

PSYCHIC PROTECTION 101

How to Feel Completely Safe Connecting with Spirit



Anne Reith, Ph.D.

Director of the Institute for Mediumship, Psychic, Astrological, & Reiki Training (IMPART)

Reiki Master/Teacher

Karuna Reiki® Master

Sai Maa Diksha Practitioner/Teacher

DivinePeaceHealer®

IMPART Press

Anne Reith, Ph.D. © 2002-2022

All Rights Reserved

DEDICATION

**This ebook is dedicated to Margaret McCormick
who has taught me so much about how to protect myself
and about how to teach my students to protect themselves.
I am forever grateful for your friendship, guidance, and support!**

Copyright © Anne Reith, Ph.D. 2002-2022

All rights are reserved. No part of this document may be reproduced by any mechanical, photographic, or electronic process, or in the form of a phonographic recording; nor may it be stored in a retrieval system, transmitted, or otherwise be copied for public or private use – other than for “fair use” as brief quotations embodied in articles and reviews – without prior written permission of the author.

The author of this document does not dispense medical advice or prescribe the use of any technique as a form of treatment for physical, emotional, or medical problems without the advice of a physician, either directly or indirectly. The intent of the author is only to offer information of a general nature to help you in your quest for physical, emotional, and spiritual well-being. In the event that you use any of the information in this document for yourself or others, which is your constitutional right, the author and publisher assume no responsibility for your actions.

The ideas presented in this document are those of this author alone and do not necessarily represent the ideas of others either inside or outside the metaphysical and healing arts community. You are strongly encouraged to search until you find answers that “feel right” to you.



Institute for Mediumship, Psychic, Astrological, & Reiki Training

im part (v.): to bestow sacred knowledge upon

Published by IMPART Press

A Division of Anne Reith, Ph.D.
2312 Park Avenue, PMB #477
Tustin, CA 92782 USA
(714) 599-0017

Email: Anne@AnneReith.com

Website: www.AnneReith.com

Introduction to IMPART Educational Material

im·part (v.): *to bestow sacred knowledge upon*

Welcome to the IMPART family! Whether you are just starting out on your metaphysical journey or you would like to explore a specific topic or skill in more depth, the staff at IMPART is here to provide you with information, training, and support as you develop your abilities to connect with Spirit.

It is very likely you have questions, and we hope to provide you with the answers! Just a few of the questions you might be asking yourself include:

- How do I know if I'm psychic, a medium, and/or a healer?
- How do I learn how to connect with God/Source/Spirit, my guides, angels, archangels, ascended masters (e.g., Jesus, Mother Mary, Buddha), and/or deceased loved ones?
- How do I use a specific divination tool (e.g., cards, runes)?
- How do I learn how to be a healer?
- How can I use my abilities to help others?

To address your questions, we have created a series of educational products (e.g., eBooks, audio recordings) that are designed to meet the following standards:

- **Organized:** We always endeavor to provide a detailed Index and/or Table of Contents that will help you find the information that you need.
- **Clearly Communicated:** We always strive to make complex information as understandable as possible. Additionally, we do our best to stay away from obscure words or convoluted wording. We do not believe that a dictionary should be required when reading IMPART material.
- **Concise:** We, here at IMPART, understand that most of you are trying to fit your metaphysical studies around jobs, relationships, families, and various other responsibilities. Therefore, we do our best to provide you with information that is accurate, thorough, and concise.
- **Helpful to Beginners (as well as those who are more advanced):** We all were new to specific topics at one time, and we always strive to create educational materials that would have been helpful to us when we first started out. We want to provide you with a good foundation for each of the topics in our educational series.

IMPART's overall goal is to provide you with high quality training programs and educational material that will help you whether you are brand new to the field of metaphysics or you are more experienced but want to learn more about a specific topic. Through the use of these products and on-going support, our goal for you is to . . .

- Develop a wonderful new sense of confidence in your ability to connect with Spirit/Source/God through the development of a set of tools and skills that will allow you to have access to spiritual guidance and support on a daily basis.
- Connect with like-minded others that provide a support system through IMPART classes and workshops. You never need to feel alone on your spiritual journey. We are here for you!
- Feel exhilarated by your deepening connection with God/Source/Spirit.
- Feel significantly better about all areas of your life, including your health, relationships, work satisfaction, and emotional well-being.
- Experience a new sense of peace and well-being about your day-to-day life.

To learn more about IMPART training programs or educational material, be sure to join our on-line community at www.AnneReith.com.

Again, welcome to the IMPART family, and many blessings on your journey toward enlightenment!

Dr. Anne & IMPART Staff Members

TABLE OF CONTENTS

	Page Number
<i>Introduction to IMPART Educational Products</i>	<i>iii</i>
<i>Table of Contents</i>	<i>v</i>
Psychic Protection 101: Suggested Practices	1
Is There Really “Dark Energy”?.....	1
Why Do We Need to Know About “Dark Energy”?.....	1
What Is “Dark Energy”?.....	2
How Do You Recognize “Dark Energy”?	2
Watch for Signs of “Dark Energy”	2
Protecting Yourself from “Dark Energy”.....	3
Using Your Free Will to Protect Yourself.....	3
Additional Protective Measures You Can Take.....	4
When All Else Fails . . . Get Help!	4
Suggested Protective Actions	6
Internal Protective Actions.....	6
Ways to Increase Your “Light”	6
External Protective Actions.....	7
How To Use Energy Shielding	8
Directions for Shielding.....	8
How Often Do I Need to Re-Establish the Shield?	8
Colors Used in Energetic Shields.....	8
How To Create an Energy Grid	10
Directions for Creating an Energy Grid.....	10
How Often Should You Re-Grid?	11
Additional Directions for Energy Gridding.....	11
Using Prayer	12
If Prayer Is <i>Not</i> Comfortable for You.....	12
How to Pray.....	12
What Should You Pray for?.....	12
Structure of More Formal Prayers.....	13
The Light Invocation.....	13
IMPART Products	14
About the Author	15

