

Powerful **Psychic Self-Defense**



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Chapter 1:

Unfamiliar Sources of Your Reactions

Have you ever wondered about the effects negative people can have on you. These might be the people who are moody, have poor attitudes, negative outlooks on life, or feel victimized, and they want you to hear their story.

It could be a coworker, a friend, a family member, or an ex. More often than not, you don't like interacting with them. They tend to say or do things that make you feel bad, or hurt people that you love.

Often these kinds of people are stuck on something that happened to them in the past and their minds keep plowing up the same dirt. They love to go on about their story of what happened to them. They often bring this up so that you take pity on them, and allow them to keep repeating their victimhood.

Allowing these people to stay active in your life is much like having a malignant tumor. At first, it might just be a slight discomfort, but if you don't remove it soon enough, it may end up spreading and harm you.

You might just think that you can tune out their negativity, but you can't just tune them out. Eventually, being around people that are constantly upset or depressed will make you irritable, stressed, and sad yourself.

One vital reason this happens is the fact that a person's emotional reactions have subtle-energy thoughtforms that can literally stick to you and cause you to feel negatively...or worse, have an accident or hurt yourself.

Here's why...

All subtle-energy patterns have programming in them. The programming contains the beliefs about what happened, the emotional content, and pictures of what happened.

When you are around these people you may begin to adopt their negative energy.

Maybe it's someone who constantly criticizes your efforts to succeed at what you are doing. They ridicule it and interrogate you to try to prove their point that you're failing.

Or, they may gripe about their life, the economy, the government, the future, their job, their relationship, or just about anything else.

Just ignoring them is only a temporary solution, and eventually they'll start to get to you. If some of their energy rubs off on you, you may find yourself pulled into their negativity and think it is you as well.

Actually, what happens is the negative thoughtforms jump from the negative person and implant themselves in your aura or chakras and you then find yourself feeling terrible yourself.

What do you do?

The first thing you need to do is clear off their energy. You can do what is called "aura raking" which is using your hand to brush off the negative thoughtforms. You do it like you'd brush off lint on your clothes, but you do it with the intention of clearing off any negative energy particularly from areas where you sense it or feel it.

There are many more suggestions in other chapters of this book.



Chapter 2:

How To Know If You Are Under Attack

There are different ways to tell if you are under attack. For instance, when you experience energy loss, anger, or depression, or you feel defensive, confused, have accidents, or have unexplained symptoms for which conventional diagnosis can't find a cause.



Here are additional signs that you may experience when someone attacks you (Not all are proof of psychic attack, but they may be):

- Sudden violent attitude change
- Big changes in attitude without valid reasons
- Memory loss
- Significant changes in your capability to think clearly
- Unexpected ongoing fatigue without obvious reasons
- Having a feeling of energy loss
- Feeling spacey and ungrounded
- Icy cold sensation on some parts or all over your body
- Hearing voices in your head no one else hears
- Frequent or recurrent nightmares
- Strange accidents
- Thinking that somebody is watching and observing you
- Fear or discomfort from an area or room in your office or home
- Lack of self-confidence
- Sudden health problems which elude diagnosis
- Having a disease that is unexplainable
- Having irrational difficulties with relationships or money
- Thinking of monsters and having fear of shadows
- Being depressed without a reason
- Hallucinations
- Strange fear, sorrow, or paranoia

Chapter 3:

Clear Your Energy Space

Do you feel tired, weakness, or irritability after spending time with somebody? Do you experience something uncomfortable after you listen to someone who has a big personal problem? These are the likely symptoms of subtle-energy contamination.

Anytime you find yourself feeling differently after you've been around other people or groups, that is a likely indication you have accumulated some energy from those people.

It is almost impossible not to pick up energy patterns from others. It's part of life. So, just as you bath regularly for physical reasons, you should also employ energy clearing methods on a consistent basis.

Most people are unaware of how they feel and what they think is due to subtle energy programs picked up from the people they have been around.

Because you experience your thoughts and feelings internally you assume it is all due to your own mind or subconscious, but that is only partially true.

How did you come to think or feel what you do?

The nature of your body and energy field is that it collects subtle-patterns all the time, and subtle-energies have programming. The programming is composed of beliefs, emotions, and pictures of the people and events you have been exposed to.

These subtle-energy accumulations are sometimes called "Thoughtforms" because they are energy forms that the thoughts take and they collect in your aura, chakras, and body and they replay their programs like recordings. For this reason you will find yourself repeating the same thoughts over and over, and repeating the very words you've heard others say.

Luckily, you could eliminate and do some measures to prevent them.

You Have Been Programmed

No one wants to think that their thoughts and feelings are not their own or not under their control, but the fact is that most of what you think, believe, and feel has been greatly affected by the subtle-energy programming you've been accumulating since childhood.

