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Protected By The Light: The Complete Book Of Psychic Self-Defense



Synopsis

Are you being psychically attacked? Yes! Every day you are exposed to negative forces in the environment from cynical people, malicious people, media advertisements, noise pollution and many other sources. These psychic attacks can cause neuroses, physical illness, bad luck-even accidents. Another ten percent of these psychic attacks are due to metaphysical sources, such as black magic, demonic spirits, poltergeists and energy vampires. This is the first comprehensive guide to diagnosing, treating and preventing psychic attacks. Dr. Goldberg uses the latest research on energy fields, auric bodies, chakras, white magic, black magic, possession and demonology, as well as case histories from his hypnotherapy practice to explore and explain the phenomenon of psychic attacks. This book includes 55 exercises to help you strengthen your aura and learn to protect yourself and your loved ones against all forms of psychic attacks. Psychic protection of this type brings with it a personal empowerment like no other.

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Customer Reviews

It's said that every day we are exposed to psychic attacks. The incoming negativity can contribute to illnesses, accidents, and all sorts of "bad luck". If you have felt loss of strength and energy, depression, dullness of the mind and senses, pains in your body, quick temper, loss of appetite.... you might have experienced a psychic attack. Dr. Bruce Goldberg explains how the vast majority of psychic attacks come from general negativity in the universe (such as from news stories and advertisements), and the next most common cause of psychic attack (about 7%) is from discarnate entities, or ghosts. About 3% of psychic attacks are intentionally caused by people, and less than 1% is attributable to demonic entities. Dr. Goldberg believes that all suicides are the result of

psychic attacks. Fortunately, there are things we can do to protect ourselves and those we love from this barrage of negativity! Just as we can keep our skin clean and strong to defend our physical body from bacterial infection, Goldberg asserts that we can prevent the piercing of our aura using the techniques he outlines in this book. There is one chapter containing basic techniques and another with advanced techniques for psychic self-defense. Dr. Goldberg's experience with 11,000 hypnotherapy clients over 24 years led to his writing this book -- which is the most thorough treatment of the subject of psychic self-defense I've ever seen. This book is useful for anyone interested in maintaining their health and sanity as they expand their psychic awareness... or anyone interested in a deeper understanding of what's going on. I highly recommend this book!

I expected a bit more but I admit my expectations were a bit high given that the author is a psychologist. If you're very new to psychic protection you might get some benefit but you're probably better off with another psychic shielding book. That being said, there were a few good points and perspectives and the book uses actual case-histories to make its point which I always find interesting. If you find a cheap copy somewhere and you have the cash handy it might not be a bad read but don't lose any sleep over it. This IS a "new age fru fru" type of book. If you're looking for clinical stuff this is not what you want.

This book was very insightful into the many forms of psychic attack. When I first saw the title I assumed it was about witchcraft and black magic, but quite the contrary. As far as Dr. Goldberg's techniques, I can attest to their helpfulness first hand as I am a patient of his and I can only say I have never felt better. Forget about the skepticism you read or may believe, his techniques simply work.

This book includes information about ghosts, ouija boards, voodoo dolls and assumptions about demons and their origin. Anybody interested in these topics ought to look through this book. It includes ideas about black magic as opposed to white magic (especially page 77) with historic events including persecution people who practiced both forms went through. It even has about Wiccans. There is a specific technique included for if you'd ever happen to be the victim of a voodoo attack. Unfortunately, just about everyone can probably relate to the idea that there was at least one "energy vampire" in his life who was certainly driven by fear. Looking through this section of the book, the reader will probably recall an individual who picked a conflict with the reader which the reader never even tried to start. Or, you can think of another individual who showed you the

impression that you "exhausted" him when no such event occurred. The book also includes about how to have a more positive experience at the workplace. Don't be surprised if you even get a newfound interest in World War II after reading this book. One of the paragraphs on page 28 has about what the "Force" on "Star Wars" is possibly based on. Anybody whose seen "The Exorcist" or interested in exorcisms in general will probably be very interested in starting to read the fourth paragraph on page 64. Good illustration on page 77. Page 47 includes a way to decrease your likelihood of being under psychic attack.

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