbol of watchfulness.

Proper Tratakam is often done staring at a photograph of someone and talking to them. You can actually use it for good or ill. You gaze into the eyes of the person in the photograph and you tell them how you feel, why and what you expect from them as a result. Interestingly they get the message, somehow in their "unconscious" or "subconscious" or their "etheric body"-however you want to explain this phenomena--- the main thing is your must truly BELIEVE in what you are saying in order for the vibrational frequency to be high enough to cut like a lazer---through the resistance of the person you are aiming at. This is also related to what is known in some parts of the Middle East as "The Evil Eye". In Latin this was called "Invidia" or "a glance of ill will". (see Nicoll Commentary 4 p. 1289). The "ill will" is considered an aspect of Envy. In Greek it is "Pthonos" which is the desire to depreciate excellence.

In fact some Persian/Iranian/Indian jewelry is a copy of a human eye and is worn around the neck to ward- off the "Evil Eye". However the Traditional "Evil Eye" is just a dripping look of jealousy or disdain which has been highly charged through the practice of hatred as an art form. Yes. Some people, particularly women - have been known to spend considerable time developing this power. Even years. Jealousy knows no bounds. And with a look they can create literal pain in the heart of another. However this cannot hold much power if the other person has their own practices to deal with such things. The effects of this - like much else in the Psychic Armory - depend on ignorance. Once you know what it is - once you can NAME what is happening - NAME THE FEELING YOU ARE HAVING - it's force begins to dissipate and you can begin to deal with it on your terms.

4. Amulets

An amulet is an object normally worn around the neck. Often a specific stone or piece of metal with specific qualities based on astrology or other characteristics. Sometimes a prayer is chanted/prayed many times and written on paper and folded and put inside an amulet. Sometimes the amulet is carved with a symbol or prayer. The Amulet can be used to protect you or to get something. An example would be a charged amulet with the prayer to "help me get what I want". So when you are around the person wearing this you will feel obligated to tell them things or give them things. However if you have your own spiritual practice or even just a psychic practice with no particular belief system--- you will usually feel odd around the person or in my own case -end up dreaming about them. I dreamed I was creating a shield to protect myself against them! So if you are open with your senses--- you can "pick up" an attempt to violate your Will one way or another. Then you can decide how to protect yourself.

Common Jewelry can be "inlaid" with psychic energy by wearing it all the time or praying over it or having it blessed in various ways. If you have jewelry ---often inherited--- which you believe is infected with the energy of someone you need to be detached from- then take your jewelry outside in the sun and water it down with a garden hose and let it dry in the sun. You can also "charge" your jewelry by putting it out under a full or new moon. You can write a prayer and put the jewelry on top of it or chant/sing over it.

5. "Blessed" Foods

This pertains to foods eaten which have been prayed over for specific purposes to specific gods/God/esses. The effects depend on two things; the nature of the god they are working with and the kind of prayer they pray. For instance if they pray to all of the local village demons to see to it your life is a living hell till you do what your mother-in-law says then you are in for a true sense of annihilation. Naturally such a potent and negative prayer will devastate you emotionally-you will feel it...however this type of reactionary prayer invariably and eventually rebounds back to it's source--- with serious and sometimes fatal consequences. On the other hand if you are doing the actual Christian Eucharist and wish to come into direct contact with the living spirit of Christ - then you get an incredible blessing and insight into life by taking the bread and wine. If a Priest/ess blesses the bread and wine then you must be confident of what is in the mind and heart of the Priest/ess which qualifies him/her to bless it!

The experiments of Dr. Emoto on water molecules is instructive here if you want to do further research. I once knew someone who had been fed "blessed food" off an altar for most of her life by a very controlling mother and this created something like a veil around her which prevented her from sensing anything psychic or spiritual. When she met a highly realized Buddhist Monk she fell asleep at his feet during a teaching and felt fighting going on around her body but could not move. After that her psychic field was cleared and she became very involved in Buddhism. "Blessed" Foods must be blessed in the right way or they can definitely interfere with your own or someone else's perceptions.

6. Use of "Thought Forms"

Thought Forms are Beings -created out of your imagination- by repeatedly thinking of them with great intensity and concentration. Their strength is dependent on how often they are thought about and with what degree of intensity. Obsession is the key here. Time of day or season or constellation is considered in most traditions to be a key element in "charging" or "energizing" thought forms. An example of this would be someone who thinks a snake is going to crawl out in front of them on the road, each day they go for a walk. Eventually if their FEAR is great enough - the phenomenon will result. Another example of thought form usage is imagining a snake in your mind's eye- each day - til it's very clear and real to you. Then look into someone else's eyes and say "What am I thinking about?" they are likely indeed to say, "Snake!"...but this is very dependent on energy exchanged through the eyes. What is also interesting is if you say the word "Snake" after all the repeated acts of concentration and imagination the word will have much more vibrations effect on other people. So you are collecting a vibration or a power---accumulating it---by a repeated act of concentration. Sometimes this is called "making a Condenser".