One of the most important things you can discover about yourself is to realize that much of what causes you to think, feel and react the way you do is a result of the accumulation of energies from others.

What this strange phenomena means is that others can actually transfer the nature and quality of their beliefs and feelings to you into your body and mind like downloading a program into a computer.

People usually do this unknowingly, but sometimes they do it intentionally. Have you ever heard someone say, "Here's what I think. I'm going to give you a piece of my mind."

Well, they actually do transfer their programming to you in the form of what is called a thoughtform. They project a thoughtform of their beliefs, emotions, and ideas at you and it implants itself in your body, chakras, and aura.

You don't even need to be physically with the person. For instance, there is a psychological manipulation that happens with political speeches that are designed to get you to relate to and like the candidate and accept their point of view.

It can have an even more power effect on you when you are in the same room with a person and there is a subtle energy transference that happens when you have a direct contact with a person. This is especially true when you are close to them physically or in some sort of relationship with them.

This transfer happens through what are called thoughtforms which are like hologram representations of a persons feelings, reactions, beliefs, likes and dislikes, perceptions, needs and other personality traits.

The thoughtforms have energetic pictures of memories of events as well as the conclusions and emotions associated with life from that person's perspective.

When you are around people and especially interacting with them there is usually an exchange of thoughtforms. You exchange your thoughts, beliefs and feelings with the other person. Most people think of this only as a mental dialog, but what is not seen with physical eyes is the transference that takes place in the energy fields of people who are interacting.

Much of what you think of as your personality is strongly colored by and sometimes totally determined by the energies you have acquired from your family and ancestors and other relationships which have influenced you. These programs can also come to you from groups you have been associated with.

Have you ever noticed that if you are around people who are depressed, you start feeling a bit down yourself, and the opposite is also true, when you are around people who are positive and upbeat you naturally start feeling that way. Well, the process is not all psychological. Some of the effect comes from the energy exchange that takes place between people.

If you were able to visually see what is going on you would notice clusters of colored energies accumulating around you. These energy clusters have emotional qualities in them as well as beliefs and intentions and they begin affecting you on those levels as well.

For instance, I worked with a person recently who asked me why they were having digestive problems and intestinal problems. My insight was that this person had a lot of nervous, worry and anxious energy bound in the abdomen.

I further recognized that this energy came from this person's mother, so I asked, as I often do, "Did your mother have a worrisome nervous personality?" And the answer was, "Oh yes. My mother used to worry about everything. She was even afraid of the rain and would get upset when it rained." Then I got a whole story of the issues this person's mother had.

I remember a young woman who came to see me who had a strange body twitch that she was being medicated to control. I asked her the same question but in this case my intuition told me it was her grandmother. To make a long story short I removed her grandmothers energy from her and the twitching went away and she no longer needed medication.

Another person came to me with anger and irritability issues which she said she was sure was hormonal. Upon looking at her I saw that there was someone else's anger energy on her that would cause her to get in a rage at times. Well, I removed the other person's energy and the anger was gone. For the next few weeks she kept looking for the anger and wondering where it was, but she was pleased to discover it was gone.

Now, I'm not saying that all issues or problems are caused by other people's energies, but it is worth looking at that because it often is. And even if the issue you are concerned about is not caused by another person's energy it is highly likely that some things are because everyone has other people's energy on them. In fact, it would be virtually impossible not to unless you live in a cave and are alone. So clearing this energy is as important as bathing.

These interesting cases may have been thought by some people as possessions, psychic attack, poltergeists, curses, or even voodoo. Regardless of the source I'll be explaining methods to clear and heal.

Doesn't Time Heal All Wounds?

As if all this is not amazing enough, you would think that if years or decades have passed, or the person you got the energies from were no longer alive that you wouldn't be affected, but that is not the case. You gather, accumulate and store energy from people you have had relationships with, your ancestors, people you come in contact with, people you have emotional engagements with, and most certainly the people you live with. Despite the passage of time, those patterns do not go away by themselves. Time may acclimate you to the energies and you get used to them and think they are part of you but the patterns continue to affect you.

Another thing to be aware of is that not all of the sources of these energy patterns are necessarily negative, although often some of them are. Because it is not your energy, it creates some disharmony in your field and causes you to think, feel or react in ways you would not if you were fully clear of their energies.

Furthermore, the personality you think is yours is a mixture of energies that comes from a transference of patterns from your parents and other people you have spent time with.

Not all of your personality is due to your past lives or genetic influences, but subtle-energetic patterns you've been accumulating your entire life.

The tricky part of this is that in many if not most cases you think the way you think, feel, and react is just the way you are, when in fact, that is not true. Other people's energy on you work like programs giving rise to feelings inside of you that you assume are you.

