

ANDY PORTER
PSYCHIC SURGEON

TOP 10 PROTECTION TECHNIQUES



“When you stand in your spiritual sovereignty, you are untouchable to outside interference.”

— Andy Porter, Psychic Surgeon

In today's world, it's more important than ever to protect your spiritual energy.

This guide offers practical techniques to help you create a strong, protective shield around yourself, allowing you to navigate life with greater peace and resilience.

Spiritual protection isn't about living in fear, it's about empowering yourself to **maintain your energetic boundaries** and stay centered in your own **light**. By practicing these methods regularly, you can minimize the impact of negativity and cultivate a stronger connection to your inner guidance.

Understanding Spiritual Vulnerability

Before diving into protection techniques, it's important to understand what makes us spiritually vulnerable. Factors that can weaken our energetic field include:

- **Stress and Anxiety:** Prolonged stress depletes our energy reserves.
 - **Negative Environments:** Spending time in places with heavy or negative energy can impact our aura.
 - **Emotional Imbalance:** Holding onto unresolved emotions can create energetic blockages.
 - **Lack of Self-Care:** Neglecting our physical, emotional, and spiritual needs weakens our overall well-being.
 - **Exposure to negativity:** News, social media, and interactions with negative people can bring us down.
 - **Poor Sleep & Fatigue:** Inadequate rest leaves the energetic body open and unprotected.
 - **Unhealthy Lifestyle:** Excess alcohol, drugs, or poor diet cloud the energetic field and reduce resilience.
 - **Lack of Boundaries:** Over-giving or failing to set personal boundaries allows energy drains from others.
-

Practical Tips for Daily Protection

Morning Routine:

- Start your day with a grounding exercise and a protective affirmation.
- Visualise your shield of light as you prepare for the day.
- Set positive intentions for the day ahead.

Throughout the Day:

- Be mindful of your energy levels and take breaks when needed.
- Use quick visualisation techniques when encountering negativity.
- Carry a protective crystal in your pocket or wear it as jewellery.

Evening Routine:

- Take a salt bath or smudge with sage to cleanse your aura.
- Review your day and release any negativity you may have absorbed.
- Express gratitude for the protection you received throughout the day.

Ongoing Practices:

- Regularly practice grounding and aura cleansing.
- Continue to strengthen your connection to your inner guidance.
- Prioritise self-care and maintain a positive mindset.

Short Conclusion

“Spiritual protection is an ongoing practice that requires consistent effort and self-awareness. By incorporating these techniques and meditations into your daily life, you can create a strong, resilient, energetic field that shields you from negativity and allows you to thrive. Remember, you have the power to protect your energy and maintain inner peace.”

Top 10 Tips & Techniques

No 1. Smudging

“Cleansing with sacred smoke clears heavy energy, restores balance, and protects your space. As the smudge stick burns, the rising smoke carries away what no longer serves you, leaving your room calm, light, and spiritually renewed”
— Andy Porter, Psychic Surgeon

Smudging and similar practices use the smoke of sacred herbs or resins to clear negative energy. While often linked with sage or cedar in some Indigenous traditions, methods and meanings vary widely across tribes and cultures, and not all refer to it as “smudging.”

To smudge your space, follow these steps:

Get Your Tools 🌿 Purchase sage or palo santo for cleansing.

Open the Space 🚪 Open all windows and doors to let smoke carry negativity out.

Choose a Wafting Tool 🪶 Use a bird's feather or your hands to guide the smoke.

Light the Sage 🔥 Use a lighter or match to ignite your sage stick.

Cleanse Each Room 🚶 Walk through your property, wafting smoke into corners, cupboards, and under beds, while visualizing the smoke transforming energy into light.



No 2. Sea Salt

“From ancient times to today, salt has stood as a sacred guardian purifying, protecting, and preserving life against negativity and unseen forces.”

— Andy Porter, Psychic Surgeon

Salt plays a vital role in making holy water and is used in rituals like baptism, cleansing, and creating protective circles in witchcraft. It serves as a protective element, and many Catholic saints have noted its power to repel evil.

