

Setting Psychic Boundaries part 2

But with anything that you are learning and developing you need to do develop your psychic with balance, and caution. You must put a general statement to the universe of what you would like to handle. You set boundaries for what you can and can't take in. You clearly define the boundaries of contact. You need to remember that at all times you are the one in control and you can stop contact at any time. You shut down your receiver and stop transmitting at will. You need to become aware of when you are physically drained, and vulnerable, and when you are stronger.

You must also become aware of how to ground yourself, when you need to put up a psychic shield or a wall and how to do this. You must firmly respect your own space and others. No one has the right to control you or bring you under his or her will. You don't have the right to do that to anyone else either. Also only what you allow to take place can take place. If you don't invite or allow contact, contact won't happen. Some psychics that I knew in the past, refused to see anything visible like a ghost. They will only hear the words or hear the thoughts. Others are more open to seeing graphic images if it will help solve crimes, and stop the person responsible. But this is very advanced and it requires a very strong and courageous medium channel.

A technique of grounding that I read in James Van Praagh's book Heaven, is to imagine that there is a silver cord tied to your tail bone and ankles and that it goes down to the center of the earth. It wraps around the core of the earth. Feel how the cord becomes firm and holds you to the earth. Feel that you are firmly planted on the earth and held by this silver cord. Say to yourself, "I'm fully grounded to the earth." At this time you can reiterate to the universe and to anyone else out there of your boundaries, and that you can break off contact at anytime if these boundaries are crossed or if it no longer feels safe. Another technique of grounding is to imagine that you are wrapped in a cocoon of light, everything is filled with light and the light wraps around you. See that the psychic energy is contained in a column of light that passes through you directly into the ground, so that it doesn't stay in you or on you.

At the end of any conscious psychic session it is necessary to cleanse the energy off you. You can do this by first placing your hands palms down on the top of your head and imagine that you are wiping off thick clear jelly from your head, face and neck. You always clear off to the sides or downward. Imagine as you pass your hands over that a pure white light is entering into each area that your hands pass over.

This jelly that you cleared off with your hands, you now put your hands together and make an action like you are cleaning off crumbs from your hands with a movement that is directed down to the earth. You can also flick your fingers downward as if you are shaking off water. Start again with your hands on your chest, and imagine that you are clearing off this thick jelly, wipe your hands together down into the earth.

Remember clean out to the sides and downward. Go back to your back, hips and buttocks, wipe off and clean your hands into the earth, and then go back to your arms. Do one arm at a time. You can make a downward brushing motion with your arms and legs. What you say within is "Thank you for this session. I now chose to conclude this session and I'm now clearing this energy into the earth." copyright 2006 Yoga Kat

About the Author

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