That same visualized snake can be used in a meditation to go visit someone and before doing so you say to it, "Bring me back the news I need" or some such. Then after a few minutes or a day you sit down and visualize or "let" the Snake come back to you and you say, "Show me what you saw" and you will get pictures in your head of what the other person is up to. Like all thought forms the more you use it the more powerful it becomes. And other people can feel it. But they can only feel it in proportion to your own clarity to produce it in your own mind. So if you have not really trained the image in your mind as a living thought -form they may just get a mild uneasy feeling with no specific image(s). Also if they are a person who prides themselves on being a "Skeptic" or "Non-believer" they will have trained themselves NOT to feel anything. So their pre-trained response to any kind of phenomenon requiring sensitivity is "I don't feel anything" or "nothing is happening." Remember their ego is based on proving you wrong so they certainly will make every effort to do so! for this kind of person all that is required is that you invoke Science and show bar charts and "facts". What they fail to realize is that the bar charts and "facts" are often as dependent on imagination as is Occult Activity. The axis of power in a Thought Form is made of it's "convince-ability". That is the person must be convinced - in their own mind - the Thought Form or Concept is somehow REAL.

Chapter 4

Psychic Self -Defense. Techniques of Shielding.

1. Accessing Steady Reliable Power

The primary aspect of any kind of defense against any of the techniques listed above, is connected to power, specifically YOUR power. First, above all else, you must be energized. You must feel good. This requires energy that is both physical and emotional. You also will need, especially air and water. Fasting, if it does not weaken you too much can increase your concentration because it puts the body "On Guard". That is to

say your body thinks it is starving so it becomes more aware and defensive and protective of itself. Physiologically we can say you need oxygen. You need to do some deep breathing. Do NOT hyperventilate. This simply over excites you and may make you feel crazy. Do not do "Skull Shining" breathing from yoga or highly active Pranayama (sometimes mislabeled "Kundalini Yoga") or panting. This is not about getting "psyched up" or over excited. This is about a good strong consistent focused steady charge of energy which will then allow you to concentrate. The safest and by far simplest method is the 7:1:7 breath. Inhale 7 seconds, Hold 1 second and Exhale 7 seconds. Immediately inhale 7 and continue. 12 breaths is a good number. Fix your eye on a point if you can. That will help steady your concentration and bring together your scattered attention into a unity. You can look at a spot on the wall or floor to do this. Try to sit up straight. Your diaphragm must be fully opened up. Breathe with your whole body, not any one part. Use your chest abdomen and throat to breathe. Feel your whole body take the breath.

(This breath is designed to put you in touch with the vibration or Schumann frequency of the planet earth (that is the vibration of it's atmosphere). So it puts you in touch with where you live. Other kinds of breathing put you in touch with other things and entities so be careful which breathing you choose to use).

Feel it. Imagine the breath coming in and out through your pores. If it helps- imagine the air is something substantial like a Golden sun- like steam. It is best to face the sun when you do this. Even if you cannot face the sun your body is sensitive to the many rays and particles coming from the sun both seen and unseen. So use them. After this you should be Charged and Positive. If you want to check your mood see which nostril is most open. The left is called the "Poet's Breath" and the right the "Warriors Breath". The poet is more philosophical and the warrior is prone to action. It is best to know you own mood before you do anything else to prevent bad decisions from being made.

This is a good breathing technique to use each day and if you want to stay charged do it in the morning, at noon and in the evening. This single technique will give your power to access the energy you need. You can do it standing or sitting and can even do it in bed.

2. The Circle of Fellowship

Now you are "charged up" begin to imagine the Great Teachers of mankind around you. You can also imagine your own personal best teachers. Either sitting or standing. They are WITH you. How can I say they are WITH you? because their teaching was originally for YOU. For you to USE. To make YOUR life better. This is the nature of all good teaching before institutionalization. These teachers are of all races and genders. They represent all the great religions and non-religions, philosophies and great poets, etc. Even magicians and scientists if you wish. And there are special schools which involve women from very ancient Tantra lineages and from the North American side and other Shamanism there is the understanding that some animals can be ancient and wise teachers too. Just as depicted by the Egyptians and their animal headed gods. The great old tree teachers are there. Maybe even Stone Beings...the beings of crystalline matrix who also participate in the building up of your skeleton! you may enter into communion with the Wales or the Ants. What is your preference in learning style? WHO do you like to BE with? The apostle Paul said, "I am a debtor to both the wise and the foolish"! So you can put some "Fools" in there too... Create this matrix of your Great Fel-

lowship of teachers gathered WITH you. Now you just sit there and enjoy that. Sit with them and enjoy their vibes. Build your harmonic energy of friendship up.

If you want to burn incense or smoke a pipe to create more atmosphere by all means do so. The sense of smell is very powerful in the way it can be connected to associations both good and bad. You might as well use it for the good and your good!

And notice how good you feel. There may be (statistically likely!) teachers from other planets who are not human and teachers from other planets that are human. Teachers from the Inner Earth who seem demonic but are very wise and High Elder Angels from the planets of our Solar System. Bring 'em all around you to sit or stand. There are good Beings all over the place. Do you want to be in touch with them? then vibrate your gratefulness and appreciation and they will make contact. They will make contact because friends like to be together! count on it! if you don't believe in something or more accurately SOMEONE i -if it/THE SOMEONE is polite -they will not force themselves upon you. Fortunately for recalcitrant human beings---sometimes the Angels are not polite. Humans can be so obnoxious. So many petty preferences! Luckily the dedication of Angels is not swayed by human pettiness.

