

## **Procedures to clear and protect oneself** **From Negative Forces and Black Magic**

This article has been on my mind for a while now and this is something that I feel very strongly about. Some would say it will affect you only if you believe in it, but try telling that to a person that has been traumatised by negative forces...

I get calls all the time from Hindus being affected in one way or the other by negative forces so what you are getting here is the best from different cultures... I am a very liberal Hindu who uses techniques from any culture that works. The information kindly given below may seem a bit off beat to you but it works very well. You can use one or a few that I have given or just the one you feel comfortable with and that appeals to you. Please remember these things work according to your faith as well and negative forces gain strength by your FEAR. They feed off your FEAR.

\*\*\* A note to those people that do practice these black arts and create problems in people's lives. You'd rather stop. One should remember whatever you do will certainly come back to you one way or the other. That's just karma. Whatever you send out you get it back one day. Also if you are a parent think of your children. When parents perform a sinful act their children suffer and its called PITRA/MATRI DOSHA. Pitra/Matri Dosh is not the curse of the ancestors, but it is a debt formed as a result of bad deeds done by ones ancestors and this debt has to be paid by the present generation either by taking the punishment decided according to that debt or by doing some specific good Karmic deeds which would help to pay this debt so that the degree of punishment may be decreased.

The results of Pitra/Matri dosha is as follows:- House peace is disturbed, Denial of Progeny, separation and problems between a husband and wife, chronic/terminal illnesses, accidents, depression, disturbed sleep, inauspicious/disturbing dreams, problems on the subconscious level, psychological problems, hidden enemies, constant change in one's profession, heavy unwanted expenses, suicidal tendencies, many hurdles in life, lots of loans taken and unable to pay off debts. What I have heard from many that these parents think nothing will happen to them or their kids. well then they don't know about karma. Karma has to be paid and this can never be avoided.

### **Nrsimha Kavacha**

### **The Protection Armour of Lord Nrsimhadeva.**

1) This is something that I highly rate... I consider the Nrsimha Kavacha to be one of the most powerful protection mantras know to humans... Nrsimha means Lord Nrsimhadeva (the half man-half lion form of Lord Krishna) and Kavacha means Armour... So these mantras are the Protection Armour of Lord Nrsimhadeva. Evil forces flee from that place where these mantras are chanted or the mantras played. I strongly advise not to chant these mantras unless you have been taught by a Guru as these mantras if chanted incorrectly instead of protection can wreak serious havoc. I advise just to play these mantras...

Unfortunately the Nrsimha Kavacha mantras can only be heard from our website [www.dipika.org.za](http://www.dipika.org.za) . I can't email it as most company servers will firewall this email to you.



Lord Nrsimhadeva

2) Chant/play Hanuman Chalisa daily. In the morning after taking a bath, play the Hanuman Chalisa. It clears any bad/negative vibes in the yard/house. When you are driving in the morning when you start your car play the Hanuman Chalisa and pray to Shree Hanumanji.

Unfortunately the Hanuman chalisa can only be heard from our website [www.dipika.org.za](http://www.dipika.org.za) . I can't email it as most compaay servers will firewall this email to you.

3) Recite this Mother Kali Mantra whenever in danger or when you feel uncomfortable or when you think something evil is going to happen. It helps to ward away black magic and evilness of people.

Jai Thwam Devi Chamundi  
Jai Buthar Diharini  
Jai Sarva gathe Devi  
Kala Rathri Namostute  
Jai Ma Kali! Jago Ma!

English translation:  
Salutations to Chamundi  
Destroyer of Demons  
Mother of all Creations  
I salute you in the dark eerie night  
Salutations to Ma Kali! Wake up Ma!



- 4) **This very powerful mantra glorifies Mother Durga/Kali**  
**Om aim hreem kleem chaamun-daayai vich-chai namah**

Chant the above mantra 108 times in front of a picture of Mother Durga/Kali (given above) and as you are chanting the mantra visualize that Ma Durga/Kali is embracing you and thus protecting you. Imagine that Mother Chamundaa has a thousand heads. So this means that Ma has 2000 eyes and 2000 hands. Imagine that Ma is embracing you with her 2000 hands and remember that nothing can penetrate those 2000 hands because no magic can defeat Ma. And in that embrace you are sitting protected... By doing this Mother Durga/Kali will protect you from all harm and evils. Jai Mata Di...