What is strangely true is that I have found that it is not unusual for a person to be carrying around the energies of dozens of people and not know it or have any idea of it.

I recall working on a medical doctor who spent his days in a hospital and he had absorbed so much sickness energy from the people he interacted with that his health and emotional life was being affected. Naturally, after I worked on him he felt much lighter, clearer and more like himself. But anyone who has a career that puts them in those kinds of situations needs to do regular subtle-energy clearing.

Because these energy patterns are essentially invisible to normal perceptions people do not ordinarily realize that what they are feeling, how they are reacting, or even how their health is might be influenced if not outright caused by someone else's energy on them.

And how could a person conclude otherwise? People are usually only aware of what their senses tell them or a doctor tells them and neither of those sources of information are attuned to the subtle realms where thoughtforms are.

Well, once you clear the energies of others off of you, you will recognize the difference in how you feel when someone else's energy is on you and when you are clear. When you get the energies of other people off of you, you will start to feel lighter, clearer, and more alert, awake and like yourself. You may even feel ecstatic and euphoric at times. I've even seen people become a little giddy for awhile because they began to feel their true being and soul for the first time in a long time.

Chapter 4:

Break the Cords that Bind You

“The tie that binds” “Your pulling on my heart strings.” “No strings attached.” Our language makes use of metaphorical language to describe what we unconsciously know to be true. Humans connect with one another with energy cords of attachment. This is all the more real to the trained clairvoyant who not only “sees” these energetic cords, but who is also able to help with removing them and accelerating the healing of the relationships that created them.

Every interaction and emotional exchange with others creates subtle-energy connections. These energy cords then continue the transference of energy between the two parties until the connections are broken or dissolve. The only instance where these types of attachment serve the individuals involved is in the case of mothers and their babies, because infants and small children need and rely on the nurturing and care of their mothers for their growth and development.

A common problem, however, is that most people have numerous subtle energy connections from their parents and others still hooked into them. When we interact with others in our society it is not only common, but a regular daily occurrence to have people project their energy to you in the form of their judgments, emotions, beliefs, and intentions. This is especially true if they want something from you, or want to control you.

Can you think of (m)any interactions with others in which they do not want something from you or in some way want to manipulate or control you? Not unless you live around mostly enlightened individuals.

This being a practical reality of life on planet earth, I can say with assurance that you have many attachments to many people. This keeps a conduit open between you in which the energies from others continues to have subtle, or not so subtle, influences on your daily thinking, attitudes, and conditions.

Because of the existence of these energetic cords and other factors, it is often difficult for people to get over old relationships, move through grief quickly, break old habit patterns, get over diseases, and move into a new life free of the “baggage” of the old life.

When you scan your life for every past relationship you have had, you should also scan for how people from your past have corded you this also includes organizations.

Put yourself in a relaxed, meditative state when you do this work. In order to break karmic cording with others that has controlled you, limited you, or kept you the victim in relationships, visualize the person standing opposite you, or if it is an organization, name it and say to yourself as follows: “It is my intent, and my desire to formally sever and remove attachments, hooks, cords, judgments, distortions, pictures of reality, or any energetic impressions that I have gone into agreement with, with this person now release, detach and dissolve them from me.”

It is helpful to get in touch with any feelings you have about the person or organization, as this brings the cords and attachments to the surface. Call upon your spirit guides to assist you, and give them permission to help you.

You can also use your hands to pull the cords off by raking through your aura, or making motions of pulling the cords off. You should also imagine a meter in your mind’s eye rating the degree of intensity of the attachment on a scale from 1 to 10, and then recheck it after each removal process. It usually takes several sessions for each person or organization that needs to be removed.

Visualize yourself and the other person or organization pulling strands and cords from each other. While you are making separations, say, “I am not available to interact with you in this way anymore. I am free, and you are free.”

Scan yourself. Check the meter, and when it is at zero and you feel complete, visualize a computer screen and push the delete button to clear the screen. Repeat this process with EVERYONE you can think of—it does not even have to be a serious issue. This will free you from the victim role and help you be more in control of your life. For some you may need to repeat this process several or many times, if your connection with them was strong.

As cords are removed, deeper layers rise and need to be removed. Scan through your entire life, taking three or four people a day for each session, and go back down through you earliest memories of childhood and pull the cords between you and them.

When you have completed this process over a series of days or weeks, continue the same process as people's names and organizations continue to come to mind in the months ahead.

People's names you had completely forgotten about will come to mind as you sift around in your subconscious mind. You can erase the hurt, pain, and limitations you are still suffering with to this day when you aren't even aware of the cause.