In Western traditions, holy water is blessed alongside exorcized salt. Sea salt is commonly used in occult practices for spiritual protection and as a boundary in rituals.

Salt's preservative qualities contrast with the corrupting nature of demons, making it a common element in wedding ceremonies to ensure marital happiness and ward off evil spirits. Historically, it has been placed in coffins to protect souls and in infant cribs to safeguard against malevolent forces.

Methods of Daily Spiritual Protection Using Sea Salt

- **Daily Shower Wash** 🚿 Use a sea salt bar on your body to keep your auric field clear and repel negativity.
- **Salt Bath Soak** 🛁 Add Epsom or sea salt to your bath to release heavy energy and shield against entities.
- **Bed & Property Protection** 🏠 Sprinkle sea salt around your home and around beds to strengthen protection while you sleep.
- **Room Clearing Bowls** 🍽️ Place small bowls of sea salt in each room; replace weekly to keep spaces purified and protected.



No 3. Amulets

“An amulet is more than an object, it is a sacred companion, carrying the power of protection and reminding us that we are never truly alone on our path.”

— Andy Porter, Psychic Surgeon

An amulet, or good luck charm, is an object believed to protect its possessor. The word “amulet” comes from the Latin **amuletum**, described by Pliny the Elder as something that protects against trouble.

Amulets can be various items, including gems, statues, coins, and drawings. Those attributed with magical properties for luck are often linked to folk religion, while amulets in mainstream religions, such as Christianity, require a blessing to hold any power.

Talismans and charms differ from amulets in that they claim to have magical abilities beyond protection. Amulets are sometimes confused with pendants, which can also function as protective objects.

Amulets For Protection

- **Our Handmade Protective Pendants**
👁️💎 Carry spiritual shielding wherever you go.
- **Pentagram** ★ Ancient symbol of balance, harmony, and warding off negativity.
- **Evil Eye** 👁️ Deflects envy, ill-will, and psychic attack.
- **Horseshoe** 🍀 Brings luck while guarding against misfortune.
- **The Eye of Horus** ☀️ Egyptian symbol of healing, protection, and divine power.
- **Black Crystals** ● Obsidian, Onyx & Black Tourmaline to ground, absorb, and repel negativity.



No 4. Crystals

“Crystals carry their own sacred vibration when worn with intent, they harmonise with our energy, strengthening balance and shielding us from negativity.”

— Andy Porter, Psychic Surgeon

Crystals are very helpful for additional spiritual protection.

Crystals vibrate at unique frequencies, similar to the cells in your body and your chakras. When you interact with crystals, these frequencies combine, enhancing your overall balance.

Black Onyx, Black Tourmaline, Jet, and Obsidian are known to help repel negative energy. You can carry them or wear them as an amulet. Remember, your intention is key; if you seek protection from these crystals, they will provide it.

Crystals / Gem Stones

- **Best Protective Crystals**
- **Black Onyx** ❤️ Strengthens willpower, absorbs and transforms negative energy.
- **Black Tourmaline** 🛡️ Powerful shield against psychic attack and electromagnetic smog.
- **Jet** ⬤ Ancient stone of protection, known to dispel fear and grief.
- **Black Obsidian** ✂️ Cuts energetic cords, clears shadow energy, and grounds the spirit.
- **Apache Tear** 🙏 Gentle protection stone that aids emotional release and healing.



No 5. Sound - Ting Sha

“The pure, ringing tone of Tibetan Tingsha cuts through stagnant energy, clearing a space with sound and restoring harmony in an instant.”
— Andy Porter, Psychic Surgeon

Tibetan tingsha are small paired cymbals used in Buddhist rituals, producing a clear, high-pitched tone when struck. Traditionally made from special bronze alloys, fine antique or well-matched pairs create harmonious overtones, while modern versions may vary in sound. Tingsha are often used for space clearing, as their resonant vibrations quickly dispel negative energy without incense or smoke. Practitioners commonly walk the perimeter of a room, striking the bells to refresh the atmosphere, a method also valued in Feng Shui and healing practices.