- 5) Chant the Maha Mritunjaya Mantra 108 times daily. This mantra is specifically meant to counteract negative forces and black magic.

“Om trayam bakkam yajaa-mahe sugan-dhim pushti-varadhanam  
urvaa-rooka-miva bandha-naam mrytor mooksheeya maamritaat Om”.

If you don't know how to chant this mantra click this link and wait and it will play the mantra. <http://www.astrojyoti.com/shankarsawhney.htm>

- 6) Purchase Lobhan, Googal (Guggal), Hing and Raaz Lobhan. Any decent puja shop will have all these items. Smash the lobhan and guggal into powder and mix with the hing powder. At night break the Raaz lobhan into half and place one half in a metal container. Light this Raaz Lobhan, once its half way burnt add about 1/4 teaspoon of the mixture (of the Lobhan, Hing and Googal) on it. When its burnt properly and is smoking profusely, smoke all the rooms of your house, especially concentrating on the corners because spirits like to hide in these places. This should stop these things from causing any distress in the short term. I would recommend doing this about 2-3 times a week. Some nasty spirits like to cause problems so they are rather persistent.

7) In a 5L bucket add water, some rough salt, a pinch cow dung, a drop of cow urine (optional), few drops of sheep dip, a pinch of turmeric (hurdi) and a few drops of Ganga jal. Mix well and then sprinkle in your rooms in your house and then yard.

8) Place a broom upside down behind all your doors leading out. (No one i.e. the people you do not like you will never come in your house – it creates a psychic barrier around your house.

9) Wear your under garment inside out at all times except when performing prayers.

### 10) Mantra for Destruction of Negative Forces and for Protection

Before I even start on this 40-day mantra program and before one can be successful, one has to be very positive and clear about one's goal and about this very powerful way of prayer. Lord Krsna says in the Bhagavad Gita that the mind can be one's best friend or one's worst enemy. Now which one do you choose? The reason why many don't get the positive outcome of their prayers can be many but there are some main reasons viz. not being positive, expecting miracles etc. Also karma and fate plays a big part because if something is meant for you then you will get it no matter what.

The short-cut to anything you want in life is to BE AND FEEL HAPPY all the time. It's the fastest way to get anything you want quickly. If you are going to start this 40-day program with negativity then it's pointless moving forward. Your mindset has to change. For every negative thought you have it comes back and makes it worse for you. Remember what you think about becomes reality. Choose your thoughts carefully. The question is how much do you really want what you want? With that out-of-the-way now let's get into your prayers. 40 seems to be a very popular number with respect to fasts, and is a recurrent number in many religious scriptures, for example 40 shlokas in Hanuman Chalisa and the other Chalisa's, Jesus went into the wilderness for 40 days, Mohammed got his visions in 40 days, etc. in the Vedic tradition 40 days is the standard length for a concentration mantra discipline.

Mantras allow one's chakras to "switch on" safely and to operate at a higher "wattage". When one chants Sanskrit mantras one increases the ability of the chakras to hold a spiritual charge. It is as if a 25-watt bulb has been enabled to hold 50 watts, then 100 watts, then 500 watts and then 1000 watts. Mantra power derives not from any particular meaning that their syllables convey, but from the vibrational effect they create when they are pronounced repeatedly.

The vibration produced by chanting mantras begins to alter one's inner condition, both physically and spiritually, and to break down energy patterns stored in the subtle body. When one works with mantras one is working with energy, and energy is never lost. It will appear in some way. The energy itself will work in a certain, specific way. Your intention will add focus and power to the practice. Spiritual energy obeys laws just as physical energy does, and we know that the energy is never lost. So rest assured that your efforts are never wasted. By your mantra

discipline, you have set forces into motion that will produce a positive result somewhere along the line.

**What to do and how to get started.**

\*\*\* It is very important is to STATE YOUR INTENTION very clearly otherwise the mantra will attract unsatisfactory/unwanted options and results. \*\*\* And stick with this daily, don't chop and change your intention.

**The 40-day discipline:-** A discipline of 40 days is the time given for practising mantras in our eastern texts. Our great sages taught this process way before Noah and company walked the earth.

**Place:** - In addition to chanting your mantras as often as possible, you should set a specific place where you will practice your spiritual discipline twice every day.

**Time of day:** - Set your practice at the same time every day. It is recommended that you perform your practice in the morning upon rising and in the evening before bed.

