

Bumps in the Night!!!!

November 2013 Issue

Paranormal "U"

Protection

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Paranormal investigators are routinely asked if they put up some form of protection before an investigation. The simple answer is yes; most do something to guard against a possible negative experience. By negative I do not mean demonic by any means. In life we have all experienced people that we are just not comfortable around from overly friendly and chatty to just plain grumpy. It would stand to reason that how a person was in life is how they would be in death. Building on that, if we know we are going to be stuck in an all day meeting with the lady from accounting that never stops talking and the guy that sits around the corner that never smiles you start to mentally prepare yourself for the meeting. If you are one of the last ones to leave the gym at night, you may prepare by having your keys at the ready and taking note of other cars in the lot. These are everyday scenarios that we instinctively put up protection for.

As an investigator we prepare by having our flashlights, safe comfortable attire, recording gear; whatever we feel is necessary to conduct a safe investigation. And then we mentally prepare; for some it is affirming that nothing is allowed to breach our personal space, a prayer, smudging, sprinkling holy water and by whatever method chosen we are actively doing something to protect ourselves.

The method(s) of choice will be based on the individual, their religious beliefs, cultural background, personality and even comfort level.

To illustrate this, we have Investigators Abby, Jody and Kent.

- Abby is a practicing Catholic and before every investigation she says a prayer and lights a white candle at home then puts on her grandmother's crucifix. In the backpack with her gear she keeps a small container of holy water.
- Jody is Wiccan and she will bathe in lavender and sea salt before getting ready. As she gathers her things she chooses some stones to carry on her as well as ones that she always carries. Once arriving at a location she takes a few minutes to ground herself-sitting or standing near a tree.
- Kent is a non-denomination Christian. He does not do anything different in getting ready for an investigation. Once at a location he participates in a group prayer and visualizes God's light completely engulfing him and repeats 3 times, "In God's light I am loved and protected."
- Again these are just examples of ways of putting up protection prior to an investigation and they can be used for any number of occasions where you feel a need.

More examples of "tools" for doing protection:

- **Salt:** Universal in its use for protection and purification. Mixed with water or on its own it is used to cleanse negativity, protect against or block negativity and to promote healing.
- **Stones:** <http://crystal-cure.com/gem-protect.html> or <http://meanings.crystalsandjewelry.com/protection-stones>
- **Herbs:** <http://ambafrance-do.org/alternative/17480.php>
- **Symbols:** <http://dailywicca.com/2011/12/19/protection-symbols/>
- **Prayers:** <http://www.prayers-for-special-help.com/Prayers-for-Protection.html> or <http://www.spellsandmagic.com/protection.html>
- **Grounding:** A method used to release stress, anxieties and clear the mind. Some will visualize a specific clearing out of these things and

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creating a fresh/blank space to work from.

- **Creative Visualizations:** Creative visualization is the technique of using one's imagination to visualize specific behaviors or events occurring in one's life. Advocates suggest creating a detailed schema of what one desires and then visualizing it over and over again with all of the senses.
- **Bubble:** Visualization of creating a complete bubble around oneself. The creator decides its parameters; say if a person is not comfortable with people being in close proximity. It is in effect creating a personal space. The saying "busting ones bubble" thus allowing a person to be disappointed is common. This is one that is good for a beginner or child.
- **Wrapped in light:** Visualization that takes a bit more practice and incorporates more of the senses. You see and draw upon a white light from above, have it wrap around you, feel it surrounding you and envelop you to create a protective barrier around you.
- **Mirror:** Visualization that is primarily used to deflect negativity. As light is reflected away from the surface, so will the negative energy. This one can also be used in conjunction with either of the preceding methods.

Once an investigation is complete, you don't want to chance having a potential unwanted guest follow you home. With conviction state that no one is allowed to follow you home and a concluding prayer or closing prayer if desired. Some will ring a bell, jingle car keys, stamp their foot and this is representative of "and that is final!". One can do a personal smudging before leaving a location or once home some choose to take a sea salt (cleansing) bath as well.

We at TnT Paranormal use the following prayers before starting an investigation:

Opening Protection

We are here to communicate with the spirits that are present. We are not here to harm you or change your environment in any way. We wish to only give you a voice you haven't had in a long time. We respect you and your ground; therefore you need to respect our mind, body, and soul.

Prayer of Protection

The Light of God surrounds me/us.
 The Love of God enfolds me/us.
 The Power of God protects me/us.
 The Presence of God watches over me/us.
 The Mind of God guides me/us.
 The Life of God flows through me/us.
 The Laws of God direct me/us.
 The Power of God abides within me/us.
 The Joy of God uplifts me/us.
 The Strength of God renews me/us.
 The Beauty of God inspires me/us.
 And Wherever I/we am/are, God is!

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And these before we leave:

End of Investigation Prayer

In the name of the Lord, Jesus Christ, no entities are allowed to follow me/us from this location. By the Power of God, I/we command you to remain here.

Post-Investigation Protection

We thank the spirits for coming forward and sharing their experiences with us. This is where you belong and need to stay. Do NOT follow us home. These are your roots, your grounds and you need to remain here.

Other prayers that maybe of interest:

Prayer of Protection from Negative Entities

O beloved Heavenly Father Light being, send your protective light energies around me/us at once.

Erect a shield of love and light about me/us that is invincible, all powerful, and unable to be penetrated by any evil force.

Keep me/us totally protected from all things that are not of the Light or of God. Keep me/us immune from all negative and hostile beings. Banish at once the spirit that I/we see/feel before me/us!

Ring of Protection Prayer

In the name of all that is goodness and light, surround our circle in the white light of holy protection. We ask that no harm befalls or follows the protected circle. And that our quest benefits all who are among us. In the name of all that is goodness and light. We thank thee for your protection of Holy White Light.

Prayer for Renewed Strength and Energy

Beloved Light Being / Heavenly Father fill me/us with your great strength and Light. Charge me with your light and your love.

Rejuvenate each of my/our vital body functions with strength and energy. Empower me/us with your might. Keep me/us now and always sensitive to your guidance and your direction.

The Lord's Prayer

Our Father, who art in heaven. Hallowed by thy name. Thy Kingdom come, thy will be done, on earth as it is in heaven.

Give us this day our daily bread, and forgive us our trespasses, as we forgive those that trespass against us. And lead us not into temptation, but deliver us from evil. For thine is the kingdom, and the power, and the glory, forever and ever. AMEN.

