



# Spiritual Exercise



## Techniques of Psychic Defense

This text contains some techniques which can be used every day. In general, these techniques can be used without fear and side effects. These procedures have to be exercised in order to acquire effectiveness.

## Exercise #1

This technique serves for day by day dealings.

Sit comfortably on your bed or on a couch. Concentrate on your heart, and feel it palpitating for one to three minutes. Invoke the Holy Spirit, or the Inner God, or your internal master.



Humbly ask the cosmic consciousness to descend upon you as a protection coming from your personal Angel. After this request, seal it with the mantra OM, repeating it from three to seven times

## Exercise #2

This exercise was taught by Master Gargha Kuichines, a powerful master of the Nirvana world. It serves to protect you against nocturnal Psychic attacks. There are astral entities concerned just with deviating a spiritual seeker from the spiritual path, inciting him to forget about the precepts of initiate path and its natural connection with the Divine.

Lying down, form in your mind a rightful request for the heavenly Mother-Father to send forth an Elemental Angel or an Elemental Intercessor, which is aligned with Greater Good and with all the frequencies of Christ-consciousness. Next visualize a green cord surrounding all of your bed and protecting you and your partner (if you wish to include him/her), or project the green cord to protect your entire house. Consciously will that this

elemental protection will enclose your environment and safeguard it. Be certain that your intercessor will always fortify the strength of this protection with his own personal heart energies.

Every one of us has guardian Angels. One of them is directly related with our own being and it is specialist in controlling the elemental forces of nature to guarantee our spiritual benefit. Your Elemental Angel will perform this role.

## Exercise #3

Relax your body and vocalize the mantra



ARIO seven times. Visualize through your mind eyes that your entire spine is lightening up as if it was fluorescent, filled with bright light and strength. Feel the sensation of this energy. Now imagine this energy expanding and bypassing the physical limitations of your body and enlightening an area of approximately five feet around your physical body.

Invoke the Divine Presence of our Cosmic Mother, the one that created your Soul and Spirit. She is the female part of Mother-Father God, personifying the maternal and nurturing energies of this universe.

Her primary energy resides inside of your heart and she manifests her power through your spine. Respectfully ask Her to manifest a pure white Light through your entire being, bringing protection, strength and enlightening prosperity.

The Mantra for her is ARIO which needs to be vocalized through one profound vocalization with full concentration

Like this: AAAARRRRRIIIIOOOO...

#### **Exercise #4**

If you like to work with flower magic, this is a special exercise, and despite being an easy exercise, it is highly effective.

First vocalize your favorite mantra such as OM (AUM) a few times; evoking mentally the Angel of Love whose name is Anael. He is an angel that functions as an ambassador of the Divine Energies of Harmony that comes from the Planet Venus. He is the master Channel for the wonderful energy of love. Evoke his presence and influence every time you need a quick pick-me-up. When asking him for his protection and influence, ask in the name of, and through the vibration of Christ-consciousness, with an open heart and mind. He will create a protective aura of an energetic shield, so you will always attract loving vibration from people around you. You can do this in any place and when you need immediate assistance, also visualizing a gorgeous garland of red roses placed around you at the side of your mid-waist, more or less where your second chakra is.