How To Use Tingsha Bells

- **Space Clearing** 🌀 Walk around a room striking the Tingsha slowly until the sound rings clear, dispersing stagnant or heavy energy.
- **Client Session Reset** ✨ Use between healing sessions to cleanse lingering energy from the space before welcoming the next client.
- **Meditation Focus** 🧘 Strike the Tingsha at the beginning and end of meditation to mark sacred time and bring focus.
- **Chakra Balancing** 🌈 Gently ring the Tingsha over each chakra point to harmonise energy flow.
- **Ritual & Prayer** 🙏 Open and close ceremonies or rituals with the high, clear tone to invite purity and protection.
- **Energy Shifts at Home** 🏠 Use during moments of stress, arguments, or after illness to refresh the atmosphere.
- **Feng Shui Practice** 🌀 Walk the perimeter of a space, using Tingsha to reset energy and invite balance.



No 6. Grounding

“Grounding reconnects us to the Earth’s healing current with bare feet on soil or in the sea, our body remembers balance, and our spirit finds peace.”
— Andy Porter, Psychic Surgeon

Earthing, or grounding, is the practice of making direct contact with the Earth—such as walking barefoot on soil, grass, or sand, or immersing in natural water. Modern habits like wearing rubber-soled shoes reduce this connection. Beaches are especially effective because sand and saltwater are highly conductive and rich in magnesium. Poor grounding may cause dizziness, impaired hearing, or unease, making regular grounding essential for both well-being and spiritual connection.

Grounding

- **Find a Quiet Space** 🧘 Sit comfortably in a calm, undisturbed place.
- **Breathe Deeply** 😊 Take slow breaths to centre and calm yourself.
- **Focus Within** ❤️ Let your heart rate slow as you concentrate on your breathing.
- **Visualise Roots** 🌱 Imagine roots growing from your feet, slipping down into the earth.
- **Connect to Mother Earth** 🌍 See the roots reaching the earth’s core, holding steady.
- **Feel the Pull** 📶 Notice your legs grow heavy, as if magnetised to the ground.
- **Stay Grounded** 🌳 Rest in this connection, balanced, present, and secure.



No 7. Cord Cutting

“Ethereic cords are threads of emotional energy. When love flows, they strengthen us, but when they turn negative, they bind us in ways that drain our spirit until we choose to release them.” — Andy Porter, Psychic Surgeon

Ethereic cords are energetic connections formed through relationships, becoming stronger with emotional closeness. When relationships end or become negative, these cords can carry harmful energy, causing unsettling dreams, fear, lethargy, or persistent negative thoughts. In such cases, it may be necessary to clear or cut these cords to restore balance.

Cords & Cording

- **Ground Yourself First** 🧘 Begin with the grounding meditation to connect fully to the Earth.
 - **Visualise Your Image** 👤 In your mind's eye, bring up a picture of yourself.
 - **Call in the Sword of Light** ✂️ Imagine a sword blazing with white light.
 - **Cut the Cords** 🔄 Run the sword around your image, with the intent to sever any negative cords not serving your highest good.
 - **Feel the Release** 🌬️ Notice a sense of freedom, lightness, and clarity returning.
- Enjoy the Benefits** 😌 Sleep improves, thoughts of ex-partners or toxic ties fade, and expired connections dissolve










No 8. Healthy Lifestyle

“What we eat becomes part of our vibration. Fresh, living foods strengthen our spiritual protection, while dead, deficient food lowers our light and weakens our field.”

— Andy Porter, Psychic Surgeon

A healthy, plant-based diet supports spiritual protection, while meat carries lower vibrations from animal fear and stress, which can weaken the etheric field. This is why many religions encourage vegetarianism.

Nutrition

-  **No Drugs** Keep your energy clear and unclouded.
-  **Minimise Alcohol** Reduce intake to maintain balance and clarity.
-  **Minimise Tobacco** Avoid smoke that lowers vibration and blocks flow.
-  **Eat Healthy Organic Foods** Fresh vegetables raise vibration and nourish body and spirit.
-  **Live in a Clean Environment** Plants help purify the air and uplift your space.
-  **Shower or Bathe with Sea Salt** Sea salt clears negativity and strengthens etheric protection.
-  **Meditate Regularly** Join a group or practice daily to cleanse and expand your auric field.



