



Psychic Protection

What I wish I knew from the start
Shannon Ghioni



I am in no way, nor pertaining to be, a trained medical or psychological practitioner. No materials within this text are to replace sound medical and/or professional advice.

Not For Resale/Reuse Psychic Protection by Shannon Ghioni is licensed under a Creative Commons Attribution-Non-commercial-No Derivatives 4.0 International License

Disclaimer

Notes, References, Added Free Material

Any additional resources that aren't my own will be included throughout this E-book as a * reference on the page. Links on external sources will be included on the final pages of the materials. Anything shared with you will be workings I myself have used and found success with. I am including these materials as a way to also showcase those that have contributed to my own growth and learnings.



PROGRAM details

5-6

Introduction

7-8

Things We Cannot
See

9-10

Invaluable Reminder

11

Fear

12

Intuition

13

Spirit Guides

14-15

Protection For
Releasing Fear

16-19

Boundaries

20

Meditation

21

Grounding

22

Chakra Cleansing

23

Divination

24

Final Thoughts

25

Resources

WELCOME

Hello, and thank you for your interest in understanding and working with Psychic Protection.

I'm here to aid you in Trusting your Intuition, to Guide you through accessing your Higher Power, and connecting you with the Divine. Aiding you in being able to see that there is a pathway forward that is manageable, achievable and right where you will want to be.

Shan: "It was when I became a single mother that my interests in Tarot, in connecting with Spirit through mediumship, and working with the divine; became something far larger than myself and my own needs."

I was able to be guided through the challenges my human experience was being faced with, by allowing myself to be open to the divine. The struggles became far more manageable. I was able to find direction and purpose through the chaos and confusion, something I had never been capable of before.

Through connecting with the spirit, I could see my life becoming clear, I was able to see that my struggles were not going to be what defined my character, nor my future. That I would be able to take my life back for myself. It was through the shifts and discomfort of these realisations that I was being called to help others through their struggles too.



Shannon

Medium & Tarot Enthusiast



vision & mission

To simplify spiritual connections & allow others to see that psychic and spiritual 'gifts' are not for the special or unique. Spiritual abilities, spirit connection and mediumship are for everyone. And everyone has these abilities within.



Nothing is impossible. The word itself says "I'm Possible."

- Audrey Hepburn

Intro

Hi, thank you for taking the time and interest in this E-Book. The fact that you're here tells me that you're possibly in the same position I found myself along this journey of spiritual self-discovery, growth, curiosity. Wondering how everything works? Am I doing it right? Will any-"thing" jump out and grab me? Is this safe? etc, etc. You may not be, you may just be interested in seeing how someone else has gone about establishing protection in their own practices? Whatever your reasons for choosing this E-book, they're valid, and I hope you receive the answers you may be looking for here. Hi, I am Shannon. I am a "self-taught" Psychic and Medium. I work with spirit energies that have passed to connect messages and information to their loved ones in the physical. Being self-taught also meant overcoming a lot of questioning on my own and determining how, essentially, to be a medium and psychic, While mentioning that I've realised and learned of these abilities within myself, it's important to note that even a "self-taught" psychic or medium isn't, truly, self-anything

What do I mean by that? Well, like with everything we learn in the physical, having some conjured influence from someone else, the same goes with spiritual learning. Even with everyone in the physical removed, you will still be drawing from your intuitive guidance's. What does your gut tell you? Even here, reading this right now, you were led here through your internal questioning, your intuitive questioning perhaps, "Is this what I need to answer those burning questions?" Well, I surely hope so. But, if led intuitively you can trust that there will be a positive takeaway from what you read here. Why? Because that's a BIG step in this process, psychic trust. Aka, trusting yourself, and trusting your intuition.

Throughout these following pages I will discuss a little more about Psychic trust, your intuition and protection over the "things" we cannot see. I thank you, again, for putting your intuitive faith in these materials and hope to hear from you on your experiences and what you've learned.