Be sure to take a look at your part in the picture. You do not have to be a victim or suffer any limitations anymore. Be sure to bless and release each person with love. Doing this process with a clairvoyant who is experienced in this work can greatly accelerate you though this growth process. I can tell you that of the many sessions I've done with people to clear them of other people's energy, I often hear them say they feel profoundly better. It is a "felt" difference they feel almost immediately.

Dear Dr. Parker, In an earlier quote, you said to be careful of the people we thought of and spoke of, because it would bring their energy to us.....my question is – even if we do not speak the name of someone who brings negative feelings to us – if someone else speaks the name, how can we change our emotional reaction? How can one change their, very old, very conditioned emotional response. Thank You! Karen

Dear Karen, What I've written above contains some of the answers, and I'll cover a little more here for you and there is more in later chapters of this book.

The subject of emotions is a sensitive one for many people because emotions are regarded as the treasured distinction that makes us human; however, the solution to many human problems and the answer to your questions lie in becoming neutral and non-attached.

One of the main reasons people find it difficult to remain neutral in situations is they have emotionally charged situations from their past still resident in them. When similar situations arise in their life, they trigger or activate the thoughtforms resident in the individual's four-body system (physical, emotional, mental, spiritual bodies). These thoughtforms resurrect the emotions, and as the individual feels these emotions he usually fuels them more thus perpetuating the cycle.

Emotions and thoughtforms are energy, and energy can be released and/or dissolved. Many people believe that they are the unwilling slave of their emotions and there is nothing that can be done about it, but

this is not true. Trapped negative emotional energy is a cause of disease, accidents, and problems, yet these energies can be released.

There are a number of ways of doing eliminating negative feelings and emotions, and here are some ways emotional energy can be discharged: by crying, talking about the emotionally laden subject (catharsis), massage, acupuncture, changing your philosophical outlook, yoga, and other forms of energy work. I will give you more suggestions later in this book.

One way of releasing negativity that I explain on some of my audio programs is to enter a relaxed state and visualize putting the situation (people and words) on a screen and then disintegrate everything with a visualized laser beam. This actually discharges the energy each time you do it, until it no longer affects you. In some cases it will take many months or years to completely release all the many disturbances everyone has accumulated, but this can be significantly accelerated by working with an experienced energy healer.

In addition, you have to establish boundaries with people like that. Explain to them directly that their negative attitude is draining, and that you don't wish to interact with them until they get some help and change.

Hopefully, this alone will motivate them to heal.

You should realize that they are in pain themselves and are suffering, so your encouragement for them to change can be important for their life and yours.

I hope this gives you some insights. The situation has a resolution, but it requires a degree of training, practice, and commitment.

Chapter 5:

Learn How To Take Control Of Your Energy

When it comes to psychic self-defense strategy, you will learn that there are techniques to control your energy.



Understand the Causes

- **Detective Work** – Find out what happened when the symptoms were first noticed. Ask what he or she did, who they were with, what they were doing, and what happened. Describe the symptoms and circumstances in as much detail as possible.
- **Disconnect** – When a person is attacked with subtle-energies there are connections that form between the people involved. These connections come in two basic forms: Cords and Thoughtforms.

Using the visual imagining of a violet tornado surrounding the person 3' in all directions and spinning it will dissolve the cords, and most of the thoughtforms when that intention is held while spinning the violet light. This only needs to be done for one or two minutes at a time.

The violet tornado process usually needs to be done several times over several days in more severe cases.

- **Shielding** - It is usually a good idea to fortify the aura to prevent further intrusions of negative or attaching energy. This can be done by pulling the aura in to 18" with the request and intention that it comes in, and then putting a 2" gold layer on the outer edge. I also recommend putting 6" of violet on top of the gold layer. This creates a nice cocoon of protective energy that insulates a person from further intrusion. It should be reinforced every 24 hours as it will not last permanently.
- **Blocking** – is creating a wall of violet light between the person being attacked and any source of the attack even if it is unknown. Some people do this with a static wall 2' thick around their home and property and some make the wall a violet flame. Either will work.

I recommend creating the violet wall all around your house including under the floor and above the roof.

In some severe cases you may find using a black light (ultraviolet) light can help keep negative entities away.

- **Frequency Shifts** – it is lifting the energy level of a person by placing energy inside their system. It will shift the vibration rate of a person temporarily whether lower or higher for a specific time period only. This is done by visualizing golden light radiating from the center of the chest and filling the body and aura.
- **Reflecting Back** - I don't recommend returning negative energy as some occult practices teach as it incurs negative karma.
- **Centering** – this technique is useful when you have a poor ability of focusing on something. You'll know you are out of the center if you find yourself forgetful, bumping into things, having accidents, feeling brain fog, or feeling spacey.

