Could You Be Suffering a Psychic Attack?

What makes us easy targets for malevolent spiritual attackers?

*__Alcohol or drug abuse and addiction__ weakens the aura/defenses.

*__Any other kind of addiction__, such as:

Food, sex, porn, shopping, stealing, sugar, internet, online gaming, gambling, etc. **creates craving and extreme vulnerability**

*__Opening your aura and energy field__ to unknown foreign energies like: unvetted psychic readers, reiki masters, energy healers, etc.

*__Opening your consciousness__ to religious or psychic exploration without adequate psychic protection in place.

*__Channeling__; allowing information from the universe to come through you without adequate psychic protection.

*__Playing with Quija Boards, pendulums, divining rods, tarot cards, etc__.

*__Associating with unvetted members of the Occult__; attending **Psychic Fairs** where all types of psychic energy and psychic energy practitioners congregate.

*__Demon/Devil Worshipping__; **by you, or in past generations.**

*__Participation in any type of spell-casting, black magic, voodoo, wishing evil upon others, etc.__

*Buying into the **New Age "Love and Light" Gurus,** who may be **intentionally or unintentionally attached to False Light Entities**

*Falling prey to **False Light Entities masquerading as Spiritual 'Guides.'**

***Allowing anger, bitterness, and a desire for revenge to rule you.**

*A **Family History of any of the above**

***Generational History of Occult Involvement**

***Generational History of Black Magic Practices of Any Kind**

***Generational Curses, "Bargains with the Devil," Generational involvement with Devil Worship, Participation in Dark Ceremonies, Promising Offspring to the Devil for a favor**

***Playing around with Tarot and other Fortune Telling Cards Without Training in the practice of Psychic Protection, and/or for purposes of necromancy.**

***Mental Illnesses including Major Depression, Severe Anxiety, Bi-Polar Disorder, Schizophrenia, and all types of Psychosis.**

Common Symptoms of a Psychic Attack

***Intense craving for more** of something known to be harmful

***Intense fixation on a relationship**: either feelings of **revulsion**, or of **attraction and obsession** that makes no sense.

***Vivid, disturbing dreams**: totally out of character, lewd or repulsive situations.

***Sexual content in dreams that pulls you in and creates a sexual response to situations that are revolting**. Highly upsetting.

*__Experiencing a sensation of intense electrical charge, a "vibration" or "buzzing," with or without disorientation, and/or abrupt temporary memory loss.__

*__Voices in your head__ repeating over and over that you're bad, no good, your situation is hopeless, they control you, there is no way out, no one will believe you, "they" will harm you, "they" will harm your family, that your religion is fake, that Jesus, etc., is a fake. Flashing pornographic depictions of Christ in your mind every time you try to pray for help. Blaspheming Christianity, or Buddhism, or whatever your religion. Urging you to take your own life, or that of someone else. **These are just a few. There are many other common themes.**

*__A cluster of circumstances in your life implode__. Examples: Your financial security crumbles, primary relationships deteriorate—could be the other is being "used by the dark forces" to come at you, trigger you, weaken your natural boundaries. **This is called "secondary psychic attack."** Or, you may begin to experience a malignant disgust and repulsion towards those you love.

*__Things begin to fail or break down in clusters__: washing machine, refrigerator, tv, car, electronics, etc.

*__Your health, or that of loved ones, mysteriously deteriorates with multiple symptoms__.

*__You, family members, and/or close friends experience sudden tragedies and multiple negative events__.

*__Your animals__ suddenly become fearful, sick, or die.

*__You may hear “your own thoughts being repeated over and over.”__

*You may __hear voices suggesting revolting things, then laughter__.

*__You begin to notice odd occurrences in your home__: motion detectors go off for no reason, the phone rings repeatedly with no one there, you get a severe infestation of flies or other insects coming up from a drain, your water becomes a strange color or has a strange odor. The stench of something rotten may appear suddenly, with no origin discovered.

*The __unexplained odor of cigarette or cigar smoke.__

*You __detect movement out of the corner of your eye, but nothing’s there__. You see __black shadows hovering above your bed or moving about in your room.__

*Your __pets act fearful, hackles up, refusing to enter certain rooms in your home.__

*__You hear scratching, footsteps, banging, etc., but cannot determine the source.__

*__You are shoved or punched by something you cannot see.__

*__Light fixtures or other objects suddenly begin to swing back and forth__.

*__Doors open and slam shut.__

*__Objects are flung across the room__.

*You get __a sudden strong urge to harm yourself.__ This can take many forms. __Our experience included the urges to leap from a__

second story bedroom window, hang oneself, and leap from a car speeding down the freeway.