And remember you can also INTRODUCE beings. Some of the beings you imagine - whether "real" on the outside or "unreal" on the inside - can only meet in you! "Mr. Angel of Neptune I want you to meet Mr. Demon of the 5th level of Fire and Passion in the Inner Earth-you may recall you were created together but separated at creation-I just wanted you lost brothers to meet" -

-it's been awhile for everybody to be together. But it's time. That's why the world is in such a maelstrom. We keep meeting people and it keeps being important! but you don't have to marry them!

As the Irish Poet George Russell said, "I am a multitude". Well we are connected to a multitude of beings. The question is which ones? That is different from the Demon possessed man in the New Testament who said "I am Legion". You see at that time a Legion was a particular division of a Roman Army-and this man was actually inhabited by a Legion of soldiers who had likely had a horrendous death - maybe even some kind of betrayal - resulting in their death like "The Lost Legion" in the tale. Well it's a hell of a thing to have an entire Roman Legion trapped in your body and it would indeed make you want to torture yourself -which is what this man tried to do...And until you find and introduce your conflicted "inner people" or your conflicting traits---you too may have some difficulties.

All of these beings now visualized and savored and with you. If you want to amplify the feeling you can ring some bells or burn some incense. Engage your senses. Now you are resonating this wonderful feeling of friendship with Great Beings, Great Vibrations. It is difficult for negativity to get through all that magnificent friendship.

If you want to further intensify this process you can use an ancient Shamanistic technique. Imagine you have antlers coming out of your head just like a Stag. The Stag Man/Woman of the Wild is a very ancient symbol and important for it's usefulness. Now imagine your Antlers or your hair goes up and spreads out and touches every star and all the teachers are there--- in the stars--- communicating to you through your an-

tlers/hair and into your brain. All the answers and all the insight pouring into your head and coming down your neck and into your heart. If you swallow you will create a glandular reflex and secretion to accompany this and "lock it in" psychologically. The most advanced way to do this meditation is with your back against a tree and the soles of your feet together and your perineum touching the earth.

3. The Weapon of Choice

So now you are "In Good Company" as the Sufis say. You are the Antler Man or Wild Woman or a mix of them. And you are surrounded by friends from all over the universe and that includes local spirits too. And you are all sitting together meditating together. You respect that, it feels good. So the mood of this, the emotional quality of this should have a stronger and stronger taste to you as you practice it. You want to be able to get in this mood at any time. Then you can call it up when you need it. And you want to protect this time you have together with these benign and dear beings --- from any interference. So now you will create a sphere of protection around yourself. You can imagine the sphere just around you or you can include whichever friends you want to include. It can be a small powerful thing just around you personally-which I think is more potent especially in the beginning. Or it can be a huge sphere surrounding your house or neighborhood. Here is how you start-

Imagine a weapon, something that makes sense to you as a weapon. Old symbols include an arrow, thunderbolt, sword or spear. You might imagine a shot gun or a mace or club or a grenade or the stick of dynamite often seen in cartoons. Imagine how it was made. Get a clear picture of this and then multiply it into thousands of your choice of weapon--- forming a sphere around you. You are still in "Good Company" -keep the MOOD of being in Good Company but now you are surrounded by a sphere of these weapons. Now around/outside that sphere of weapons -which can be interlinked by a chain--- light a fire. Now have that fire burn every color of the rainbow including gold and silver and black. I'll give you the mnemonic-ROY-G-BIV which is Red, Orange, Yellow, Green, Blue, Indigo, Violet. Then add the fire of gold and the fire of silver and the black fire...

This is your First Level of Protection; Good Company-for your emotional feeling and the Fire Sphere of Weapons - to protect it. Sit in this feeling state for a few minutes. Rest in this emotional feeling of friendship and protection for a time.

These Three Techniques will keep you charged, feeling good and protected in your daily life. Notice the emotional quality is key. But if your enemy uses bigger or heavier "guns"-more severe techniques of ritual magic utilizing hatred and envy and accessing other spirits or entities-you may also need some better defenses. The kind of defenses you use will depend on the kind of attack. So with the above techniques as a foundation we will now proceed to look at more lethal and severe forms of psychic attack and their defenses.

Chapter 5

Advanced Techniques of Psychic Self - Defense

1. Earth Elementals; Wood Spirits, Elves and Sprites.

Sometimes when you camp outside you find you quickly mis-place things. I mean, it was all on your back and your unpacked it and now you can't find the matches. You put the spoon down and when you turned back it was not there. Oh, yeah it was on top of your pack where you left it --- or did you? Well this sort of "can't figure out where it went" phenomena is usually attributed to Wood Imps or what the Irish call "The Wee Folk". These "Folk" have a long history and are common to most cultures whether European or Native American as well as Asian and Indian. Skeptics would say that these creatures are just an excuse for absent mindedness. Whichever way you look it---interfering little people or scattered concentration, the results are basically the same. Every few hundred years we change our explanations for things but they still continue to happen! The way to deal with it is this;

Find a place in the yard or wood near where you live and make a little pile of stones or "cairn". Put some tobacco (if in the U.S. particularly) and a little bowl of milk and honey (these offerings are very universal and go back to ancient Sumerian sun offerings) and perhaps a little grain (wheat, corn, rye, sunflower seeds) and sea salt. The best time is the new moon. Yes, animals may come and knock over the bowls and eat it. Or they may not. It may just sit. The Little People do not literally take the offering. They take the psychic energy which you put in the offering to them. And you cannot produce the energy without spending the money and going to the physical effort to make the "meal". So try to have good thoughts when you do this. Now for whichever reason you will find you no longer "lose" or "misplace" things and you will find the atmosphere and emotional quality of the area around your house will change to something more pleasant and positive. You can also burn some incense or have some perfumed water in a bowl outside too. Flowers can be planted with this in mind or chimes hung.