Thank you,

Shannon



Things We

Cannot See

As children, our imaginations can often run away with us. Furthermore, our experiences are often dismissed as imagination. Thought-up, non-existent retelling of experiences that never were. Well, that might be ranting off on another subject for conversation all together, but the principle remains the same. As children, when trying to explain the things we don't yet understand, or explaining when things go bump in the night, the adults first-response may be [more likely to be] that it's our imagination. Well, in my experiences, that doesn't much change if you're that child [or teen/adult] experiencing things you cannot explain. It's a natural response to dismiss the unknown. Why? Well, because it's unknown, and often what we don't understand or know is to be feared. Not truly because it's scary or out to cause harm, it simply is that we don't understand. Our minds are wired in a way that transfers back to the systems of 'fight-or-flight' responses. Fight or flight is the natural, chemical way, we respond to fear [the unknown]. A quick, mental analysis of an experience that tells our body/mind how to respond.



Things We

Cannot See


The reason I am going into this with you, is to better understand why fear is often experienced in the beginning of a journey, and throughout. It isn't because you're incapable, or there's anything to fear, or that it's your bodies way of telling you if you can or cannot do this. We fear, because we're naturally programmed to respond that way. So, when fear comes up, knowing how to manage it with practices and steps, it truly was my first stage in spiritual growth.

Once you can combat and rework the rear with understanding, everything else will start to snap into place. For me, it allowed me to become more aware and focus on the important areas of spiritual connection. Now, for the purposes of this E-book, I won't be going into the existence of [or not] what is causing us to fear. I won't be discussing entities or energies and how/what/why they manifest, their existence between realms, etc. What is causing you to have 'fear' isn't what we're looking at. I will, however go into methods of protection that you can adapt for yourself and your own practices.



Invaluable Reminder


In spiritual work you may hear the phrase, "take what resonates and leave the rest." In fact, you may be sick of hearing/reading it already? Well, this phrase turned out to be imperative to my own growth. The reason for this is that spirituality is subjective. Subjective to our history, our beliefs, the beliefs of those around us, what we see, speak, hear, read, listen to; who we talk to, who we choose to watch and all the ideas that progress within us to form, belief.



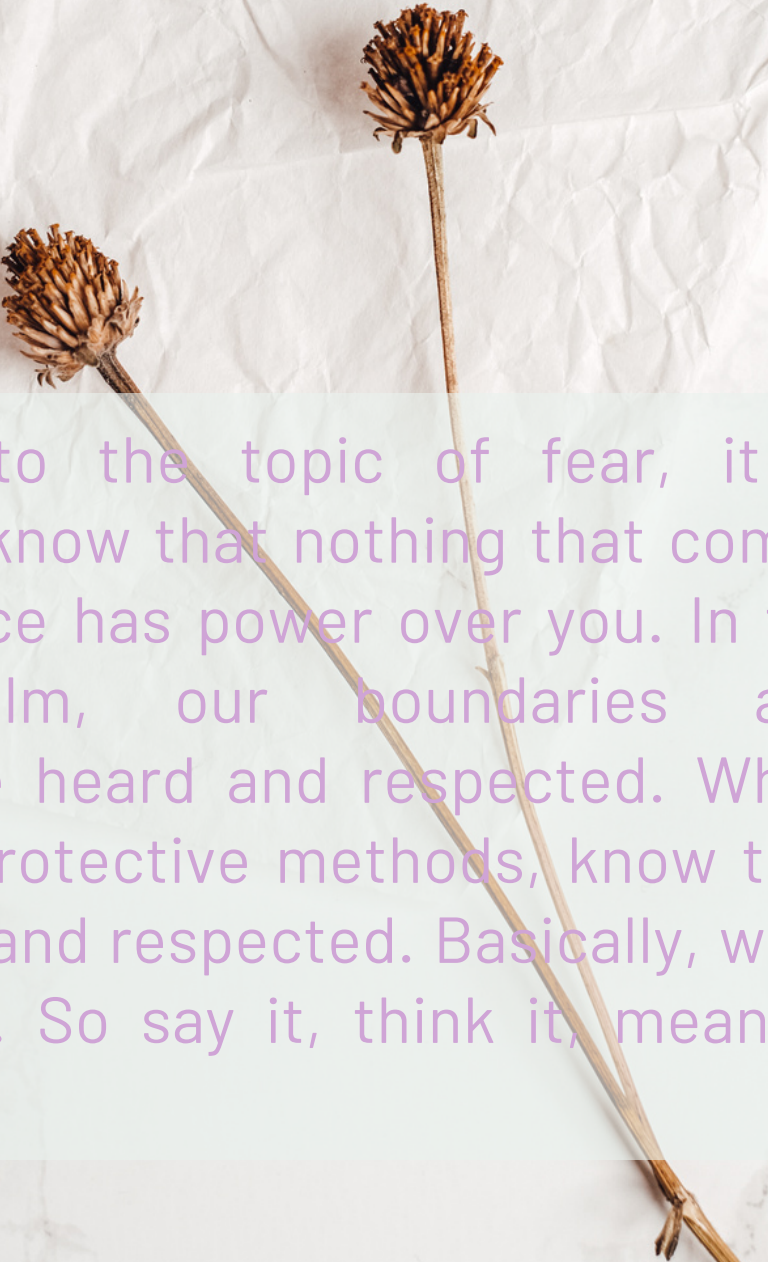
Therefore, going into everything that is consumed on our spiritual paths and taking that as subjective is very important. Because, while spirituality is subjective, our intentions are objective. What we think to be true, what we choose to believe, is objective. Whether it is "right" or "wrong" here isn't important, that's subjective to whomever is asking the question. Our beliefs, what we choose to put intentional belief behind is important. That's what can have physical affect on our spiritual understandings and learning. For that reason, I ask you to go forward subjectively. Even with this E-book. Why? Because what works for me, may not work for you.