**Completing the Practice:-** If you are in the midst of your discipline and the telephone rings, do not answer it. Better yet before you begin, put it off. You should strive to complete your daily disciplines without interruptions.

**Prayer beads, mala, and rosary:-** If you wish you can select a rosary or mala for your practice. But make sure you keep it in a safe place until you have completed the discipline.

**Religious and personal Pictures:-** Some may like to put a picture or statue of a Deity or some other religious picture that is dear to them, next to their written mantra or the place where they meditate. This is quite fine.

**On which mantra:-** This is according to the desire and wish you have. A mantra that you chant for one complete mala every day for 40 days. this qualifies as spiritual discipline in the classical sense. But as with anything in life, the more effort and concentration you apply, the more dramatic may be the results you derive. This is why all disciplines are performed twice daily once in the morning and once in the evening... If you so desire to make it more intense increase the number of repetitions per sitting like chant 2, 5 or 10 malas twice per day.

**Extra notes:-** For ladies even if you are in your menses cycle, still continue with the mantra... Once you have started the chanting of the mantra/s expect consequences from your effort. Some of the consequences can be tensions that may begin to increase or decrease; this is the result of clearing out of negative energies. Please keep in mind you have placed yourself in a situation where spiritual forces are at work. **EXPECT THE UNEXPECTED.** As negative energy patterns pass from your body and your mind, you may experience them momentarily as they depart.

You may find there is a sudden obstacle to your practice. Probably at least once during your discipline, something will arise that will make it difficult to complete your discipline. Some event, problem, or circumstance will seem to be the cause for you to miss or stop altogether. If at all possible, press on and complete the discipline. Try not to miss a day. These are just tests that you must pass. When we practice

mantras we are changing the nature of certain internal and usually crystallized energy clusters. They have become a part of your subconscious mind. So once again briefly this is what you need to do.

After having a bath, and then go to your designated place of prayer light incense etc. Try to keep this place daily around the same time to do all your prayers in the morning and evening. Relax breathe in and out. And then on the first day state your intention and write it down on a piece of paper and leave it at your prayer place where you can see it daily. Kindly ask Lord Ganesh and Mother Saraswati to guide you as you are chanting the mantra/s.

Now you are going to be starting the 40 day discipline of the destruction of Negative Forces and for Protection.

### Mantra for the Destruction of Negative Forces and for Protection

While this mantra invokes powerful energy, one's righteous internal attitude provides a buffer against misusing it. This mantra can backfire if used in a hateful way, because hate is contradictory to the nature of all Lord Vishnu's mantras. Narasimha is the principle for destroying the seemingly indestructible.

### **Narasimha Ta Va Da So Hum.**

(Nah-rah-seem-ha tah vah dah soh huhm.)

Chant this mantra for 40 days 5 malas (i.e 5 x 108) in the morning daily at the same time and 5 malas times in the evening at the same time and during the day chant as many times silently or a bit loud depending on you. The more you chant with faith the quicker and better the results. It will be nice to have a small picture of Lord Narasimha (like we have provided above) in front of you as you chant the Lord's powerful mantra.

I would recommend that it be chanted a bit loud, so that you can hear to it while you are chanting it. You can chant silently if you like. After you finish thank God and then leave. You can chant this mantra many times during the day. The more you chant the better because then you are giving the mantra more energy. Thus quicker the results you desire. Even if you are driving, cooking, bathing etc let the mantra be chanted.

An obvious question will be asked in this period must I stop eating meat and having sexual intercourse. Well there is no hard and fast rules about that so its fine you can continue with that. But if you wish to give up any foodstuff etc for the duration of the discipline it will enhance the experience - as long as you stick to your intent for e.g. - if you wish to give up red meat for the discipline - they should not change their mind once they commence.

After the 40 days perform a small havan with the mantra that you chanted to complete the 40-days.

**The Havan:-** The havan is very simple yet extremely powerful. This havan is performed one day after the last day of the discipline i.e. 41st day. After having a

bath, wear clean clothes. Mix about 100g white rice, 100g sesame seeds and 100g Jaw together. This is the samaghree. Place wood in the havan kund. Take a little Ganga water and sip it three times chanting "Om Vishnu".

Place camphor on the wood and light it. Thereafter invite Lord Vishnu and the devis and devas to the havan by saying "O Lord Vishnu, Sarva Devi's and Deva's I \_\_\_\_\_ (your name) invite you all to this auspicious havan".

Now start the offerings by the chanting the mantras that you have been chanting for last 40 days viz.