Some old Traditions start with this technique. In other words before you even do your own breathing and visualization fix your yard or immediate environment. THEN do your own personal stuff. Of course if you don't have a yard or live in the city you might want to have some plants in a corner of your apartment with an offering place and perhaps a fountain or some other aspect of what the Chinese call "Feng shui" or Geomancy. Where you put this offering is important because it has to go where there are plants (the carry the "Wood" Spirits!) and plants prefer to grow where there is sun and water and air. Quite like people actually!

2. Prayers Wishing you Dead or Sick

This is more prevalent than people realize and often goes on inside companies where people are trying to climb "the ladder of success" - more like "Dante's Ladder Into Hell" - -- that series of cubicles is a veritable cross- fire of psychic negativity and nastiness. Gossip, lies, misrepresentation, using sexual energy as a weapon (both sexes) a veritable cornucopia of iniquity! so you get sick and it's not the dust from the heater kicking

on for the winter and you had taken good care of yourself---you exercise, eat well, take vitamins.

It is inexplicable. Well not really. Have you got any enemies? or do you think because you are a "nice person" that you do not have enemies? First, you are not as nice a person as you think and you have probably hurt somebody's feelings in the last month or so. I know you did not MEAN to. But they are still MULLING ON IT. Second if you are a "nice person" that is a DOUBLY GOOD REASON to hate you! Good old fashioned ENVY. So you see Negativity can thrive under any condition. Admit it, look for it, expect it. And then you can do something about it. If you pretend it's not there you will soon see the result of that too.

So negativity can be used against you first by yourself. That is right. You can be your own worst enemy. So the hygiene of your thought life, your emotional life is the first thing to deal with if you want to avoid getting caught in the maelstrom of what Freud called "The Death Wish". Now if you do your breathing and know greater beings are on your side you can deal with most of that. And that enables you to watch yourself ("Selves" are more like it!).

But if you are already feeling negative in yourself AND someone says something negative to you, well then, a negativity snowball gets rolling inside you. You not only feel bad but you feel the assistance of other people who also feel bad. And there is a kind of miserable joy in all of this. "Misery loves company" is more than a common saying. In fact it is better to say "Misery FEEDS ON company". Now at this point you are already getting drained psychically and no one has actually SENT anything psychically severe DIRECTLY your way yet!

So-at this point if you feel bad and your office mate encourages you to feel bad (because they feel bad too) you are already off -balance in your interior and ripe for an attack. In fact you will be vulnerable to picking up a cold or whatever passing "bug" is around because your immune system is already getting compromised.

Now let's say someone has some kind of vendetta towards you. They got passed up in the promotion but you got promoted.

So overtime they think of you or see you they think "That son of a bitch must have kissed some ass to blah, blah...in fact I wished they would just DROP DEAD"....or they may not think of it this way. They may have a very nice sort of sanitary mind that says, "Well, I don't wish him dead, I just wished he WERE NOT HERE." People have all sorts of ways to flip their minds around to accommodate their hatreds and still think they are nice people. We deceive ourselves in this way all the time. So this sort of impulse is sent your way every day - every time they think of you. Well it may take some time but if you are not clear about your own psychic sanitation eventually you are going to feel pretty worn down. Or you will find you can't sleep. Something is pressing on you, dragging you down. In fact you have been cursed. But the process has been un or sub -conscious. So the emotional quality is just sort of a sad, mechanical fog you push through every day. How can you peel this film off your psyche? the sticky hatred and envy that slows you down?

First, if you have been doing The Breathing and The Fellowship Exercise this may not have built up. But if you have and for some reason you have accumulated this sort of

"Plasma" in your psyche you need a bath. Unfortunately NOT a hot bath. You need a COLD bath or at least in this case a cool shower. Now this shower is a kind of exorcism and if you chant or sing in the shower this is a really good time to do it. Get those ions moving and get tingly all over. In fact a lot of this kind of 'Subconscious Death Wishing' gets somehow connected to your skin or the people with these thoughts get "Under Your Skin". Yes! that is the feeling! so you get a good Luffa Sponge or natural bristle brush and you give yourself a good soapy scrub down till all your dead skin -that first layer is down the drain. Make yourself like a baby - PINK - all over once again. And if you can get out in the air and sun while your skin is this clean and your pores are open you will completely recharge your nervous system and your psyche and the hatred plasma and gunk will be all gone. This process is usually good for about seven days. So it's a good idea every seven days to give yourself this cool scrub down.

Somewhat related to this is the bowl of cold water which Massage Therapists can put under their massage table. Change it daily and don't let the cat drink it! This essentially works as a storage point for client negativity and "bad psychic discharge". And you will find if you are a therapist you are much less tired at the end of the day. Also remember to wash your hands after treating somebody with very cold water up past the elbow-just like a surgeon scrubs. Your hands will be less tired and your mind less bothered from the contact with people and their psychic debris.

This is also related to the ritual of Baptism and it's old hidden meaning. The immersion in cold water was to shock the negativity out of you so you could feel reborn. Now you don't have to use cold water. Cool water will suffice. Be nice to your heart.