The center of the head is a neutral place from which to operate all through the day. Centering in this manner takes practice to get into that neutral place and to lock into it. This spot is 1½" above the soft palate in the back of the mouth and directly behind the point between the eyebrows.

A more precise method of locating this center is to put your index fingers above your ears pointing inward and imagine a line connecting the two points. This passes through the center. Then rotate your fingers to one between your eyebrows and the other on the back of your head and imagine a line between those two points. Where the two lines intersect is the center point where you want to hold your consciousness. Repeat this numerous times a day for several weeks until you establish the habit of staying there all the time.

- **Cocooning** – making a shield or bubble of power around somebody. You can use this to cut off the person from your energy without making them aware that you did it.



A variation of cocooning is to envelop the person you are having difficulty with in a sphere of pink unconditional love energy. This often has the effect of softening their energy in regard to you. This doesn't always work as some few seem to take the energy and redirect it negatively, but that is rare.

- **Shock** – a sharp sound can break someone from the state where his or her attention is absent. A loud sound close to you like a sharp clap of the hands will often snap somebody out of an altered state.
- **Jumping** – You can use this technique to instantly remove all excessive energy present in a person. Physical jarring will occur when a person jumps up and down, as this will help shake off negative energy and release it into the ground. As you're jumping up and down repeat: "Fully awake and aware. Here and now!"
- **Grounding** – Use a tree stump image going to center of the earth. Triple grounding works best. 3', 2' and 1' grounding columns one inside the other. Make them earth-tone colors such as light tan.

The color of wood works well. Put 25,000 roots (or more) on the base of each column. Be sure to anchor them firmly to the energetic center of the earth. Be specific and deliberate when you anchor the column strongly into your first chakra at the base of the spine and bind the roots into the core of the earth. Move your lips and describe to yourself what you are doing while you are doing it.

Release negative energy and other people's energy on you down the grounding column and deep into the earth. Be sure the grounding stays the same diameter all the way down and clean it with a golden ball of light or golden scrub brushes if you sense it is clogged up. It needs to be done daily. I suggest doing it when you first get up--sitting on the side of your bed.

- **Washing** – When near water or washing in water intend to release anyone's energy on you and any negative energy into the water. You can do this whenever you wash your hands or shower.

As you can see, there are several ways that you can use to learn how to control the level of subtle energy affecting you. These strategies will help you have a better capacity to control your space which will positively impact your inner feelings and how you relate to others.

Most of these practices need to be done on a regular basis and some like centering and grounding should be done daily. I call it daily energetic hygiene and it only takes a minute or two once you are familiar with the techniques.

- **Aura Raking** – Pull your aura in to 18” and then turn your fingers toward your body and rake down the body from your head to your legs and discharge the energy away from your body like flicking water off your fingers. Imagine energy extensions coming out from your finger tips 18” or more and when you rake intend for those extensions to go through your body and clear your back as well as your front.

The intention is to gather all negative or disturbing energy including fear, anger, anxiety, depression, etc., plus any energy cords connecting you to people, places or things from all time and all dimensions.

Either do this process outside or be sure to flick the energy off outside, or if you are inside, either flick it into a cup of water and bind it there and flush it down the toilet or use your creative imagination to create a

vortex in the floor to take the energy deep into the earth. You will find most of the energy that needs to be cleared is in the solar plexus area.

You can also use this method to clear your bed. Put a cup of water at the base of the bed and rake through the bed from head to foot where the cup of water is. Hold the intention of gathering and clearing the energy in and through the bed and flick it into the water. After raking the bed stand at the foot of the bed. Extend your hands palms toward the bed. Intend to fill the bed with pink unconditional love. Do this for 30-60 seconds. Dump the water in the toilet.



Chapter 6:

How To Clear Negative Energy

1. **Avoid people who think negatively**, as it is one of the best ways to ward off the negative energy they have. That may seem obvious, but some people are like energy vampires and will drain your energy and leave you depleted and feeling negative. Choose your relationships carefully and don't spend any more time than necessary with those who drain you or who project negativity.

2. Cancel Negative Thoughts and install an optimistic mindset. This can be challenging and a difficult at times as you are often caught off guard. As soon as you can after becoming upset say firmly to yourself, "Cancel. Cancel. Cancel." This will help stop your mind from dwelling on the negative circumstance. Then apply whatever technique seems most relevant to what just happened to you.

Generally, I suggest checking to strengthen your grounding and clear off any negative energy by spinning a violet tornado of energy around you.