*Psychic attack can include a host of vivid and debilitating physical sensations. **Feelings of being repeatedly stabbed in the head, eyes, neck, and torso. Experience of being choked until the victim turns blue, veins and eyes bulging. Abruptly, feeling that one is choking to death on a large object, that can't be dislodged. Feeling as if insects are crawling under the skin; or feeling worms inside the rectum, or inside the brain. Starting to cough or yawn when trying to tell someone about your symptoms.**

*Sudden onset **projectile vomiting**.

***Irrational fear of being alone**.

*Sudden **revulsion towards holy symbols** and **going into a church**.

***Inability to remember the words to common prayers**.

* **Sudden irrational feelings of hopelessness**.

Any one of these symptoms, and **sometimes even several**—by and of themselves—**are not enough** evidence to assume that one has become a victim of Psychic/Spiritual Attack. However, even just a few of these **may indicate the need for a comprehensive** 1:1 **assessment** to help discern if spiritual attack could actually be at play.

Always consult your medical care provider first, to rule out any medical or psychological explanations for your symptoms, such

as medication imbalances, stress and anxiety induced manifestations, biologic or glandular deficiencies, tumors, pervasive delusional or psychotic states, etc. If, however, there are no medical explanations for a cluster of the above-mentioned phenomenon, you may then wish to proceed by consulting an Energy Discernment Intuitive to help you rule out, or identify the likelihood, of a Spiritual Psychic Attack.

It is important to know that it's common for Psychic Attacks to happen alongside other ailments, psychological as well as physical. If this proves to be true in your case, it may be prudent to deal with all aspects of your condition concurrently.

***For a free initial 1:1 Energy Discernment Interview, contact Anne Howard via my website at www.annebhoward.com.**

Sacred Practices of Psychic Protection

What constitutes Psychic Protection?

We are all vulnerable, whether we knowingly open ourselves up to psychic exploration by random Mediums and Intuitives, play games with Ouija Boards, pendulums, tarot cards, etc., or we innocently do such things as pray that our ancestors or deceased loved ones will reach through our consciousness to give us a sign that they're still watching over us, meditate deeply with the hope of receiving insight into the meaning behind some confounding situation, or an answer to our burning life question. We make ourselves vulnerable every time we ignore our intuition and look outside of our God sense of "knowing" to ask that answers be provided by some other source. Whether that be our Guides, the Universe, our deceased family members, or even the "Angels" or favorite Saints, Buddha, etc., we run the risk of being duped by spiritual imposters and pulled under the influence of malevolent False Light Entities ***masquerading*** as the loved ones or religious teachers we are seeking.

Does this mean we should stop all spiritual knowledge seeking immediately? No, not at all. What it means is that we must become more aware of the unseen spiritual world

around us and understand that there is a **danger**, as well as empowerment, associated with the process of expanding one's consciousness and understanding of God, if we are careless in the ways we go about it.

For eons, curious spiritual-seekers have attempted to lift the veil between this dimension that we live in, and the many other simultaneous dimensions—where that which we can only sense exists. Still, we not only believe it to be so, but we feel it in our "gut." How? Because **we *can see the repercussions*,** the effects, of this unseen world's existence, all around us. Never has this been made more clear to me, more undeniable, than with the experience of severe Psychic Attack experienced by myself and one of my family members, with her eventual possession, and my severe retaliatory experience of Psychic Oppression. The stunning visual and audibly observable manifestations of physical and psychological control by something beyond the self were profound.

Leading up to this ordeal, we had **no knowledge or understanding of Psychic Attack**, even as a possibility. It was simply not on our radar. We were totally naïve and unsuspecting. Mistakes were made—including the move into an old home with a violent past, consulting a Medium rather than a Priest to do a house clearing, and asking

powerful deceased family members from previous generations to protect us once the activity in the house began to “amp up,” among others. We had no idea how to protect ourselves spiritually, except through prayer to Jesus Christ, and no idea how to fight back against the unseen aggressors, once we became victims of physical and psychological oppression.

Much has been realized and learned in the fifteen years since this horrific ordeal that included demonic possession and nine official Solemn Rites of Exorcism.

Following is a list of the signs I now consider to be RED FLAGS in determining the probability of a Psychic Attack. Remember: Mental illnesses like depression, clinical anxiety disorders, various types of psychosis inducing disorders, active alcohol and/or drug abuse, and a wide variety of physical illnesses can all produce symptoms that mimic some of the signs of psychic attack. It is imperative to seek an evaluation from a licensed mental health therapist, as well as a physical evaluation by a licensed medical practitioner, before assuming you are experiencing a psychic attack. However, it is also important to recognize that psychic attack and/or mental health and chronic physical illness can, and often do, coincide.

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