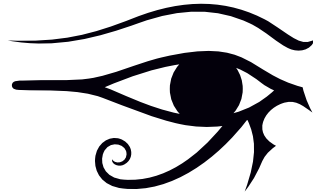


Spiritual Protection

Workbook





Why do we need spiritual protection?

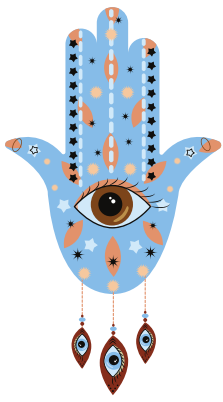
Spiritual warfare may have happened to you at one point or another. Whether you have done something to bring on the action, others have come against you because they practice dark magic, hoodoo, or voodoo.

There are, unfortunately, people out there who believe they can take magic into their own hands to cause harm to others. This workbook is designed to help you learn how to recognize spiritual warfare and evil energies and protect yourself against attacks and future attempts.

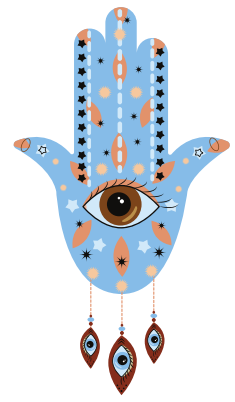
Please keep in mind that you have the power to protect and shield yourself from harm. You must believe and trust that a higher power is working to help protect and shield you from harm.

Let's begin

“I am protected and shielded in golden healing light”



Signs



OF A SPIRITUAL ATTACK

Feeling discouraged defeated or depressed

You may struggle with peace, clarity, emotional balance or feelings of worthlessness

Negative and disturbing thoughts

The enemy attacks the mind, and you may experience negative self-talk and feeling of loneliness

Confusion over what you believe

You may not feel connected to your belief systems, lose the sense of hope, and feel withdrawn

Physical fatigue and illness

The enemy attacks the body, and you may experience physical symptoms, including lack of motivation

Bonus protection tip:

Keep smoky quartz or black tourmaline around for protection and to help transform negative energy into positive energy; you can also work with white candles

WAYS TO PROTECT YOURSELF



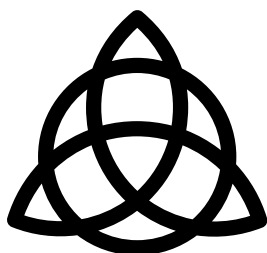
Remember who you are and know that you are divinely guided and protected, ask your spirit guides, angels, ancestors and your creator for protection and help

Work with tools like palo santo, sage, cedar, and other protection herbs; try using crystals to set up protection grids and also try essential oils

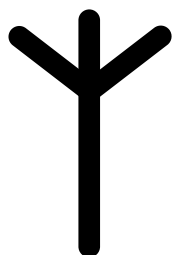
Remember the law of karma and take time to pray and write intentions and keep your mind focused on positive thoughts and intentions

Work with a professional to help banish spellwork, hexes and potent magic, and try taking a spiritual bath to help cleanse your energy bodies and aura

Common protection symbols



Triquetra



Algiz rune



Ankh



Pentagram

BONUS HOME PROTECTION TIPS

Make a altar space to you ancestors

INCENSE AND HERBS

bay leaf, lavender and lemongrass

CRYSTALS

amethyst, black tourmaline and selenite

HIGH FREQUENCY SOUNDS

singing bowls, chimes and bells

SALT AND PLANTS

pink himalayan salt, bamboo

ESSENTIAL OILS

frankincense, ylang ylang and vetiver

**Make offerings to your ancestors regularly and remember to
cleanse your spaces with sage or palo santo**

My protection planner

Task

....

Don't Forget

....

shopping list

....

My Plan

....

