



Introduction to Psychic Self-defense

RICH BENACK

REGISTERED HYPNOTHERAPIST
LICENSED PRIVATE INVESTIGATOR

Overview of Psychic Attacks

1. **“Psychic Attack” is a fancy name for negative "energy" being focused with the conscious or subconscious intention to inflict harm upon you, or any aspect of your life.**

1. Harm can be focused towards your emotional, physical, spiritual or mental state
2. Those negative energies are projected in the form of thought and intention. They are a byproduct of the psyche.

2. **Characteristics of a Psychic attack:**

1. Mental or physical health issues can often appear as a psychic attack
2. Most Psychic Attacks are self Inflicted (people unintentionally causing self harm)
3. Most people do not have the skills or capability to deliberately & remotely affect other persons behavior or life situation (But some can)

Principals of Self-Defense



1. **Avoid unnecessary fights (of all types) when possible**
2. **Don't assume your attacker fights like you do or uses the same tools /techniques**
3. **Understand your weaknesses & vulnerabilities**
 - Peoples vulnerabilities are often easy to spot
 - Attackers will often attempt to exploit them

Principals of Self-Defense



- **Understand Yourself:**
 - Have a realistic understanding of your own defensive capabilities & skills
 - Your training is the best indicator of your skill level
- **Understand your Opponent:**
 - What are their Intentions?
 - What are their Capabilities
 - What is their Reality?
- **Understand your intended Outcome in a confrontation**
 - What is the end goal of the confrontation?
 - How will you know if you have achieved the goal?

Targeting the Subconscious

Conscious mind 10%

- Will power
- Long term memory
- Logical thinking
- Critical thinking

Subconscious mind 90%

- Beliefs
- Emotions
- Habits
- Values
- Protective reactions
- Long term memory
- Imagination
- Intuition

