



STRATEGIES FOR HELPING THOSE WITH BELIEFS ABOUT ALIEN ABDUCTION, SPIRITUAL EXPERIENCES & TELEPATHY

A collection of methods that may help people cope with spiritual experiences, as well as alien abduction and telepathy are given below. Many of these have been obtained from the excellent books *Practical Psychic Self Defence*, *How to Defend Yourself against Alien Abduction*, and *The Alien Abduction Survival Guide*.

The initials after the name of the strategy indicate which book gives a more detailed description:

PP = *Practical Psychic Self Defence*

HD = *How to Defend Yourself against Alien Abduction*

AA = *The Alien Abduction Survival Guide*

Visualised Shields (PP, HD)

This strategy involves visualising a thick shield of light or colour surrounding oneself or another person. The purpose of a shield is to provide protection by keeping spirits, telepathic thoughts and similar phenomena out. It takes time to create an effective barrier so individuals should perform regular visualisations, at least once a day, to maintain their shields. This is important as it is usually too late to create a shield from scratch once a spiritual or psychic attack has started.

Sending Spirits to the Light (PP)

This involves visualising the problem spirit moving into a field or tunnel of white light. This can be enhanced by praying to God, angels or good spirits to take negative spirits away and into the light. As an alternative, a white glowing ball can be visualised and then 'launched' at the negative spirit, which will explode on collision.

Morphing visions (PP)

If disturbing or frightening images are seen it is possible to change them into something else more pleasant. Concentrate on the unpleasant image and imagine it transforming into something beautiful. For example: see a spider changing into a unicorn.

Running Water (PP)

Running water has traditionally been seen to repel negative spirits such as ghosts and demons. In the past, the houses of Celtic healers had to be built over a running stream because of the properties of the water. This knowledge can be applied to current day defence against unpleasant spiritual phenomena. Finding running water and crossing it as soon as possible after a negative spirit has begun an attack can deduce the power of that spirit. In cities and towns, there are water mains in every street so talking a short walk and crossing the street a few times will usually be sufficient to ensure one has walked above running water.

Alternatively walking over a running hose can have the same effect. As a long-term strategy, some people find it helpful to get a water circulation unit for protecting their home, this can be something as simple as an aquarium tank and pump.

Repelling Negative Entities (PP, HD)

Various substances can be used to protect against and repel negative and psychic phenomena.

Salt: Held to protect individuals against malevolent faeries, aliens, and types of demons and jinn. Many people carry small iron objects or put them in rooms as protecting measures.

Herbs: This is a socially acceptable way of protecting oneself against negative entities - Wild Sage, Rosemary, Marjoram, Clove, Cinnamon, Fenugreek, Dill, Thyme, Citrus and Bergamot have all been used to repel psychic attacks and negative spirits. Herbs can be used in a variety of ways including living pot plants, air sprays and oil burners.

Flower essences: Pennyroyal* is traditionally regarded as a protection against psychic attack. Many people have reported it to be an effective defence against Celtic faeries, spirits and for those who accept the inter-dimensional hypotheses to explain UFO's, against aliens. Yarrow is also used as a protection from negative influences as well as from 'extreme emotionalism' which may arise from being the victim of a psychic attack. St Johns Wort, as a flower essence, is believed to offer protection against spells, Celtic faeries and paranoia.

**Caution: Pennyroyal has been used traditionally to induce abortions, so if pregnant, seek advice before using this flower essence.*

Exorcism and Similar Techniques (PP and other sources)

Some individuals have found that using holy water, exorcism or prayer can be effective at getting rid of spirits. In a similar way, some find that demons can be expelled by asking angels to come and remove them. It is important to make sure that a person carrying out an exorcism is experienced, as an inexperienced practitioner can make a bad situation worse.

Breaking Paralysis (HD, PP)

Occasionally, when people first encounter aliens or negative spirits their body is temporarily paralysed. In order to break out of this paralysis and, in the case of aliens to stop the subsequent abduction, individuals can use the following technique. An intense mental effort directed towards moving one part of the body such as a toe. Once movement in one part of the body has occurred the paralysis usually breaks suddenly.

Focusing Emotions (HD)

Focusing anger at an alien or spiritual being that is invading on one's space can be a powerful method of defence. Anger is centred on the fact that the alien or spirit is violating one's human rights. This technique is carried out by mentally shouting at the entity with messages such as 'go away' rather unfocused screaming out of fear or terror. A similar technique is taught in self-defence classes when training people to deal with street attackers.

Religious Faith (HD and other sources)

If the individual had some previous religious faith, becoming more involved with their faith and building their relationship with their God can be a significant help. Practical strategies include cries for help such as 'God help me', having a crucifix in the home to discourage abducting entities and visualising the sacred heart protecting oneself from the alien or spirit. Other people have found strategies such as reciting the Lord's Prayer to be helpful. Whether it is the Lord's Prayer or the fact that reciting something one's strength is irrelevant, what matters is that the person has found a method to help them cope and remain in control. Indeed, it is the confidence that one is being protected that helps people become less afraid.

Clearing and Strengthening the Mind (PP)

This is a valuable asset to enable one to cope with spiritual and psychic phenomena. Being able to clear one's mind of unwanted thoughts can increase one's ability to resist receiving telepathic messages. This can be achieved by repeating a mantra, using breathing awareness or meditating. These techniques can also help in dealing with obsessive thoughts that not go away.

Strengthening one's will-power is another way to increase ability to deal with unusual experiences. Developing self discipline, which can lead to self-control and self-mastery, is one way of achieving this.