Violet Tornado. Pull your aura in to 18" and create a violet column 6' in diameter with you in the center. Make sure you use light violet or lavender not purple. Make the violet column filled with many thousands of small flames and spin it. Try spinning it in either direction. Sometimes one direction works better than the other. Spin it until it spins freely and at the speed of light and you sense it has cleared you. Sometimes if you have a lot to clear the column may not spin very fast. Keep at it until it does spin very rapidly. Intend for the violet tornado to dissolve other people's energy, cords, or anything negative which you may have on you or around you.

Violet Universe. Ask pure violet light to fill your universe and dissolve everyone else's energy out.

3. **GOLDEN WATERFALL (RUNNING ENERGY).** I suggest doing this for a minimum of 5 minutes each day, and much longer if something is disturbing you. There may be times when you will want to do this for an hour or more at a time. You can also use this technique when you are sitting around and waiting in a doctor's office or even standing in line.

Ground yourself first. Pull your aura in to 18 inches with your request and intention. Check to be sure it is an even 18" all the way around you. Put a 2" layer of gold light on the outer edge, and then put a 6" layer of violet light around that. Next, visualize bringing 15% earth energy up through your feet; up the center channels of your legs to your first chakra and then down your grounding columns.

Next bring a stream of liquid golden light flowing through from the top of your head, through your head, down your spine to the first chakra where it mixes with earth energy and begins filling your body like filling an empty container. Let some light flow out each of the chakras.

Hold the intention that the golden light washes out everything whose frequency is less than gold and especially negative energy, blocks, limitations, and lack. Run this for at least several minutes. When feeling negative you can run energy until you feel clear and relieved.

4. Sponges. Using your imagination create a large sponge in front of you outside of your aura. I suggest 10' in front of you and make the sponge a 10' cube. Chose a size large enough to hold whatever you intend to release. For instance, if you are putting an entire company in the sponge, you'll need to make it quite large.

Know the sponge is magnetic and attracts and holds whatever you project on it. Project thoughts, reactions, judgments, emotions, and feelings into it. Also put people and situations in it. Move it off above the earth 1000 miles & disintegrate with a laser beam and then push the residue into 1,000 mile diameter vortex (like a large black hole) to take it to the center of creation where it is neutralized.

Call your essential life force energy back into a 5' golden sun above your head and bring it down into you and ask it to reintegrate. Then say, "I bring all my energy into present time, right here, right now...and I release everything that is not true."

5. Vacuums + Releasing Statements. In addition to using the violet tornado, sponges and releasing statements such as "I give myself permission to surrender and release the need for ...(this issue)," I have found that it is 100X more effective at clearing you if you accompany your releasing intentions and statements with a vacuum to pull the residue of the thoughtforms off of you.

Using your intentions and the creative power of your imagination create a vacuum hose 6” in diameter with the other end going into the center of creation and move it around you outside your aura pulling off whatever you are releasing and taking it to the center of creation where it is neutralized. For added effectiveness ask the issue or disturbance to turn a color like bright blue or red and then vacuum off the color. Experiment using different sizes of vacuums. Sometimes smaller vacuums work better than larger ones.

6. Clear Your Space. Use a violet tornado as above and expand it through your room and furniture. Start it as a tornado 5' in diameter with you in the center. Spin it for 30 seconds or more with the intention it clears through the wall, ceiling, floor, furniture, etc. Then expand the tornado in 5' increments until you encompass the entire house. Next, fill the room and furniture with golden light, then pink love light.

You can continue the process into your entire property and follow that by putting a golden sphere on your property going into the earth, and creating a dome over your property and extending to your property lines.

7. Put Your Hand Over Your Heart. Periodically through the day put a hand over the middle of your chest with the intention of connecting with your soul and divine presence. Ask to feel it deepen each time.



Chapter 7:

Strengthen Your Mind & Energy with Virtues

A strong mind and presence possess valuable qualities I refer to as virtues. When you embody virtue you make yourself more invulnerable to any negative or lower frequency energies around you. So, this chapter is about refining your energy, raising your frequency, and accelerating your spiritual evolution.

The word virtue has taken on a broad meaning as people have explored the subject for thousands of years. Virtue refers to excellence in a broad array of qualities, and it often refers to that which is essentially good. So we can say that a virtue is a trait valued as being good.

Both the natural and supernatural virtues depend on a person's understanding that the truth of essential goodness can be discovered. Of course, in today's world that idea is taken to be merely a myth; that is, ideas derived out of the psychological needs of struggling humanity with no intrinsic basis. I think you will see this is not really so.

The ancient Greeks referred to virtue as "habitual excellence" as opposed to an occasional situational excellence. Where a person might rise to special action for a special situation. Rather the Greeks viewed true virtue as something displayed at all times.

They saw virtue as a reflection of a person's character and therefore it must be present continuously in order for any person to be considered virtuous. That makes sense doesn't it?