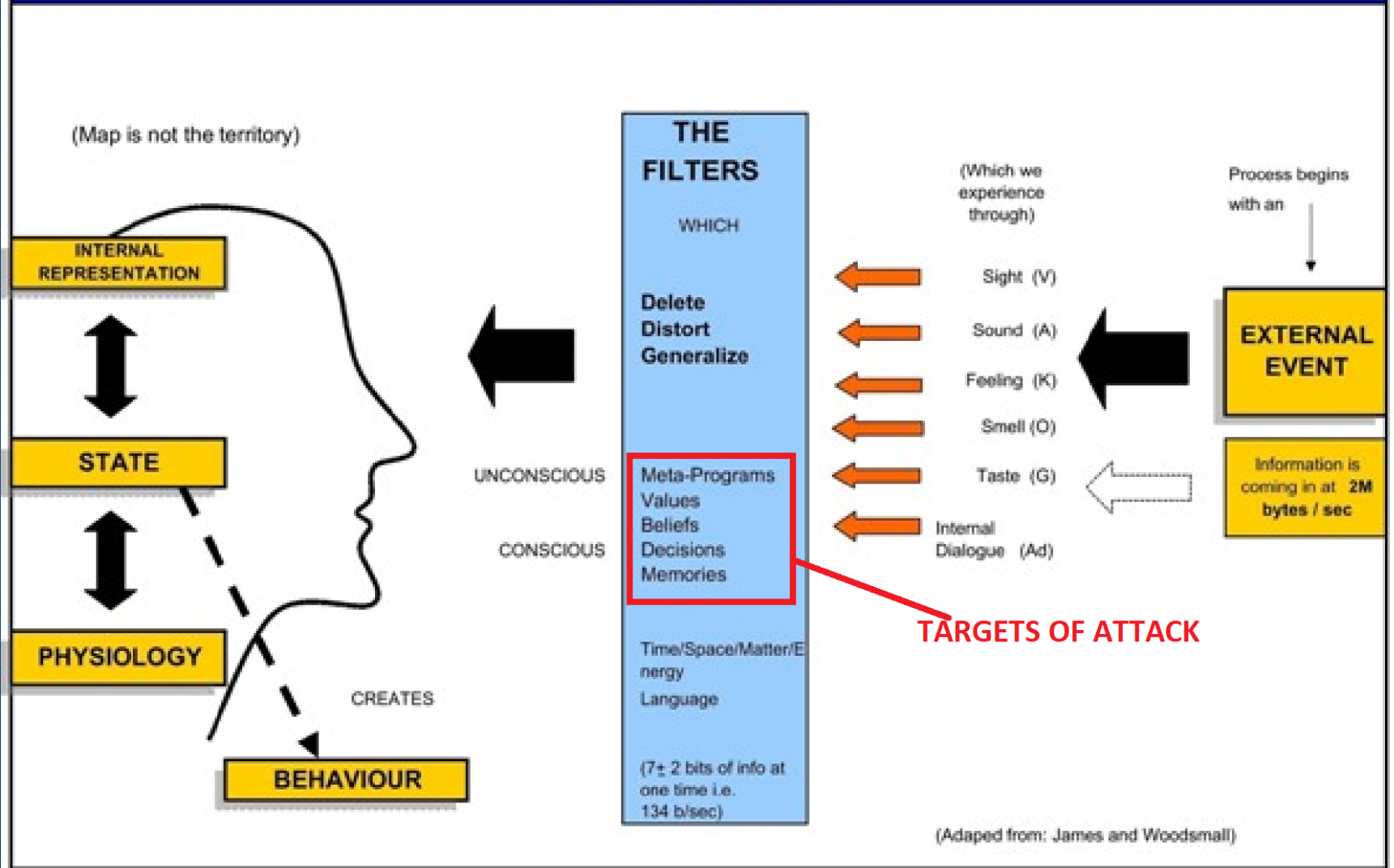


Targeting the Subconscious

- The subconscious mind stores and organizes all memories
- It is the domain of the emotions
- It chooses a path of least resistance
- It represses memories with unresolved negative emotion
 - Memories of past trauma are a significant target
- It may keep these repressed emotions repressed for self protection
- It runs the body
- It controls and maintains all perceptions of reality
- Maintains instincts, generates habits and uses repetition
- Uses and responds to symbols

Targets of Psychic Attack

INFORMATION ATTACKS



Targets of Psychic Attack

- **MEMORIES:** Our mind filters information through our memories. As we get older, our actions in the present are actually reactions to our past memories. Change a subject's memories, change their reality.
- **DECISIONS:** Past decisions can create beliefs or may just affect our perceptions through time. These decisions can determine our internal representation (I/R) of an event that is occurring right now. Changing a subject's belief of a decision can change their actions.
- **META-PROGRAMS:** Meta Programs are patterns of thinking that control how you perceive an event. Knowing someone's Meta Programs can help you predict people's states as well as their actions.
- **BELIEFS:** Beliefs are generalizations about how people perceive the world. What people perceive to be true is what they project on to others and the world.
- **VALUES AND ATTITUDES:** Values are how we decide whether our actions are good, bad, right or wrong. They are also how we decide to feel about our actions. Our attitude is a combination of our memories and the decisions we make in life. It is how we think and feel about our beliefs, and the expression of these beliefs.
- **Influencing these targets (magically or non magically) can affect a subject's behaviors & perception of reality**

Assessment of Threats

- **Identify Threat Strengths/Weaknesses**
 - Identify Defensive Magical Skills:
 - Identify Offensive Magical Skills:
 - Identify Magical Training & Initiations:
 - Identify Other Combat/Martial skills or Training:
- **Identify Threat Vulnerabilities:**
 - Identify Physical & Health Vulnerabilities:
 - Identify Mental/Psychic Health Vulnerabilities:
 - Identify Major Trauma in their lives
 - Identify Psychic vulnerability of their home
 - Identify vulnerability of Family & friends

Defending Against Attacks

- **Keeps yourself as physically & mentally healthy as possible**
 - Substance abuse makes you more vulnerable
- **Meditate regularly**
- **Practice protecting your psyche**
 - Practice “stress inoculation” against psychic attacks and stressful situations
 - Don’t just train against “traditional” attacks or rely on “traditional” defenses.
- **Avoid unnecessary fights when possible**
 - Assume you will have to fight multiple skilled opponents.
 - Don’t be afraid to walk away from a fight.

Assessing ones Vulnerabilities

1. Create a list of vulnerabilities you have (or fear you have) to various types of psychic attacks, negative energies, stress, negative emotions or intense discomfort to certain situations
2. When do you feel “triggered” What type of symptoms do you feel when triggered?
 - What do you feel?
 - Where do you feel these symptoms in your body?
 - What do you see?
 - What do you hear?
 - What do you smell?
 - What do you taste?
3. Could physical or mental health issues may be contributing to these symptoms?

Assessing Your Vulnerabilities

1. What type of situations make you feel these symptoms?
2. What type of people make you feel these symptoms?
3. What type of locations make you feel these symptoms?
4. What are your 3 biggest fears about psychic attacks?
5. What do you do when you feel these symptoms?
 - How do you know if your protection worked?
 - If a specific protection doesn't work, what do you do next?

Assessing Your Vulnerabilities



Situation	Where/ When occur?	Symptoms	How did you deal with it?	Did it work?
TV shows, newspapers or websites that show information that makes you very uncomfortable				
Being Triggered by certain places or events				
Negative emotions caused by certain people				
Being uncomfortable with certain types of people				
Feeling Energy overloaded				
Certain beliefs people have that make me angry or fearfull				
Physical symptoms that can not be medically explained (after visiting a Dr)				
The belief that you are being attacked by other people or entities				

Psychic Self-Defense Resources

- **Articles on Psychic Self-Defense:** http://www.seanciall.org/Combat_sorcery.htm
- *The Wiccan Warrior* by Cuhulain, Kerr
- *Full Contact Magick* by Cuhulain, Kerr
- *Neuro-linguistic Programming For Dummies* by Romilla Ready
- *The Art of War* by Sun Tzu
- *The Book of five Rings* by Miyamoto Musashi
- *The Intuitive Warrior: Lessons from a Navy SEAL on Unleashing Your Hidden Potential* by Michael Jaco
- *Sharpening The Warriors Edge* by Bruce Siddle
- *Let Every Breath... Secrets of the Russian Breath Masters.* Vladimir Vasiliev
- *Ki in Aikido: A Sampler of Ki Exercises* by C. M. Shifflett
- *Ki in Daily Life* by Koichi Tohei