3. Prayers Intended to Kill You.

This is related usually to using blood sacrifice or an effigy to concentrate their intent as mentioned before, but it is specific to killing you. It is not about frightening you or providing inconvenience or merely making your life difficult. Someone is actually taking the chance of dealing with the rebound energy of wishing to kill you. This is truly nasty. You see the person who intends this actually knows-perhaps only subconsciously--- that they are risking their own life somehow in order to kill you. So this is some serious nasty Black Magic intent. If you can figure out this is happening you can make some attempt at understanding why they would be motivated to do this. In this way It is now your turn to get "under their skin". Now if you can UNDERSTAND especially on an emotional level, why they are doing this --- If you can clearly say in your own mind-because it makes sense to you---"Oh yeah, I would feel that way too if that happened to me" then you create a CANCELLATION in their psychic intent as it connects to you. In fact this is universal, that is, it applies to any negativity you are receiving from anyone. The more you emotionally UNDERSTAND them - the less power they have over you. This will be experienced by them as a sense of the rug being pulled out from under them. Their psychic "foothold" - is removed. That psychic "Foothold" or "grip" - in essence-is based on resistance they experience from you---and that is what their intent works on. Remove it and they have nothing to hold onto.

Unfortunately if you remove your psychic resistance to them by understanding them, their evil intent can only ricochet back on to them. This can be incredibly destructive resulting in cancer, tumor formation, suicidal tendencies etc.

If they are not responding to your cancellation and continue to try to "haunt" or harass you and you still feel resentment, or get negative (not apologetic) visits from them in dreams then I would as a final step get a photo of them and place it facing a mirror. This will leave them in the terrible cycle of their negative thoughts but will pull the loop of their influence off of you. The mirror must be in a lit place or have a candle between it and the photo of the person. This is a rather severe technique but remember you are adding nothing to what they are doing themselves. This is genuine psychic judo. Their power is returned to them.

An alternate "cure" for a death curse is immerse your feet in ice water till they ache (10-15 minutes is plenty though you may go longer, up to 20 minutes if need be) or put your hand in a cold bucket of water. Always Baptism by cold is recommended to remove death curses. One time is usually enough. Check to be sure your enemy is not attached to you psychically. In other words be sure you are not wearing jewelry they gave you or any personal item. Books also are heavily charged. If you suspect a book is charged with somebody's "stuff" put in the sun for a few hours opened up.

4. Sexual Energy Used to Influence/Manipulate You.

This is not unique to either gender. When you have sex with someone you synchronize your breath through kissing and in fluid exchanges you are making attempts at unifying your entire physical systems, breath, heart beat, glandular excretions, etc. in order to accommodate an exchange of information and energy leading to -at some times- the creation of a new life. In fact you could say that Sex is about Information Exchange. You will notice there is a huge amount of curiosity which precipitates sex. There is also a lot of "already knowing" involved too. During the exchange both parties merge into a kind of blood/fluid transfusion. And there is the electrical and magnetic discharge also which gives some of the amazing sensations. Some traditions speak of subtle energies being exchanged as well as course or crude energies being exchanged. Since one possible result is the creation of an independent life and being then it is clear enough that considerable POWER is involved. It's a lot like ringing a bell. After you hear a bell you cannot "Unring" it! now you "know". So you exchanged information with someone and now you have feelings in you which you did not have before. Sometimes we call it "love" and sometimes it is hate. Sometimes it is neither. It can also be disgust. It is one of the strange things about sex that it can make or break the feeling of "love" or at least "affection".

Generally we call it "love" when people freely and voluntarily stay together because they feel something is occurring between them which they want to continue. We do not always call it "hate" when the don't stay together. We like to say "They grew apart" when actually they may not have ever "grown together" in the first place! So this question of the bond or feeling-which is actually psychic-between people is a very big question. And apparently there is a huge variety of "bonds" or agreements most of which are sub or un-conscious between people. An example would be a couple happily married who still keep in touch with old lovers who are now dear friends. There is also the opposite -of course- as well. There are also a lot of "I like being married to this person but I'd sure wished I'd given so - and - so a tumble!" or they may still want to! Obviously some couples ignore it, some try to work it out and some just split up.

So sex opens up a variety of psychic relations and sensations between people and sometimes they can get toxic. "I had sex with that man and then I started dreaming about him and I don't even WANT to!" or "After I had sex with them I felt so DIRTY, they made me feel like a toilet!" well, it's not very nice is it? of course it depends on what you are INTO. And this book is only mildly about THAT. Whatever you are "INTO" you still want to feel good.

So you have had sex with someone and you don't want their psychic influence on you? can you feel them PULLING on you? or you have had sex with a lot of people and feel like you need a kind of sexual purgative? Do you feel they are still clinging to you somehow? O.K. hear is the exercise for psychic divorce.

Stand with your heels together and your arms straight out to your side with your thumbs pointing up and your finger tips on the pads of your palms. Do a panting breath (yes, like a dog) for 11 minutes. Yes it is hard. Then go take one of those cleansing showers cool showers and scrub down. Then go take a nap. See how you feel. And next time remember, you cannot un-ring a bell!