No 9. Protection Meditation

“Our unseen guides walk with us from birth to our final breath, yet they honor our free will, and can only step in to protect and guide us when we open our hearts and give permission.”
— Andy Porter, Psychic Surgeon

Spirit guides are with us throughout life, offering support and guidance, but they respect free will and can only help when we consciously give permission.

Unseen Guides & Helpers

- 🌍 **With Us From Birth to Death** – Guides walk beside us throughout our entire incarnation.
- 👁️ **Always Present** – Even if unseen, they support our chosen life path.
- 🙏 **Ready to Assist** – They can offer wisdom, guidance, and comfort when asked.
- 🛡️ **Respect for Free Will** – Guides cannot interfere without our consent.
- 💬 **Give Permission** – Consciously invite them to help and protect you on your journey.

Golden Bubble Meditation

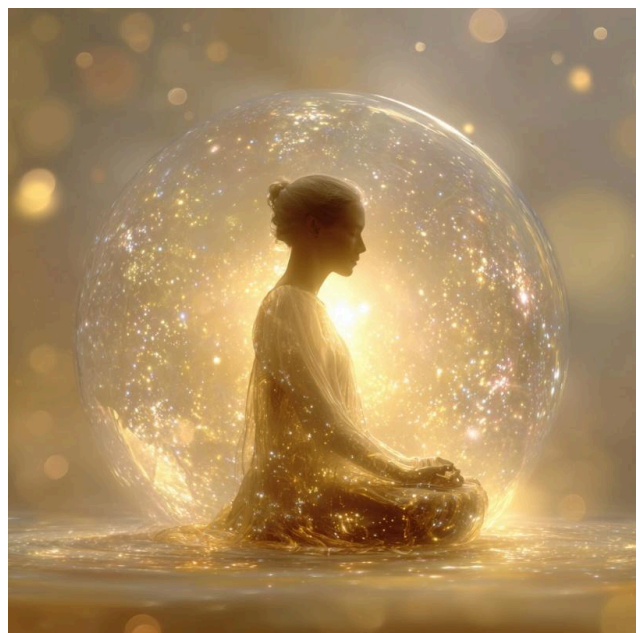
Close Your Eyes - Find a calm space to relax and focus inward.

☀️ **Visualize Golden Light** - Imagine a radiant bubble forming around your entire being.

👐 **Expand the Bubble** - See it stretch above your head and below your feet, leaving space all around you.


🌟 **Step Into the Sphere** - Feel yourself held safely within a glowing ball of golden light.


🛡️ **Trust the Protection** - Know this bubble shields your body, mind, and spirit completely.




Purple Flame Meditation

Visualize the Flame – See yourself standing within a tall, radiant purple fire.

 **Burn Away Negativity – Imagine the flame dissolving and removing any heavy or unwanted energy in your etheric field.**

 **After Interactions – Use this practice following meetings or encounters that left you uneasy.**

 **Post-Spiritual Work – Cleanse yourself after meditation, ritual, or any esoteric practice to stay clear.**

 **Daily Practice – Step into the purple flame each day to maintain balance and protection.**



FREE Audio Protection Meditation – Daily Use

You can find a **FREE** daily psychic protection meditation narrated by Andy on our website without any adverts.

[Click Here >>](#)



No 10. Home Protection

“Your home is more than just walls and a roof, it’s a living energetic field that should be protected and nourished. By adding plants to keep energy fresh, using sea salt to absorb negativity, placing your bed in the commanding position, and working with oils, symbols, and crystals, you create a sanctuary where your spirit feels safe and supported. Protection doesn’t need to be complicated, simple, consistent practices can transform your home into a space of balance, peace, and strength.”

— Andy Porter, Psychic Surgeon

Protecting your home from negative energies can be done with simple practices: use plants to keep energy fresh, fine sea salt to absorb negativity, and lemon oil spray for clearing. In Feng Shui, place your bed in the commanding position or use a mirror to adjust. For extra protection, place a pentagram under the mattress and crystals like Obsidian, Jet, or Black Onyx in bedroom corners.