PSYCHIC PROTECTION 101

Suggested Practices

Those new to psychic development, mediumship, or the healing arts (and even those who have been around for a while!) sometimes worry about “dark” or “evil” energy. Although anyone of any background may be concerned, this is most often the case for (a) those who were raised in religious traditions that believe in something akin to the Devil (e.g., Catholicism), (b) those who were raised in cultures where there is strong emphasis placed on dark entities or haunting by deceased family members (e.g., some Eastern cultures), or (c) those who have watched a lot of horror movies.

The purpose of this publication is twofold: (a) to help you understand what dark energy is and how to recognize it and (b) to present a wide range of possible protective actions that can be taken in order to feel fully protected.

Is There Really “Dark Energy”?

Sadly, the answer to this question is “Yes.” I wish this weren’t the case, and there was a time when I would have answered this question “No.” When I first started taking my psychic development classes, I was surprised when my teachers began talking about “dark energy.” I thought I was in class to learn about God and angels, not “dark stuff.” When I expressed my surprise to a fellow student, she told me that she had decided that if she didn’t give any attention to “negative stuff,” then she believed it couldn’t impact her. Because I didn’t want to think about anything “dark,” “this approach sounded good to me!

Boy, was I wrong! Through a series of difficult but enlightening experiences, my guides lovingly brought me to my senses. They helped me realize how important it was that I be fully informed and aware of “dark energy.” Because they knew that I was meant to be a metaphysical and healing arts practitioner and teacher, they knew that I needed to be fully versed in this subject. This would permit me to (a) better protect myself and (b) teach my students how to protect themselves.

Why Do We Need to Know About “Dark Energy”?

What my guides taught me was that all Lightworkers (i.e., those of us who work with the Light) need to become familiar with what “dark energy” is all about so we will recognize it when we encounter it. Why is that important? Why can’t we just focus on the Light and ignore everything else? To answer these questions, let me use an analogy.

Let’s say that no one ever taught you about poison oak or poison ivy. Because you’d never heard of it and you don’t know what it looks like, you might decide to take a bouquet of it home with you. Obviously, this is not a smart idea! The same holds true for “dark energy.” If you are choosing to work with the Light, then it is essential that you learn how to recognize the signs of “dark energy” so you can avoid it. You do NOT want to unknowingly take a bouquet of dark energy home with you!

IMPART PRODUCTS

Audio Recordings (*available online at www.AnneReith.com/store*)

Guided Meditation for Reiki Attunements
Lives Between Lives Guided Meditation
Past Lives Guided Meditation
Psychic Development: Guided Meditation
Trip to the Akashic Records: Guided Meditation

eBooks & Audio Recordings (*available online at www.AnneReith.com/store*)

Basic Definitions of Terms for Psychics, Mediums, & Healers (**FREE**)
Channeling 101
Psychic Protection 101: How to Feel Completely Safe Connecting with Spirit

eBooks & Audio Recordings (*upcoming*)

Business 101: Learn How to Create & Run Your Own Profitable Business
Connecting with Your Angels & Guides
Dream Interpretation 101
Emotional Freedom Techniques: Basics of Meridian Tapping for the 21st Century
How to Use Metaphysical Tools (e.g., Cards, Runes)
Karuna Reiki® Manuals: Karuna Reiki® I Practitioner, Karuna Reiki® II Practitioner, &
Karuna Reiki® I & II Master/Teacher
Lives Between Lives
Mediumship 101
Metaphysical Meanings of Over 200 Crystals and Stones
Past Lives 101
Pendulums 101
Psychic Development: An Essential Primer!
Psychic Development 101: “The Clairs”
Reiki Manuals: Reiki I, Reiki II, Reiki III/Advanced Reiki Training, Reiki Master/Teacher
Runes 101
Symptoms of the Ascension Process: You Aren’t Going Crazy!
Tarot 101

Rune Products & Manuals (*upcoming*)

ColoRunes®
ColoRunes®: A Divination System Based on the Metaphysical Meanings of Colors
NumeRunes®
NumeRunes®: A Divination System Based on Numerology
Runes: An Ancient Divination Technique with Modern Applications

About the Author

Dr. Anne Reith is the Founder and Director of IMPART (the Institute for Mediumship, Psychic, Astrological, and Reiki Training), which she began in 2002. She is an internationally known psychic, medium, astrologer, dedicated teacher, and spiritual coach.

Dr. Anne is an author who has written on a wide range of topics, including Reiki, Karuna Reiki®, tarot, runes, astrology, pendulums, past lives, lives between lives, mediumship, and the Law of Attraction. She has also recorded several meditation CD's and has also developed several highly effective divination tools, including NumeRunes® and ColoRunes®. Dr. Anne is a Reiki Master/Teacher and Karuna Reiki® Master, DivinePeaceHealing® Practitioner, and Sai Maa Diksha Practitioner/Teacher.

Previous to Anne's work in the metaphysical and spiritual fields, she earned her doctorate in Counseling Psychology from the University of California, Santa Barbara. She worked for over 30 years in university settings as a Psychologist and tenured faculty member.

Anne currently lives in Orange County, California. In addition to being the proud Auntie Anne to her seven adult nieces and nephews, she is a loving Cat-Mama to her two rescues, Big Boy and Fluffy Butt.