5. The Haunted Child and House Cleaning

On occasion I have been asked to help with a small child - usually around the age of 3-5 - who has a recurring terror. Let me explain what I mean by this. The child feels threatened by some kind of evil in some part of the house or several parts. I am not speaking of sexual abuse here. What I am talking about is quite literally a "bad spot" in the house where the child feels afraid. In fact the child can show you even in the broad light of day where the "bad place" is. The first thing I would suggest is an Epsom Salt Exorcism for the house. This means that you take a pan and cover the bottom with Isopryl Alcohol and then put some Epsom Salts on the top. Do this outside to get a sense of how volatile it is - before you try it inside. You light this mixture producing a blue flame in the pan. Your pan will be easier to handle if it has a long handle and you wear oven mits. You don't need the flame too high- 6-8" inches is high enough. You walk backwards while carrying the flaming pan (if you walk forwards it is too easy to walk into the bending flame. As you walk through the house watch where the flame actually jumps up. This is a place of psychic infestation. Hold the pan in that spot till the flame goes back down. Then continue. Because this mixture does burn out eventually It may take more than one pan to do a house. I can do a three or four bedroom house with two pans usually. Be sure to spend time in the haunted spots pointed out to you by the child. Later I recommend burning incense in those exact spots. I also recommend an angel picture or religious icon in the bed room of the child. Especially up to the age of 5 as I consider this time the most psychically vulnerable part of the child's life.

6. The Dead and the Living; Ghosts and Hauntings

Generally I regard most hauntings as Memories which are stuck in the air or more properly the "Ether" of a place. They can be outdoors or inside. When someone is terrorized or in a terrible depression or somehow emotionally distraught an imprint is made on the atmosphere of a place. Blood soaked battle grounds have a tremendous sense of loss and horror. I believe these "Memories" or "Ghosts" are actually Thought Forms which

have embedded themselves in a place and repeat their activity; the ghost of a woman seen walking down a country lane every evening in the Autumn, or a ghost seen going up the stair of an old house every few days at around the same time. These sorts of stories go back to time immemorial. In themselves these are- for the most part- harmless. They do however trouble people and some of these phenomena are very stubborn. You can walk a blue flame pan through the house and then I recommend opening all the windows and doors and letting air and light circulate through the house as much as possible. Air, Light and ventilation seem to be the main cure for these impregnations of the atmosphere. Also fumigating the house afterward with sage or incense can help reduce this kind of phenomena as can doing prayers, chants or the playing of music - to change the vibration and atmosphere of the room. At times it seems you can *replace* one atmosphere with another by doing this. One thing is for sure-if not light enters the house and it is left undisturbed the hauntings seems to "lock in" to the atmosphere. They may feed on isolation and lack of input from the environment.

7. Poltergeists

A poltergeist is an entity which can produce phenomena. Examples like doors shutting and chairs rearranging themselves come to mind. I have never heard of a poltergeist actually being able to hurt someone (I am not including Demonic Activity in this description). Something sometimes discussed in the Psychic field is the fact that a lot Poltergeistic activity takes place around pubescent girls. It seems that unconscious sexual energy is behind some of it. In fact a lot of the energy behind this sort of phenomena may be ignited or fed by excessive fear or excessive repression. One story I heard was that of a young girl who would go to bed at night and feel the sheets slowly pulled down from her chest. She was advised to throw the sheets off her body and say out loud "What do you want?". When she did this the mischief stopped. There are also the memoirs about a Catholic Priest who used to flagellate himself "for his bad thoughts" -in a barn- and the barn itself became filled with loud noises, knocks and squeels---when nobody was in it! (This may have been in Gerald Heard's "Preface to Prayer" but I am not sure). Some traditions may define the Poltergeist as a being that needs to be respected. In this sort of culture you would actually make an offering for it and attempt to befriend it. Since a Poltergeist is a form of "Rogue Energy" I do not think "feeding it" is the right strategy as that may actually encourage it to continue it's activity. I would say look for human repression wherever you find Poltergeistic activity-especially among adolescents and those going through puberty. Sexual energy is extremely powerful and if not understood or channeled into Rites of Passage or physical activity I believe it basically become Poltergeistic activity in it's external form or a form of inner psychosis-a true psychological problem- in those who are repressed or repressing themselves.

8. Demon Possession

The Roman Catholic Church has a sensible approach to Demon Possession. First, be sure the phenomenon thought of as "Demons" cannot be explained in any other rational way. After all, there are some pretty psychotic people out there! And Evil exists- clearly- in the human being whether we blame "The Devil" or not. That being said, sometimes the level of cunning and intelligence of some of these "Demon Possessed People" amazes the imagination of even "Professional" people, therapists etc! M. Scott Peck in his "People of the Lie" has some interesting accounts of incredibly distorted personali-

ties and even includes an account of an Exorcism in his book. In fact the book is his own self disclosure of coming to the fact that Evil itself has a personality and there is something for lack of any other word - it is clearest to address as - "The Devil". Now if you are having an experience with someone or some thing you feel is Pure Evil - and cannot be accounted for in any other way- I suggest you get a Priest to assist you as they have long first hand documentation of the successful protocols for Exorcism. Finally, if you feel you are the one possessed or perhaps merely obsessed I would suggest you go on a fasting and praying/meditating protocol---particularly from an Older Tradition--- as this has proven time and time again to flush out spiritual and psychological parasites. If you have any kind of conventional or more orthodox religious practice work within your tradition before going to any other option as this is much less confusing for you and you will find a common language to deal with your problem (which is the key to working it out).

