

THE BEGINNER'S PSYCHIC SHIELD RITUAL

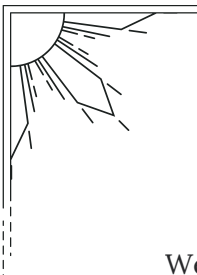


A NO FLUFF
HANDBOOK

BY ARCANA DISTRICT



ARCANADISTRICT.COM



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We are honored you have chosen us to help alleviate your spiritual woes. We understand that this is a stressful time and it is difficult to reach out for help due to stigmas. Understand that you are not alone, millions of people suffer in silence every day, due to fear and/or not knowing how to get help.

This simple, yet powerful ritual creates an energetic shield around your body, protecting you from unwanted spiritual contact, energy drains, or psychic attacks.

It is recommended to conduct this ritual at least once a week and performed before sleeping for best results.

Performing the Psychic Shield Ritual

- ◆ **Calm the mind and center yourself. Find a quiet space where you won't be disturbed. Sit or stand comfortably. Close your eyes and take five slow, deep breaths.**
- ◆ **Visualize your auric body in your mind's eye. See and feel your aura surrounding your body. It's a warm, bright light, like the sun. Understand that this is YOUR aura, and a gift from God, infused with His love and strength.**
- ◆ **With each inhale, the light grows stronger. With each exhale, the light expands outward.**
 - ✦ *It is recommended to make it large enough to encompass your entire dwelling.*
- ◆ **Now, visualize your aura of light forming a protective sphere around you and your space. See it pulsing with strength, shimmering with energy. This shield is impenetrable to all negative forces.**
 - ✦ *It may help to visualize your aura taking on the properties of strong reinforced materials, such as hard as steel or concrete, hot like fire, cold as ice, or covered in spikes.*
- ◆ **Close the ritual with a small prayer, one that acknowledges what you have done. Here is a small mantra you may use if you cannot create your own. Your words must be applied with authority, but free of emotion.**
 - ✦ *"I am safe. I am protected. No harm may enter this space."*

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- ◆ *Disclaimer: Understand that 99 out of 100 times, most issues are what we at Arcana District call Spiritual Pest Control. Should your problems/grievances endure or compound, more elite measures may be required.*

Need stronger defenses?

- ◆ Arcana District offers advanced Psychic Self-Defense Training.
- ◆ Learn how to fight back if something tries to cross your boundaries.

Reach out with any questions or feedback:



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More by Danica Simone:

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Your Purchase Makes a Difference! When you buy one of my books, you're not just embracing a creative and spiritual journey; you're also helping to support those in need. Many individuals face unseen forces that disrupt their lives, yet lack the financial means for the energy cleansings and protections they desperately need.

With every purchase, you help us provide pro bono spiritual cleansings by covering travel expenses and essential ritual resources, ensuring that those who need help the most can receive it.

Thank you for being a part of this mission and supporting our efforts to help others.



love + light,
Danica Simone



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