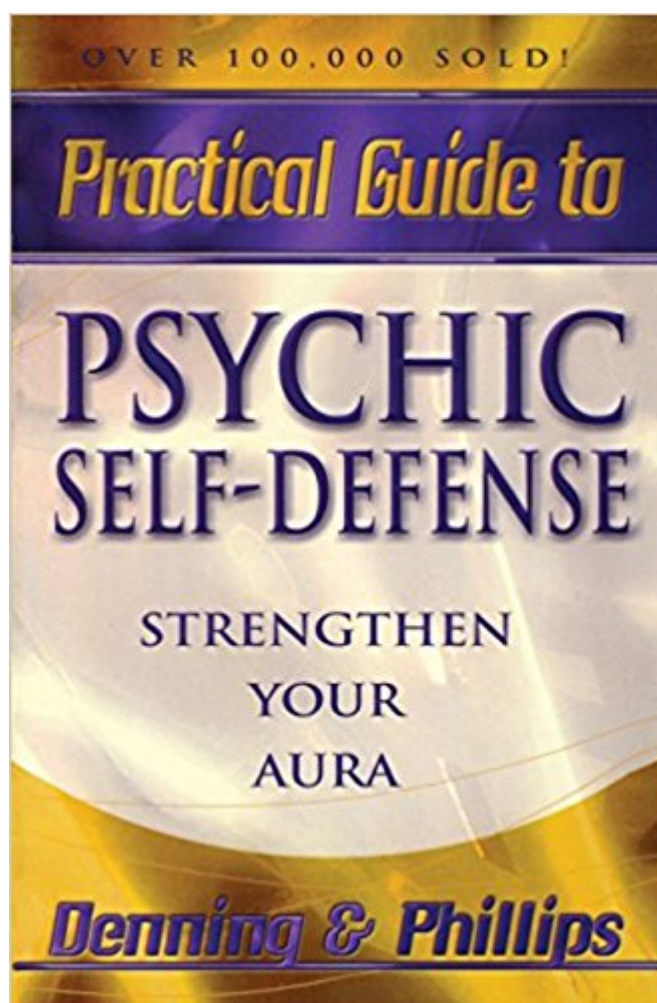


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# The Llewellyn Practical Guide To Psychic Self-Defense & Well Being (Llewellyn Practical Guides)



## Synopsis

Deliberate psychic attack is very rare. However, your psyche is constantly under attack from friends and strangers, advertisers and politicians who want to manipulate you. Luckily, there is a solution – Denning and Phillips’ *The Llewellyn Practical Guide to Psychic Self-Defense*. The best way to overcome attacks on your psyche is through awareness that they are occurring. This requires you to become more awake and alert to this bombardment. Part of the technique is to understand how this attempted manipulation works. By studying this book you will gain that knowledge. The result is that the psychological intimidation that has been used on you in the past will no longer control you. There are two types of psychic attack. The first kind is attack by a person who has not had any occult training. He or she may feel slighted or betrayed by you (based on actual or imagined situations) and hold on to negative emotions. Eventually, unknown to that person, the negative energy can leap out, directed at you. This book reveals that your aura is your best line of defense. By using the exercises in this book to strengthen your aura, any such unintentional psychic attack will easily be dispelled and discharged. Even more rare is the "classic" psychic attack where a person does some sort of spell or ritual to harm you. Full instructions are given for overcoming such negative magick, both on a practical, physical level (sever any physical connection between you and the attacker) and on a ritual, spiritual level (perform blessings and rites to overcome psychic attack). But what happens if an attack does get through? First, you have to know how to recognize it. Usually, a successful attack strikes at your weak link. That could be your physical health (causing illness) or your mental attitude (causing depression). This book will show you how to recognize the problem and how to deal with it effectively.

## Book Information

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## Customer Reviews

Over the years I have received many thousands of letters. Some of them were from people who thought they were under psychic attack or who wanted to know how to prevent or defeat such an attack. The number of letters requesting information indicated to me that something was needed to help people. I thought we needed a book that focused not on the attack, but on keeping one's defenses strong, so that an attack would never succeed. In fact, the focus should be on giving a person confidence in his or her psychic well-being. That is why I was so glad that two of the premier occultists of our time, Denning and Phillips, wrote what I think is the best book ever on the subject, *The Llewellyn Practical Guide to Psychic Self-Defense*. Many of you must agree because it has helped almost 125,000 people! The book gives techniques to dispel any attack before it harms you (you do this by strengthening your aura) and to respond to any attack that does get through your defenses (get rid of physical links to the attacker and perform a simple but powerful blessing ritual). More importantly, the book focuses on helping you to become aware of all sorts of mental attacks by people using psychology to manipulate you. When you realize what is happening, you can take control of your life and finally obtain true peace, balance and harmony.

Melita Denning and Osborne Phillips are internationally-recognized authorities on the mainstream Western Mysteries and are two of the foremost exponents of the Ogdoadic Tradition, that premier hermetic school whose keywords are knowledge and regeneration, and whose influence and works are historically traceable for the past one thousand years. The authors received their major esoteric training in the magical order Aurum Solis, a society which was founded in 1897 and which has continued in active existence to the present day. On July 8, 1987, the authors, then heads of Aurum Solis, retired from the Order; but on June 23, 1988, at the unanimous request of the members, they resumed office. In 1997, Melita Denning passed from this earth. Melita Denning and Osborne Phillips are internationally recognized authorities on the Western Mysteries and two of the foremost exponents of the Ogdoadic Tradition, the premier hermetic school whose influence and works are historically traceable for the past one thousand years. The authors both served as Grand Masters in the magical order Aurum Solis, which was founded in 1897 and is still active today. Phillips lives in the United Kingdom. Denning passed from this earth in 1997.~

I performed Tower of Light exercise and experienced immediate peace! This is wonderful for empaths and highly sensitive people no matter the situation. There were times when I wished that the authors had cut immediately to the chase, but I can forgive them due to this excellent exercise. As a child, I was constantly told that I was too sensitive. I wish that I had had the Tower of Light back then.

Very detailed ! Fast shipping !!! TY

Excellent read, easy to understand and follow.

Used for a reseach project.

Although some of the references are very outdated, the main information contained in this book is timeless. An educated reader could easily dismiss the dated references and garner the very well laid out information. One of the few things I did dislike is the constant references to their other books trying to get the reader to run out and buy others. I appreciate giving a wealth of knowledge, but the commercialism is a bit much to me. However, I'm a very critical and stingy shopper as it is and would prefer not to be "sold" at every opportunity given. Overall, the book is a great wealth of knowledge and ideas.

Good book

I just swallowed the book. Its a very simple to read and understand and the protection rituals are powerful! A lots of helpful information, and it helped me with understanding and facing some of my inner issues!!!!I highly recommend this book for everyone to read!!!

Im only about a quarter through this book but ilike it so far. I really liked D+Ps guide to Creative Visualization. but this one is good too.

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