Invaluable Reminder

For example, to simplify things a little bit here. If you've lived your life pronouncing tomato as 'tom-ah-toe' and someone comes along and says they pronounce it as 'tom-ay-toe.' Who's wrong? Well, really, it doesn't matter. Both are, essentially, correct. Because it is subjective to the individual. It's still the same, but also isn't. You could argue one way or the other on who is pronouncing it "right" but, really, it's subjective to the individuals who say it is, or isn't, one way or another.



Both parties have objectively chosen to pronounce this word "their way" because that is their chosen belief. The same goes with what you learn along this path. Please, if you hear it, see it, smell it [whatever] and it doesn't sound right, feel right to you, then let it go. Your spiritual path and learning, remember, is subjective to you alone. What you choose to believe as "right/real/proof" is. That's it. Take this with you. If it is believable to me in this moment, then it is so. Take what resonates, leave the rest



**"Each of us must confront our own fears
must come face to face with them. How we
handle our fears will determine where we go
with the rest of our lives. To experience
adventure or to be limited by the fear of it."**

- Judy Blume

Fear

Going back to the topic of fear, it is important to know that nothing that comes into your space has power over you. In the spiritual realm, our boundaries and intentions are heard and respected. When using these protective methods, know that they're heard and respected. Basically, what you say goes. So say it, think it, mean it, intend it

Intuition

Learning to trust your intuition is an equally important aspect of spiritual protection and spiritual growth. Having faith [trust] in how you work intuitively will only aid to open this communicative channel, more and more, like a worked muscle. If you're here, it's safe to say you already connect with and work intuitively, even if you don't exactly know when to turn it on or off. Touching briefly on this here; what I have learned with your intuition, especially in the beginning, is to go with the first response. Trust the first reaction, response, answer. For example, say you work with mediumship [or connect with spirit energies any way] and things start happening around your home. When a picture falls off the wall, is your initial and first thought "Bugger! I meant to secure that hook." Or is it, "That's so-and-so?" We will instinctively get the answer to all spirit communication as the first response, even in moments like this, caught off guard.