#### **Narasimha Ta Va Da So Hum X 540**

Offer the samaghree after every mantra and say swaahaa. So you have to do this 5 x 108. Once this is completed ask Lord Vishnu and all the Devi and Devas for forgiveness for any mistakes that was committed during the havan and chant the Maha Mantra " Hare Krishna Hare Krishna Krishna Krishna Hare Hare Hare Rama Hare Rama Rama Rama Hare Hare " X 3 to allay for any mistakes committed during the havan. Then request Lord Vishnu and the Devi and Devas to kindly return to their abodes.

**Requirements for the Havan:-** One packet havan wood; 100g sesame seeds, 100g Jaw, 100g white rice, havan kund, 2 blocks of camphor.

#### **Protection Techniques from different cultures.**

In Africa especially South Africa many traditional African healers/spiritualists (Sangoma) use the following two items to clear, cleanse and remove negative forces like Tokoloshe's and other negative forces from one's self, yard and house... When one hears the word MUTI, its creates such a negative response from many yet MUTI actually means medicine, derived from the Zulu word for tree, of which the root is -thi.

For probably the first time on the Internet this kind of information is given. Normally this kind of information is kept a secret. But that's not cool. Information must be shared. As you know about us at DIPIKA we never shy away from controversy.

When you feel that you have bad wind, start seeing shadows from the corner of your eyes, at night you feel that something is pressing your neck, there are scratches on your back when you wake up in the morning, someone is walking or running on your roof, knocking on your door when there is no one around. When you feel that these things are happening to you, you need to use the following two things that all African Healers (Sangomas) use.

**Intelezi:** - Is the combination of various roots, leaves, barks, bulbs and so forth which are grown in Africa. There are hundreds of these ingredients that are used by the Muti practitioner. But many practitioners use about 50 of these ingredients. In Hinduism the counterpart to Intelezi is Havan Samaghree which has approximately 72 ingredients in it. You should purchase the Intelezi from a reputable Muti shop. Recommended Muti shops that sell very high quality Intelezi in South Africa are...

Kwa-nyanga yezizwe (The Doctor of the Nation)

Yegesh Naidoo 036 352 4806 (Estcourt)

Tony Pillay 036 631 2163 (Ladysmith)

Where ever you stay in South Africa they will post it to you...

Once you have procured the Intelezi, you need to fill a 5L bucket with 4.5L of water. Now add about one handful of the Intelezi into a clean sock. Knot the sock and then leave it in the bucket of water. Leave the Intelezi to soak for about 24 hours. Thereafter you can start sprinkling the water inside and then outside the house. After you have done this, you now burn the Yamazan (Sitolomu) which is explained in details below. Do this for a full month.

Intelezi is used in many different ways such as steaming and vomiting. When you feel that something is just not right about your body, like a Tokoloshe is in you, then you need to steam, vomit and then smoke yourself with Yamazan (Sitolomu).

Steaming and bathing:- add 1 handful of Intelezi into a pot of about 7 litres of water. Let this boil for about 30 minutes. Keep 1L for bathing after steaming and the another 1L for vomiting the next morning. Now with the 5Lt's place the pot on the floor, and then place a blanket over yourself and pot and steam yourself for the next 20 minutes or so. DO NOT WIPE OFF THE SWEAT. After you finished steaming add the 1Lt of water that was kept aside in to a bucket and add more water from the tap and then bath. Sleep thereafter.

Vomiting:- Next morning around 06h00 when you wake up drink as much of the last 1Lt that was kept aside the previous night and vomit what ever you drank. Do this outside your house. No negative spirit will remain in your body after that... BUT you got to do this for 5 consecutive nights.

**Yamazan (Sitolomu):-** Yamazan (Sitolomu) is a mixture of many ingredients. It is used to remove negative forces and cleanse one's surroundings. You should purchase the Yamazan (Sitolomu) from a reputable Muti shop. Recommended Muti shops that sell very high quality Yamazan (Sitolomu) in South Africa are.

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Once you have procured the Yamazan (Sitolomu), you need to also buy Raaz Lobhan (any decent puja shops should sell this), break half of the Raaz lobhan and place on a pot lid or metal container, add a piece of Blitz (fire-lighters) on this and light it. After about 30 seconds add 1/4 teaspoon of Yamazan (Sitolomu) on top of that. Let it burn for a further 30 seconds and put the fire off. It will be smoking profusely. You need to smoke each room concentrating especially in the corners where these negative forces hide and reside. Once you finished the inside of the house leave it in your kitchen sink.