In addition to the traditional Christian virtues of faith, hope and love the Bible lists what it calls "fruits of the Spirit" in Galatians 5:22-23 which are really what I am calling Virtues. They are:

**Love, JOY, PEACE, PATIENCE, GENTLENESS, KINDNESS,
FAITHFULNESS, HUMILITY and SELF-CONTROL**

To discuss virtue we must include many words to help us define the meaning of virtue, and there are actually quite a few words that I am about to give you, but all the words I give you are not intended to be an exhaustive definition of virtue because virtue encapsulates a wide range of traits that describe the heights of human consciousness, and therefore it is not done justice by giving it a glib or short definition.

These are all traits that I have found that are natural outgrowths of merging with our core essence or your soul. And anything that is core and fundamental is not a myth or metaphor because it represents a real quality and not an illusion.

Now it may be that a person can project judgments, perceptions and stories on these core traits in which case they could be considered myths, but they are not myths when you connect with the deep core of what virtuous traits are because they are the basis of the reality you experience.

All the words I am about to give you are the fundamental traits I have observed naturally expressed from those who are connected with their deep inner essence or soul.

Sometimes you will recognize that you feel them more evident than at other times. But when you do touch them, or observe them in others, you know you are connecting with a deep inner core truth of goodness that lives within you.

Furthermore, we are inspired when we find these traits expressed in others, even if only as random acts, because they tap into our essential goodness.

As I go through this discussion with you I expect you will recognize, as I have, that they are not traits that you normally see in the movies or on TV. In fact, you don't see them expressed very often by leaders either in politics and the business world, but thankfully you do find them occasionally in some of your neighbors.

When you are a virtuous person you are less susceptible to negative energies you encounter because your soul is your ultimate protector.

(1) I will start with **Love** but not the normal emotional love that most people experience. I'm referring to an unconditional spiritual love which is the love the soul expresses.

Love in all of its forms is what nourishes all life. It is the sustaining force behind all creation. It is the substance of creation. It's what makes your very heart beat, and what makes you feel alive!

Take a moment to connect with the presence of life and love within you...feel the presence of your own inner essence formulated from love and designed to express love...

Put your hand over the center of your chest and within your heart, say to yourself: I Open my *HEART* Deeply Now to Merge into Divine *love*.

Let the sensations fill your whole body from head to toe. Notice what you are sensing and feeling. In whatever way you are experiencing it request to merge your consciousness into the sensations and feelings throughout your body as you move deeper and deeper.

When you connect with your inner soul in this way you connect with the love that is your soul's nature, you then also begin to find:

There is happiness and an uplifted spirit that emerges. In some cases it is felt as contentment or even blissfulness.

Buddhism has four (brahmavihara) Divine States that can be regarded as virtues in the sense I am using the word. The first one is...

Divine State #1. LOVING-KINDNESS towards all; It is the hope that a person will be well; loving kindness is "the wish that all beings, without any exception, be happy."

This is a natural and automatic extension of connecting with the deep inner essence of love that radiates in and from our soul. As you connect and merge your awareness with your soul, you naturally and automatically feel loving kindness well up within you. This is a most wonderful place to experience life. You feel in love with everyone and everything. What could be more fulfilling than that?

Divine State #2. ALTRUISTIC JOY in the accomplishments of oneself or another and **SYMPATHETIC JOY**, which is the wholesome attitude of rejoicing in the happiness and virtues of all beings."

This type of JOY is comparable to the **Happiness, Gladness, and a POSITIVE UPLIFTED SPIRIT** which I just mentioned. It warms your heart and fills you with a deep satisfaction at all times.

Divine State #3. (Karuna) COMPASSION which is the hope that a person's sufferings will diminish and the "wish for all beings to be free from suffering.

Divine State #4. It is EQUANIMITY or learning to be totally and deeply acceptant of both loss and gain. It also means "not to distinguish" between friend, enemy, or stranger, but to regard every soul as equal.

The state of Equanimity is what I am calling **Peace** as the next word to explain virtue...

(2) PEACE in this case means deep inner peacefulness. I would say that Peace is not itself a virtue, but rather it is a by-product of being virtuous. I would further define Virtue as being connected and one with your soul. It would include:

- Forgiveness & acceptance
- Altruism & unselfishness
- Freedom & flexibility
- Openness & an ability to receive, and
- Innocence & purity

Do you see how the subject of virtue and being virtuous is a most expanded one? It really encompasses the highest qualities we can imagine aspiring to.

The 8th trait on the Buddhist practice outlined in the Noble Eightfold Path which can be regarded as a progressive list of virtues. Is RIGHT MEDITATION.

Right Meditation is regarded as a state where one reaches a clear-minded tranquil state of mind. So in *that* regard I would say that Peacefulness may be considered a virtue.