Protecting Your Home from Negative Energies 🏠✨

- 🌱 **Add Plants to Rooms** – They purify the air and prevent stagnant energy from collecting in corners.
- 🧂 **Use Fine Sea Salt** – Sprinkle around the property and especially near beds; replace weekly after vacuuming.
- 🛏️ **Apply Feng Shui Commanding Position** – Place your bed facing the door but not directly in line. If not possible, use a mirror to see the door while lying down.
- 🍋 **Essential Oil Spray** – Mix lemon or other oils with water; spray regularly for low-cost space clearing.
- ⭐ **Under-Bed Pentagram** – Place a printed pentagram beneath the mattress on each sleeper’s side for psychic protection.
- 💎 **Protective Crystals** – Position Obsidian, Jet, or Black Onyx in bedroom corners or around the property for added shielding.

Techniques for Spiritual Protection



Here are several effective techniques you can use to create a protective shield around yourself:

1. **Visualisation:** Imagine a bubble of white light surrounding you, deflecting any negativity. Reinforce this visualisation daily.
2. **Grounding:** Connect with the earth's energy by visualising roots extending from your feet into the ground. This helps stabilise your energy field.
3. **Aura Cleansing:** Regularly cleanse your aura using methods like smudging with sage or taking a salt bath.
4. **Protective Affirmations:** Repeat affirmations such as "I am protected," "I am safe," or "I am surrounded by light."
5. **Crystals:** Carry or wear protective crystals like black tourmaline, obsidian, or amethyst.
6. **Limit Exposure:** Reduce your exposure to negative news, social media, and draining individuals when possible.
7. **Healthy Lifestyle:** Ensuring good sleep, a healthy diet, and regular exercise will ensure you have ample energy and a stronger aura to shield you from negative influences.
8. **Invoke your spirit guides** to protect and guide you.

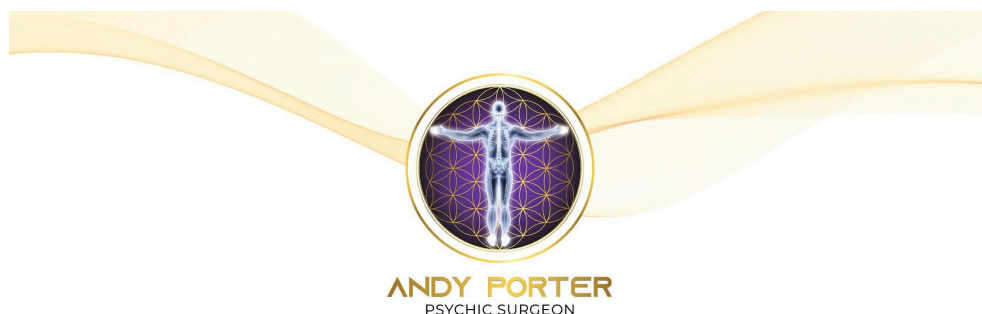
Guided Meditation for Spiritual Shielding

This guided meditation will help you create a strong, energetic shield.

Find a quiet place where you can relax without interruption.

1. **Settle In:** Sit comfortably or lie down, close your eyes, and take a few deep breaths.
2. **Grounding:** Visualise roots extending from your feet deep into the earth. Feel the earth's energy flowing up into your body, grounding and stabilising you.
3. **White Light:** Imagine a brilliant white light descending from above, filling your entire being. Feel this light cleansing and purifying you.
4. **Protective Bubble:** Visualise the white light expanding outwards, forming a protective bubble around you. This bubble is impenetrable to negativity and harm. See it shimmering and strong.
5. **Affirmation:** Silently repeat the affirmation, "I am completely protected. I am safe and secure."
6. **Strengthen the Shield:** Feel the shield becoming stronger with each breath. Know that you are surrounded by love and light.
7. **Integration:** Take a few more deep breaths, and when you feel ready, slowly open your eyes.

Practice this meditation daily to reinforce your spiritual shield.



Website: <https://andy-porter.co.uk>

Socials: <https://linktr.ee/andypoterpsychic>