If you feel someone has been affected with some negative forces then you need to smoke them up by having them stand up with their legs apart. Then leave the lid or



metal container, which has the Yamazan (Sitolomu) in between the legs and let the smoke permeate through his/her body. What ever is on him/her will leave him/her immediately.

You can burn Yamazan (Sitolomu) whenever you feel there is some negativity in your home.

### Are we Hindus “Pagan worshippers” ???

Nature and Hinduism are so entwined that it is quite impossible to think about one without the other. The need for an ecological balance is stressed in the Vedas and Upanishads and this message is repeated in the Ramayana, Mahabharata, Gita, Puranas and in the messages of Hindu saints. Mother Nature is worshipped in our Hindu religion. But for the majority of Hindus, worship is confined to temples and homes and thus they are equal contributors in global warming, pollution and emissions. Here are a few thoughts which our ancient sages of Sanatana Dharma had shared more than 5000 years ago regarding the importance of nature and majority of them are highly relevant today.

- One should not destroy the trees. (Rig Veda Samhita vi-48-17)
- Plants are mothers and Goddesses. (Rig Veda Samhita x-97-4)
- Trees are homes and mansions. (Rig Veda Samhita x-97-5)
- Sacred grass has to be protected from man's exploitation (Rig Veda Samhita vii-75-8)
- Plants and waters are treasures for generations. (Rig Veda Samhita vii-70-4)

Paganism (from Latin *paganus*, meaning "country dweller", "rustic") is a blanket term, typically used to refer to polytheistic religious traditions, although from a Christian perspective, the term can encompass all non-Abrahamic religions. (obtained from Wikipedia)

Many pagans use the following techniques below. The word “Pagan” has such a negative feeling due to the Christians labelling them as Devil worshippers but Pagans followers are anything but that. We Hindus also worship Mother Earth as Dharti Mata (Bhumi devi/Matamaiya). As you have read from the above we are also worshippers of Mother Earth. Of course to some traditional Hindus it would seem that we finally gone “loka in the cabesa” but we think not as you have just read above how Hindus are really worshippers of Mother Earth. If the information presented here offends you then you are most welcome to delete this email.

**Repelling Negativity:-** In situations where a strongly negative atmosphere is experienced and serious space clearing is needed, the ideal aromas to drive away negativity are hot, spicy, vibrant and dynamic. These fiery scents included Hing (asafoetida), Lobhan, googal, garlic, etc. Hing smells so foul when burnt that the natural human response is a particularly adverse one. This has a psychic effect on the person performing the space clearing of pushing all negativity away with a force of repulsion as strong as the smell itself. Once the room/house is cleansed it's always advisable to maintain that standard by keeping the clutter to a minimum and regularly cleansing the place.

**Aromatic Influences to Repel Negativity:-** Scents and aromas are used to repel negativity and attract harmony and for the protection of your environment. All the

fragrances can be obtained in the form of oils, incense sticks, gums and resins or just loose herbs. Use whichever form you desire. Aromatherapy oils should be added to a carrier oil (like sweet almond oil) in an aromatherapy oil burner, gums and resins should be burned on hot charcoal in a charcoal burner and loose herbs can be also sprinkled over hot charcoal.

Scents that repel negative vibrations are : - Cypress, Juniper, Fumitory and Sage.

Scents to attract harmony and protection in any environment are: - Frankincense, Myrrh, Lotus, Rose and Geranium.

Scents to encourage and enhance feelings of peace and calm are: Bayberry, Gardenia, Magnolia and Rose.

**Salt:-** Salt (rough) is an amazingly cheap yet extremely effective way to negate negativity. Place a bowl of salt in each room. Once a month you can place this in the sun for a few hours to be rejuvenated. Salt absorbs any negativity in the room. Simple and cheap.

**A Space Clearing Room Spritzer:-** The following recipe can be made up and stored in a spray bottle. Spritz it around a room to clear negativity, emotional memories, mental stresses or psychic unrest. The mixture is quick and simple to make and offers a convenient, quick-fix solution for cleansing an atmosphere when time is short...

