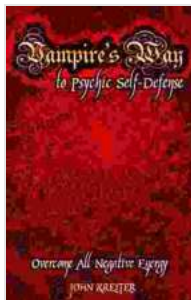


The Vampire Way to Psychic Self Defense: A Comprehensive Guide



Vampire's Way to Psychic Self-Defense by John Kreiter

★★★★☆ 4.6 out of 5

Language : English

File size : 3171 KB

Text-to-Speech : Enabled

Screen Reader : Supported

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Are you feeling drained, exhausted, or overwhelmed? Do you sense that something is not quite right, but you can't put your finger on it? You may be the victim of a psychic attack.

Psychic attacks are intentional or unintentional attempts to harm someone with negative energy. They can be carried out through thought, emotion, or even physical contact. The effects of a psychic attack can range from mild discomfort to serious physical or emotional illness.

The good news is that there are ways to protect yourself from psychic attacks. One of the most effective methods is the Vampire Way to Psychic Self Defense.

What is the Vampire Way to Psychic Self Defense?

The Vampire Way to Psychic Self Defense is a system of techniques that teaches you how to use the power of your mind to shield yourself from negative energy. It is based on the belief that we all have a psychic energy field, or aura, that surrounds our bodies. This aura can be weakened by stress, negative emotions, or psychic attacks.

The Vampire Way to Psychic Self Defense teaches you how to strengthen your aura and use it to deflect negative energy. It also teaches you how to identify and deal with psychic attackers.

Benefits of the Vampire Way to Psychic Self Defense

There are many benefits to practicing the Vampire Way to Psychic Self Defense, including:

- Protection from psychic attacks
- Increased energy levels
- Reduced stress and anxiety
- Improved emotional well-being
- Increased self-confidence

How to Practice the Vampire Way to Psychic Self Defense

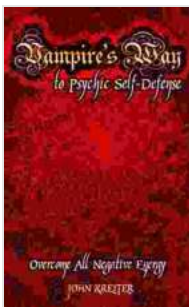
There are many different techniques that you can use to practice the Vampire Way to Psychic Self Defense. Some of the most common techniques include:

- **Grounding:** Grounding is a technique that helps you to connect with the earth and draw strength from it. To ground yourself, simply stand

with your feet flat on the ground and focus on your breath. Feel the energy of the earth flowing into your body through your feet.

- **Shielding:** Shielding is a technique that creates a protective barrier around your body. To shield yourself, imagine a white light surrounding you. See the light growing brighter and stronger, until it forms a complete barrier around your body.
- **Cleansing:** Cleansing is a technique that removes negative energy from your body and aura. To cleanse yourself, imagine a stream of white light flowing through your body. See the light washing away all the negative energy, until you feel clean and refreshed.
- **Banishing:** Banishing is a technique that sends negative energy back to its source. To banish negative energy, imagine a black light flowing from your body. See the light surrounding the negative energy and carrying it away from you.

The Vampire Way to Psychic Self Defense is a powerful system of techniques that can help you to protect yourself from psychic attacks and improve your overall well-being. By practicing these techniques, you can create a strong and impenetrable aura that will shield you from negative energy and allow you to live a more positive and fulfilling life.



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