

Psychic Protection

Please try to do some form of psychic protection before you attempt to do a reading.

If you are only reading for yourself you can do a simple ritual.

If you are reading for someone else- it's recommended to do more to ensure you are protected from their energy.

Protection Prayer from The Unity Church

The light of God surrounds me

The Love of God enfolds me

The Power of God protects me

The Presence of God watches over me

The Mind of God Guides Me

The Life of God Flows Through Me

The Laws of God Direct Me

The Power of God Abides within Me

The Joy of God Uplifts me

The Strength of God renews me

The Beauty of God Inspires me

Wherever I am, God is

Visualisation:

Surround yourself in White light for a simple quick reading

For more details and more protection visualise

- Layers of pink rays of unconditional love
- Layers of Golden Christ Consciousness
- Layers of Archangel Michael's Royal Blue Protection

If feeling drained/funny after a reading:

- Stomp on the ground barefoot five times
- Burn essential oils like Frankincense and Sandalwood
- Use Sage
- Incense (Frankincense and Sandalwood)
- Hold crystals like Black Tourmaline or Smokey Quartz

Say Go to God's Light - Go to God's Light - Go to God's Light

All dark entities have to go to the light by Universal Law

Always rinse off after a reading!

- With a shower of light
- Say Cut Cut Cut
- Disconnect using sage – clear your energy