3 drops of Pine oil (Purifies and refines energy)

3 drops rose oil (Atmospheric harmonizer)

3 drops geranium oil (Atmospheric harmonizer)

3 drops cypress oil (closes astral doors)

5 drops lavender oil (mental cleanser and harmonizer)

7 drops of myrrh oil (for concentration and protection)

1 tsp vodka distilled water (preserver)

Clean out a spritzer bottle with warm salted water, rinse and allow to dry. Measure the aromatherapy oils and the flower essence into the bottle. Add the vodka, which preserves the mixture and allows the oils to blend more cohesively with the water. Top up the bottle with distilled water. Seal and shake gently to blend. Spray around yourself and your working or living area whenever you feel that the spirits need lifting or clearing.

**Removing negativity:-** A candle can be used to remove negativity by utilizing the flame to burn it away. This can be done by writing down those things you wish to release from your environment (such as negative energy left in the room after a heated argument) and letting the written message be consumed by the candle flame. Once the paper has been lit, drop it into a fireproof container and let it burn to ashes completely. You can then scatter the ashes outside in the wind, as you visualize the negativity being blown away.

Sound is a form of vibration, which is at the root of our existence. Sound can be used for protection, clearing or harmonizing, depending on the level and tone of the sounds used. Repetition of the "OM" mantra, for example can be used to harmonize an environment. It is simple, safe and effective method. Ambient music like the

sounds of whales and dolphins, waterfalls or ocean waves are now more and more used. Many Pagans use a 'Tibetan Singing Bowl' (a picture of a Singing bowl is on our website) to cleanse away negativity, stress, mental clutter and frenzied atmospheres. What one does with the singing bowl one should make sounds in the corners of one's room. This is due to these spirits and negative forces residing in corners. Cymbals, blowing of the Conch, Didgeridoo, gongs, music of the sitar, flute, or harp are used as well to clear and harmonize the area.

**Smudging:-** This is a very popular purifying, simple but extremely effective cleaning technique. Used by Red Indians and lots of other cultures around the world. This is used as a prologue to any kind of space clearing ritual. The smudge stick is simply a bundle of dried herbs including sage. The fan is made of feathers or just a single feather. The purpose of the fan is to waft the smoke all over the area, over the walls, ceilings, doors and any other openings into the room. The nature of the herbs and the intention of the person who gathered and tied them, together with the action of the fan, drives away any negative energies lingering in an area.

**Making your own Smudge Stick:-** It is very rewarding to grow and dry you own herbs, thus ensuring that their magical qualities are tended during all stages of growth, and that you honour the spirits of the herbs when cutting them. The three (3 is a magical number) recommended here are all for purification. The best variety of sage is to use American White Sage or mountain sage (*Salvia Apiana*). All the herbs must be completely dried. (a picture of a Smudge Stick is on our website)

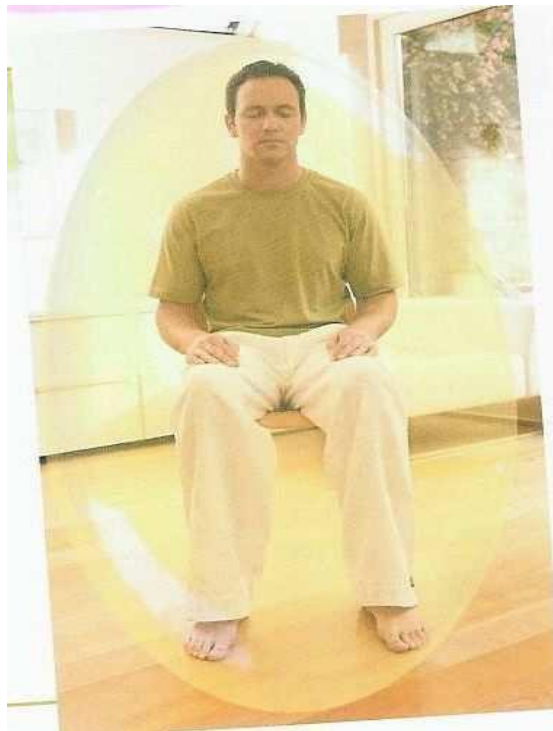
**You will need:-** Dried sage stalks, Dried lavender flower stalks, Dried thyme stalks and natural twine. Gather all the dried herb stalks together and arrange them in an intertwined bundle. Bind the stalks loosely with twine and trim the ends to neaten the bundle. Light one end, extinguish the flame and let the smoke rise to fill the area.