The 3rd Virtue is PATIENCE, As the mind becomes peaceful, and one is rooted in deep soul love, Mercy Tolerance, Flexibility, & Perseverance naturally emerge. I am categorizing them all under the virtuous trait of Patience.

Buddha said, "To walk safely through the maze of human life one needs the light of wisdom and the guidance of virtue."

We seem to have an instinctual understanding that there is a higher path on which to journey through life, as evidenced by the fact that virtually every culture on earth has recognized the value of a virtuous life.

For instance the Buddhist practice as outlined in the Noble Eightfold Path that I have already mentioned can be regarded as a progressive list of virtues. It includes:

Right Values - Commitment to mental and ethical growth

Right Speech - in a non hurtful, non- exaggerated, truthful way.

Right Actions - Wholesome actions, avoiding actions that would do harm

You can recognize these as all essential goodness. The highest aspects of the human spirit. And, they also happen to be the natural qualities of your soul.

One of the traits on the Buddhist practice outlined in the Noble Eightfold Path is the 4th aspect of virtue that I am covering which is **KINDNESS & GOODNESS**. Goodness is one of those words that covers a lot of ground, but it reflects a deep attitude of trustworthiness, integrity, truth and honesty with oneself and others...

So some relegate the many qualities of Virtue to Myths, but those who do miss something fundamentally important to our human experience.

The words describing virtues are gateways into the exploration of the nature of your soul and your higher non-physical nature.

There is one more group of virtues I want to briefly comment on and that is Transcendent Virtue which includes: appreciation of beauty and excellence, gratitude, hope, humor, and spirituality.

These virtues are the essence of the human spirit and the content of your character. They emerge from the realization of the underlying unity of your existence; that we are all interconnected in many ways and we share and value the appreciation of beauty, excellence, gratitude, hope, humor, & spirituality.

In summary, a simple way to know if you are operating with virtue if you are expressing loving-kindness in what you do.

Your honest intention expressing loving kindness is what moves virtue into essential goodness and connects you with divine source.

How all this relates to psychic self-defense is that by refining your nature, you raise your frequency above where negative forces can affect you. I sometimes refer to this as non-psychic non-defense because as you become more refined you require less need for methods of defense.



Chapter 8:

Resources

Psychic Self-Defense Audio Program. With the power of Mind Talk and Subliminal Programs negative energies will quickly dissolve around you and you will naturally radiate more purity and light. *Psychic Self Defense* helps you automatically create a protective energy field to completely surround you. Here is the link:

<https://www.jonathanparker.org/product/mp3-programs/spirituality-enlightenment/psychic-self-defense/>

White Light Purification & Protection. White light has long been recognized as the pure light of protection and purification. It is, in fact, the light of the soul and enlightened beings. As you focus your attention on the white light it automatically purifies your energy field and raises your vibrations. It is a powerful tool for dissolving negative karma and lower frequency energies. Here's the link:

<https://www.jonathanparker.org/product/mp3-programs/spirituality-enlightenment/white-light-purification-protection/>

Violet Light Purification. Everyone accumulates energy patterns daily, which affects moods and thinking. When you learn to use the violet light in meditation, you will be accessing the most effective means of releasing and dissolving negative energies on you and around you. Here's the link:

<https://www.jonathanparker.org/product/mp3-programs/spirituality-enlightenment/violet-light-purification/>

How to Clear Karma. We are all the product of our past thinking and actions. The 4 meditations utilize a variety of techniques to release and clear you to a cellular level of karmic agreements, karmic debts, and karmic limitations, as well as ancestral patterns. You will return to these sessions time and time again for comfort and clearing on your spiritual path. Here's the link:

<https://www.jonathanparker.org/product/mp3-programs/spirituality-enlightenment/how-to-clear-karma/>

Subtle Energy Neutralizer. This program reveals the most effective self-clearing technique for permanently removing the causes of any negative reaction, negative emotion, limiting thoughts, or painful experiences that may come up throughout your day. You will learn a quick and easy process you can have at your finger-tips when incidents come up that cause you to react, keep you blocked, or continually create a limited experience. Here's the link:

<https://www.jonathanparker.org/product/mp3-programs/spirituality-enlightenment/subtle-energy-neutralizer/>

- **Advanced Intuition Training Course.** Tune into your innate psychic talents and abilities so you can begin applying your intuition to gain insight into significant areas of your life. Discover the various types of your own intuition and psychic phenomena. This program also includes: Neutralize negative energy, Understand thoughtforms, earthbound spirits and demons, Protect yourself while channeling, Dissolve curses and dehaunt houses, Prevent psychic attack. Here's the link:
<https://www.jonathanparker.org/product/mp3-programs/spirituality-enlightenment/advanced-intuition-training-course/>

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