



# White Light: The Complete Guide to Spells and Rituals for Psychic Protection

*Diane Ahlquist*

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We all have energy vampires in our lives: people, places, or things that unintentionally or maliciously drain our energy. Sometimes the people who are closest to us present the biggest problems—family members, co-workers, neighbors, and friends. And while it isn't practical to simply avoid them, there is a way to safeguard yourself and your loved ones from every form of psychic harm, including attack from ghosts and hexes. In *White Light*, you'll learn simple methods for:

- Using white light visualization to shield you from psychic assaults
- Dealing with dysfunctional relationships—and learning how to avoid them
- Lifting hexes, curses, and spells
- Protecting yourself from psychic attack by the departed
- Clearing toxic past life associations

### **Plus:**

- Rituals, talismans, and blessings for purification, including a smudging ceremony
- Prayers and affirmations from several traditions
- A glossary for quick reference

It is possible to shield yourself against the invisible dangers and negative energy that surround us. *White Light* gives you the daily psychic defense strategy you need—and can begin using now.

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