9. Inheriting Curses or Vows

There are those people who feel they are cursed. A horrible thing to go through life with. Now if they are going through life with this idea they can easily reinforce it with any experience they have- due to their predisposition. So this idea can have the cultivated strength of a long held belief. And the longer you hold a belief the stronger it gets.

So to release the belief I would advise trying to get to the reason for the curse. What was the original motivation for you/a person to be given such a curse? was it revenge? was it for justice? do you feel guilty about something you did to the person? any guilt, remorse or uneasiness you feel to the source of the curse will reinforce it. So as is often the case if you feel someone has done something to you, you must first decide if you have done something to the other person. Rarely does a curse occur without a reason. There is pure hatred and in particular Envy (back to the Evil Eye) which requires nothing but SPITE. If the source of the curse is more engineered along the lines of "I feel I was cursed because _____". Then you have something to work with. You have to go back---in your mind--- to the time and person who cursed you and make a full attempt to understand what actually happened between you. Then you can understand why the curse was laid on you. When you UNDERSTAND why the curse was given or put on you it's effective power begins to be cancelled. And this may need to be reviewed each day or each week till your mind becomes conditioned to the idea of why they did this. At this point I would recommend Tratakam or a photo of the person who put the curse on you (if there is not photo write their name on a piece of paper and use it the same way)- which you will gaze at and explain that you understand what has happened and you understand why and acknowledge your guilt (IF you have any). Or you simply tell them you believe this curse is unwarranted and therefore you RETURN IT to them, to the source-point, to the point of origination. When you speak you must speak with full intent and full passion. There must be no polite restraint. In fact yelling may be very helpful. In this respect it may be well to remember the tale of the newly appointed Village Bell-Ringer who rang the bell to wake the village each morning. After ringing it he would get incredible knee buckling stomach pain. Finally after several episodes of this he went to the village priest. The village priest said, "Yes, that is the hatred of the village coming to you and rewarding you for trying to wake them up!" further the advice of the Priest to remedy the situation was, "...after you ring the bell you must curse the village and tell them all each and every one to go to hell- that will neutralize their hatred." The

young Bell-Ringer did so and found there was no more stomach pain. Psychic pain is real and can be projected and combatted on an emotional level. So don't be surprised if you have to get emotional to shake the vibration which you need to get "off of you".

10. "Bad Luck"

First it is important to realize some times are better than others to do things. So you may attempt to do something repeatedly at the wrong time. That is just bad timing. So try to figure out what good timing is for you. But if you try to do something at the RIGHT TIME and you feel there is some blockage by circumstance or person, *then* it could be what some have called "bad luck". In the times of sailing ships "bad luck" was a very real thing. If a person was "bad luck" you might throw them overboard! And in some old cultures "luck" is still regarded as something significant to be dealt with. In old Chinese culture and still in some places in Asia today - prayers were put up around the door lintels or in particular places in the house to "change the luck". Now obviously this can become a sort of paranoid delusion where you constantly keep yourself insured by putting up prayers. That is counterproductive because it is based on fear and not on things that have actually happened. So *if* you feel and experience you are having "a streak of bad luck" - for whatever reason try the following;

1. "Luck Rub's Off" - which is to say, find new people to hang around with. You may be picking up the vibes of other people who are also "not lucky", depressed, negative or involved in things which depress your vibes. Find some good Lucky positive people to hang around.
2. Make or buy an item which reminds you of Good Luck. The classic rabbits foot or perhaps some kind of gemstone to carry in your pocket to remind you that you have hidden wealth. This will create a new mental habit in you which will pick up your vibration.
3. Give to a charity or help someone in need without any tax break or recompense of any kind. (Your tax deductible charity will not change your luck because you used your psychic credit for tax purposes!

Now if these do not completely alleviate the situation then go on to the next section about advanced techniques and you will find more techniques there for changing your own personal vibration through ritual.

Chapter 6

Advanced Techniques for your further integration

The Meaning of Ritual; Intensifying and Integrating the Power of your personal energies for Psychic Self Defense

Now I'd like to deal with Ritual and what it is for and why some prayers are not answered. Years back there was a popular movie called "The Secret" which had some good ideas. People tried these ideas with very mixed results and did not understand why the ideas in the movie did not work. Well the movie dealt with Desire and

Concentration. But the movie did not deal with the Subconscious Desires and Hidden Parts of a person's psyche. Or if it did it was not adequate. It did touch on it. The chief function of any Ritual is to deal with the Sub or Un Conscious or what might best be called the 90 percent of your brain AND the 90 percent of your MIND --- you don't use! basically your brain has circuits in it which you have created since you were a child and you tend to use all the same ones over and over because mother nature is very efficient-if not lazy! So how do you access the other circuits? how do you make new one's? well there is also a psychological version of these circuits too! you have emotional and mental habits which you "cycle" through each day as predictable as a machine! so there are two very big questions involved with this, namely - "Can you change your physical circuits?" and, "Can you change your emotional or mental circuits?" yes you can.

