

---

*Psychic  
Protection  
Flame*

*instructions*

*brought to you by  
element energy center  
[www.elementenergy.com](http://www.elementenergy.com)*



### *About the Psychic Protection Flame*

Archangel Michael provided this energy to offer protection from psychic attack. This protection is very important, especially in modern times where we are bombarded with outside energies constantly. Psychic attacks are more common than people realize. They happen all the time.

We are born with natural defenses against psychic attack – a spiritual immune system, if you will, that should normally provide protection from common psychic attacks.

Sometimes, however, the spiritual immune system is compromised, due to an extensive psychic attack, trauma, illness, or other negative impact on the energetic system. When this happens, the individual becomes very vulnerable to psychic attacks, much more vulnerable than usual.

Sometimes, even a person with a strong spiritual immune system will fall prey to a psychic attack, especially if it is particularly vicious, persistent, or perpetrated by a large group.

Healers and lightworkers are particularly vulnerable to psychic attacks because lightworkers are often targeted by dark energies. Furthermore, clients who need healing are often filled with excessive negative energy. It is thus very important for anyone in the healing profession to protect themselves regularly.

This is why psychic protection is critical.

The Psychic Protection Flame is designed to not only protect the individual from psychic attack, but repair the individual's spiritual immune system each time the flame is activated. In this way, the Psychic Protection Flame provides immediate relief from current psychic attacks, and long-term protection thanks to the strengthening of the spiritual immune system as well.

### *About Psychic Attacks*

A psychic attack is when someone attempts to harm another person on the spiritual level using psychic energy. There are three basic types of psychic attack:

**Psychic assault** is when someone actively and purposefully attacks the other's person energy field with negative intentions. Examples of psychic assault include: Sending hate to another person, actively envisioning and wishing for the failure of another person, casting a negative spell on another person.

**Psychic vampirism** is when someone drains another person's energy field. Psychic vampirism can be conscious and done actively with negative intention, or done unconsciously without negative intention. Unconscious psychic vampirism is very common. It is what occurs when someone is needy and grabs onto another person's energy system in the way they might grab onto a life preserver when drowning.





**Psychic contamination** is what happens if a vulnerable energy system is exposed to negative energy. Even a person without negative intentions towards another can contaminate an energy system, if they themselves have a lot of negative energy they are carrying around. If you find yourself continually irritable around another person or persons, or getting angry and defensive with them when you wouldn't otherwise, then they probably have negative energy that might be encroaching on your energy system.

It is usually a good idea to protect yourself energetically while around draining or negative people, but you should also try to limit your interactions with these people as much as possible. While you can't choose your family, you can choose your friends, your job, your boyfriend, etc. Choose to be around people who uplift your spirit, not people who are actively working to destroy it.

Psychic attack can be very devastating and left unchecked, result in the following:

- Depression
- Anxiety
- Illness
- Bad "Luck"
- Accidents
- Job Loss
- Money Problems

In the case of illness, psychic attacks can open up the recipient's energy system to energetic contamination. Deep contamination can cause long-term chronic illness such as Chronic Fatigue Syndrome, Fibromyalgia, and Multiple Sclerosis. (Not all illnesses are caused by outside psychic attack. Cancer is often the result of the individual psychically attacking *themselves*.)

### *Usage*

Once attuned, you can invoke the Psychic Protection Flame to put up a shield of protective and healing rainbow energy around yourself.

Here is how you invoke the Psychic Protection Flame:

*St. Michael, please surround me with the Psychic Protection Flame.*

(You can change this petition slightly, but it must include "St. Michael" and the words "Psychic Protection Flame.")

To protect a loved on, property, a project, or a situation:

*St. Michael, please surround my loved one (my home, my job, my project, etc.) with the Psychic Protection Flame.*





The Psychic Protection Flame will not only protect you and whatever you surround it with, it will block you from sending out any psychic attacks of your own. (You might still have the negative intention, but it will not get through the flame.)

**You should invoke the Psychic Protection Flame every day, once upon waking and once before going to bed.**

You should also invoke the Psychic Protection Flame whenever entering into a situation with negative people. (Be careful, sometimes the people who appear to be the “nicest” aren’t what they seem.) Trust your gut instincts. It won’t ever hurt to use the flame so you can use it as much as you like.

As your spiritual immune system gets stronger, it will be less critical to invoke the Psychic Protection Flame on a consistent basis; however, it is a good idea to just get into the habit of using it all the time. Even people with strong spiritual immune systems can be seriously attacked, if enough bad energy is thrown their way at once. If this is happening to you, invoke the Psychic Protection Flame immediately, as well as throughout the day, and return to a strict schedule of protection once the crisis has passed.

### *Attunement*

You can attune (or re-attune) yourself or another at any time by invoking Archangel Michael:

*St. Michael, please attune me to the Psychic Protection Flame.*

If you want to add additional energy to the attunement, envision and send a rainbow flame around the person being attuned. You can also use any other attunement method you are already familiar with, but “St. Michael” must be invoked in the process.


There is no time-limit or limit on re-attunements.

This energy can be freely shared with anyone, and it is also OK to charge for providing a personalized attunement if you offer attunements as part of your Reiki practice.

### *Additional Resources & Attunements*

**More Reiki attunements and courses are available at Element Energy Center ([www.elementenergy.com](http://www.elementenergy.com)). A new free attunement is added approximately once per month.**





*Please share.*  
*You may distribute this PDF (intact) freely as you see fit.*

### *Copyright Notice*

This manual is protected by copyright.  
You can share this manual freely provided it is left *entirely intact*.  
You may not independently reprint, republish, or reuse the words in this manual for any reason.

You can give this manual to students that have paid you for an attunement,  
but you cannot resell this manually separately.

You are welcome to create your own manual,  
written entirely in your own words,  
to teach people how to use this energy.

You are also welcome to use this energy to create a new energy system.

For permission to translate, contact  
[light@elementenergy.com](mailto:light@elementenergy.com)

Thank you.