

First Steps When Being Attacked

I get a lot of folks who want to know what to do when they are getting attacked and have no experience defending themselves. You will have to learn a new skill and you will have to be willing to defend yourself. Some people are literally fighting for their lives. Here are my general recommendations:

1. You need to get a lot of orgonite in your home ASAP. Orgonite won't stop all the attacks but it will give you some breathing room so that you can start using your energy to defend yourself. Psychic attacks are real and you can read about my personal experiences on my blog, if you haven't already. If you can't make your own orgonite, there are several vendors on ethericwarriors.com who can sell you some.

For starters, put orgonite in each corner of your home, and each room, especially under the beds. Bury some in each corner of your property. Another thing you can do is dowse for ley lines in and around your home and put a piece of orgonite directly on the ley lines, especially any points where the lines cross. This can really help stop entities from coming into your home. They hijack the earth energy of the ley lines to get to you. If you don't know how to dowse you can learn at www.thepowerofchange.co.uk/learn-to-dowse. There is a free pdf to download.

I would also put a chunk of obsidian in each corner of the home to absorb negative energy. We have found lately that Danburite worn on the body is really helping right now to keep negative energy away and to stop attacks.

2. You should also be grounding every day. You can use the Basic Grounding exercise on my site. **Make sure you do the filling up part at the end** - if you don't fill up the cleared out space with your own energy someone else (entities) will come in to fill up that space. I can't stress enough how important this basic step is. After grounding, do the chakra work that I talk about on my site, which immediately below the grounding exercise. You have to really work on your own energy and get strong so that it won't be so easy for them to attack you.

3. You can also ground your home by imagining a line from each corner of the house, up near the ceiling, that goes to the center of the house to a central line that goes into the earth. Much like grounding your own space, send any energy that is not yours down the central line into the earth. Then fill up your house with your own energy.

4. Buy a Carol Croft HP for everyone who is being affected by the attacks. Her website is www.crystalinsights.net. Carol's HP will help a lot with attacks. It won't stop them completely, but like using orgonite it will give you some room to gather your own energy for self-defense. I have a lot of info on my site about attacks and how to defend them so poke around a bit or just do a search on "attacks". I have blogged quite a bit about our experiences because a lot of folks get attacked and they don't know how to handle it.

5. **Learn to boost!** Your attackers are not going to give up easily if you are an easy target. An easy target is someone who won't defend themselves. Make yourself a hard target by sending the attackers' energy back to them with a big dose of Love energy. Read and practice the Basic Boosting exercise on my site.

6. My crystal page has more info about crystals to use for self-defense. But first, get some orgonite in your home and get an HP. Start the grounding and get control of your energy.