The Physical Circuits are "changed" or perhaps more accurately new ones are made in the brain - through body movement. Yoga, weight lifting, any new kind skill, swimming, gymnastics, martial arts, learning a new craft , painting or musical instrument etc all of these allow you to activate new physical circuits. So this deals with the hard wiring of your brain and will change and enhance your ability to problem solve as well as giving you some fresh sensations and balanced emotions. You may not be able to re-wire your brain from it's infancy, but you may...the question of *how much* you can rewire the brain is the big one. The work of Bruce Lipton and other avant-garde scientists is pointing in that direction. Rupert Sheldrake's work also is very interesting in regard to this "re-wiring" process which apparently is more do-able than previously thought by scientists who study the human nervous system. In fact Sheldrake's "Morphogenic Fields" and Lipton's "effects of intent on cell walls" is very closely related. And both have a strong footing in real science. In fact both also are missing the chronotopological element. That element is mainly this; the changes they claim can be created -by a person- on their genetic structure are best intended at specific TIMES.

So you can re-wire your body through new activity. But timing is important. What about your emotions? can you "put on a new mood?" well apparently you can but you have to practice. And actually this is about being able to create an atmosphere for yourself. And this is where Ritual comes in. A Ritual produces a mood. Now we don't hear about "The Power of Moods" very often but they are often enough to motivate major decisions in our life. They are in fact often, the actual motivation behind life changing decisions! so in actuality your mood will effect your future much more than you realize because it makes your immediate decisions for you! in fact your mood will dominate your sense of logic if it's strong enough. "I just don't FEEL like it - that's why!" have you ever heard that? have you ever heard yourself saying that? so now you understand what I am talking about.

1. The First Step - Light

The first step in any ritual- which you do to change your mood- is to change the lighting. You will probably recall this is also what restaurants do to make couples feel more romantic- they dim or lower the lights. Even better is candle light. All religions use this and you know the effects of both candle light and it's primitive version-the camp fire.

2. The Second Step- Aroma

The next step in most rituals is *to change the smell around you*. You already know how

smells can trigger memories. So you are now creating a memory for your self to use! One of the most used incenses in tradition from the middle east is Frankincense. In fact Frankincense was also sometimes used in cooking to help memory too. Rose oil or 'attar' has also been used since it was distilled around 900 A.C.E. Prior to that Rose petals were used. But you can use any scent you prefer. Take note that synthetic perfumes and candles are often made with chemical waste (see the book *The Scent of Death*). Native Americans of some tribes of course used their tobacco pipes for this purpose. If you do this use a tobacco specifically for this purpose. Do not use something you are already used to or it will make your ritual less effective. The scent need to make a strong IMPRESSION on your mind.

3. The Third Step - The Table

The third step is to *arrange a table* that is prepare a table with offerings of valuable things. Normally a ritual table has representations of the four elements (or five) of earth, water, fire, air. A candle takes care of the Fire. Incense takes care of the Air. So you can have a bowl of water or multiple bowls of water. For Earth usually a food is offered like bread, grain, rice, wheat, flour, corn, etc. Various traditions world wide often make the offering table very elaborate and impressive. Like a real formal dinner with guests coming! The psychological impact of this when it is done with attention is amazing. Old cultures made food specifically for the ritual table.

4. The Fourth Step - Dedication/Orientation

This is about the direction the table is facing. In tradition it was dedicated to an entity/angel who was usually associated with a planet or constellation and therefore a specific direction. A simple version is to have your table face East and dedicate it to the Universal Love of the Sun. You can also find what constellations are strong in your astrological chart and orient your offering to these and the being they are related to.

5. The Fifth Step - Sound/The Word

This may include you speaking a dedication of intent or prayer, or ringing a bell or chanting or singing or doing all of them.

6. The Time

This is about WHEN you do the ritual and is very key to effectiveness. Traditions agree the new moon and full moon are very good times to make ritual offerings. You can also use the equinox or solstice periods which put you in a four season rhythm. This practice goes back to time immemorial. It seems the ancient people's found it helpful to get "clued in" or "harmonized with" the moods which characterized the seasons. Finally, if you have an astrologer find YOUR BEST times to do ritual work. These will be entirely unique to your birth chart.

So you have the technology of the ritual now. The final aspect is your intention. Once you get in the mood and have your ritual all set up you can write a prayer or say a prayer of intent. Put this one the table where you can see it. The more your prayer is

about helping others - even if it involves you helping yourself to do it---the more effective it will be. Usually you burn a request on paper to "release it". It can also be folded and put in a box or relic box and prayer over or charged again and again. What you wear, clothes, jewelry etc is also charged with the intent of your ritual. In all traditions particular clothes were worn and some jewels were considered better for ritual than others. Jewelry was picked according to birth date and birth stone, assignments to stars or constellations or beings who were being prayed for, etc.

Do NOT tell other people what you are doing. That will disperse your own intent and give them permission to interfere with your own vibrations. Part of the secret of a successful ritual is the very fact that it is secret.

The above is a fairly comprehensive ritual system. If you use this with clear and correct timing -as stated- results will definitely be forthcoming. If you want it to be more effective try fasting for a day or two. Fasting is known to sharpen the concentration, especially if it is done with meditation or breathing exercises or yoga movements. Generally prayers that are unanswered are prayers done without ritual. In short you get out what you put in. So the more involved your ritual is and the more you pour yourself and your feelings into it - the more likely you are going to get obvious and clear results. Remember that your answers can only be as specific as your questions. Also remember if you are half-hearted in any way you will get a half-hearted response.

It is often said that "Intention is everything". It is also said, "The road to Hell is paved with good intentions". May your intentions put you on the right road.

R. A. Pittman
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