**Grounding exercise:-** Sit on a chair with both feet on floor. Take 3 deep breaths, releasing any tension that you feel on each out breath then breathe normally. Visualize that the roots are growing out of the soles of your feet down into the ground. You must hear the roots penetrating deep into the centre of the earth. Know that they are growing and multiplying and imagine that energy from the earth is being sent up the roots into your feet and is filling your entire body with white light. Visualize that the energy flowing in with each breath until your entire body is full with light.

**The Protection Bubble:** - This is a very popular technique because it works so well and is very simple. Ideally you should perform this exercise at the beginning of every morning.

Breathe slowly and regularly and then ground and balance (see above) yourself. Now visualize that you are surrounded by a bubble of psychic energy which protects you from any negative influences while allowing positive emotions to flow between yourself and other people. Make sure the bubble stretches above your head and below your feet and that it meets behind your back. Picture it as being elastic so that it can retract towards you when necessary, or extend outwards whenever you are

feeling safe and comfortable... Pray to the deities you pray to asking them to protect you while you in this bubble.



### The Psychic Bubble.

You can appoint psychic guardians to keep watch over your possessions. You can vary your choice of guardians according to the circumstances. Choose Fairies to take care of the plants and the animal guardians to watch over your animals and celestial beings to guard over your yard and house from burglars. Each night before you go to sleep you must ask the angels to watch over your home and family; whenever you leave your home you must ask the Protective Angels or Dragon gatekeepers to surround all the sides of the house and keep and repel any unwanted visitors...

Appointing Protection Guardians: - Breathe slowly and calmly to become centred and grounded and balance yourself. And then request the Universe to send some psychic guardians, who will protect whatever you are concerned about. Visualise them arriving and taking up their positions. Know that they are there. Thank them for coming to your aid. When you no longer need them thank them again for their help and tell them they are free to leave...

The Protection Mirror: - There may be times when you feel that you need additional help in protecting yourself from the energies of the people around you. One very effective way to do this is to mentally put up a mirror between yourself and the person concerned. This will reflect the person's behaviour back to him/her thereby deflecting it away from you. This technique will be rather useful when you are working in an office full of people.

Clearing Negative Energy: - Sometimes you will pick up negative vibes and energy when you have a draining and difficult conversation, when you hear some disturbing news, or when you sit on a seat which a previous person sat on who had a bad energy vibration. But it's very easy to remove all this bad energy from your body and aura...

One of the best and simplest ways to clear yourself of negative energy is to have a bath or shower... As you wash yourself visualize that you are washing away the negative energy that you have attracted. Make sure if you have hair to wash that as well... As you watch the water disappearing down the drain know that it is carrying the negative energy with it. For additional help you can add some rough sea salt, Epsom salt or Hurdi (turmeric) powder. Salt is very cleansing and especially helpful when it feels as if someone's energy has been stuck to you and you can't shake it off. You can use Walnut Bach Flower Remedy Essence or Fringed Violet Australian Bush Flower Essence to your bath water to cleanse your aura.

Your guardian angels: - Everyone has guardian angels/guides even though you may not be aware of it... These angels/guides are with you throughout your life, standing closer to you than you could ever believe. What many people find so difficult to understand is that they have to ask their guardian angels/guides for help before they can intercede on your behalf. They have to obey the Spiritual Law that states "Help can only be given when asked for it; otherwise it's an act of interference". Your guardian angels/guides long to be asked to help because then only they can truly be of service to you. However they have to be asked each time you need their assistance. It isn't enough for you to ask them for help just once and then imagine that they will spring into action whenever you need them. You must ask them every single time. They can only come to your aid when you ask for help. And never forget to thank them for their kind assistance.

Summoning your guardian angels:- To invoke your guardian angels/guides find a quiet time when you won't be disturbed. You can either speak to them aloud or just in your head, although your invocation is much stronger when spoken and you should speak from your heart. For example you could say "My dear guardian angel, thank you for being with me at this moment. Please help me to [describe the help you want], so that the outcome is for the highest good of everyone concerned". It is polite to thank your angel when he/she has assisted you, even if you haven't yet received the benefit. Simply know that it will come and show your gratitude to them for their kind assistance.

~~~Protective Chant~~~

". . . Visualize a triple circle of purplish light around your body while chanting:

*' I am protected by your might,  
O gracious Goddess, day and night.'*

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Thank you so much for taking the time to read this article. We pray that this article will assist you in some way and we also pray that it helps you to appreciate the beauty and remarkable foresight of our ancient Hindu culture. We wish to educate

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