EXERCISE

So, for an exercise, if you have questions you need answered, put the intention out there to your guides for the answer. Keep a journal and write your first-responses. then refer back over time. You will notice a pattern and this will also be working that intuitive muscle. Intuition comes first, ego will try to dismiss quickly after



Spirit Guides

Subjective to your modality, know that we each have a spiritual team, a soul family, whom guide us along this journey we call life. Our Spirit Guides will always honour and answer to our call. You may have heard of them, you may have already connected with them. But, also, you may have not. Know that, wherever you are in connection with your guides, is perfect. However you visualise them, or not, is perfect. If you choose to visualise a passed loved one or no one at all, is perfect. You choose what works for yourself here. However, along this path, always trust your intuition, that first response. Using this umbrella term [Spirit Guide/s] in these upcoming practices will align you with their energy and be just as effective as some that have already made personal connections with their guide/s. Remember: Intuition comes first, ego will try to dismiss quickly after



Protection for Releasing Fear

As we've already learned, fear is part of the process. So, it is important to not dismiss when we feel fear creeping in. When you sense it, look at it, acknowledge it, then release it. For this exercise and more it will be important to visualise what is being described. For those that have difficulties seeing visually within their mind [or 3rd eye], stating out loud or in the mind will work fine. Remember, it's the intention more than how it's "performed." Take what resonates. Make changes that suit and work with you. No right, no wrong here. Before each, it's advised to sit and calm yourself. A few deep breaths in will put you in a calmer space to connect and conduct these visualisations

You may choose to take a few deep breaths, pause and centre [calm] yourself. Some incense or music can help with calming your energy too. Once you are calmed. Visualise a white light begin to form around you. Bubble like, radiant white. This bubble wraps all around you, head-to-toe, bright white, then wraps and encloses around your front and back. As it builds and grows, it begins to resemble a cocoon. Within this protective bubble, you know you're safe, protected, secure. You call on your Spirit Guide:

"Dear Spirit Guide[s]. Please, help me to release this fear so that I can move forward with positivity for my highest good."

When you feel secure and protected [trust/intuition] you can open your eyes. *1 Meditation

Boundary Setting

Boundaries in the physical realm are important for us to let those around us know what is and is not acceptable behaviour. These same boundaries are just as important, and should be implemented in the energetic and spiritual realms also. How to know when you may need to set a spiritual or non spiritual boundary. Well, when certain emotions arise this can be an indication of when there may be a need for a boundary set. Fear, anger, upset, confusion, these can all be intuitive emotional signals for when there's a need to set [or re-set] a boundary. Over the next few pages we will look at the "how" of setting boundaries.





Setting Boundaries in the home

Just like you would inform a friend when they're allowed to show up for a coffee or tea, spirit can too be informed of when, or if, it is OK to show up unannounced. For some of you, it may be OK for spirit to come in-and-out as they please, touch and fiddle with what they like and, basically, cause chaos. For others, that's a no-go. Stating your boundaries will let everyone know on your spirit-side what is acceptable, and your guides will help with this too. I suggest doing these whenever you feel drawn to "refresh" or reset these intentions



Here Are Some Of Mine:

- No spirit is allowed in my room at night [once the sun goes down, she's shut]
- No spirit is allowed in my home that isn't part of my own physical family line
- No spirits in the bathroom [this isn't the same for them, but if privacy is important to you, then you'll want this one too]
- No spirit is allowed in my sons room
- No spirit is allowed to break or play with toys or electricals [learnt this one the hard way]





Setting Boundaries in the home

From there, you get the idea. And, yes, it truly is that easy. Stating, with intent and meaning, to your guide each of these [changed to suit yourself] & then it is.

I have revised these over and over as needed. As someone that has had spirit wake me up at night, play with my sons toys, break things, bang things, show up at the end of my bed! I can let you know, these work! However, if for some reason it doesn't seem to change an energy or behaviour, it could be your intention [your meaning behind it]. My suggestion then would be to look at your wording, you may want to state

"Spirit guides, please ensure for my highest good that no spirit or energy is to___].

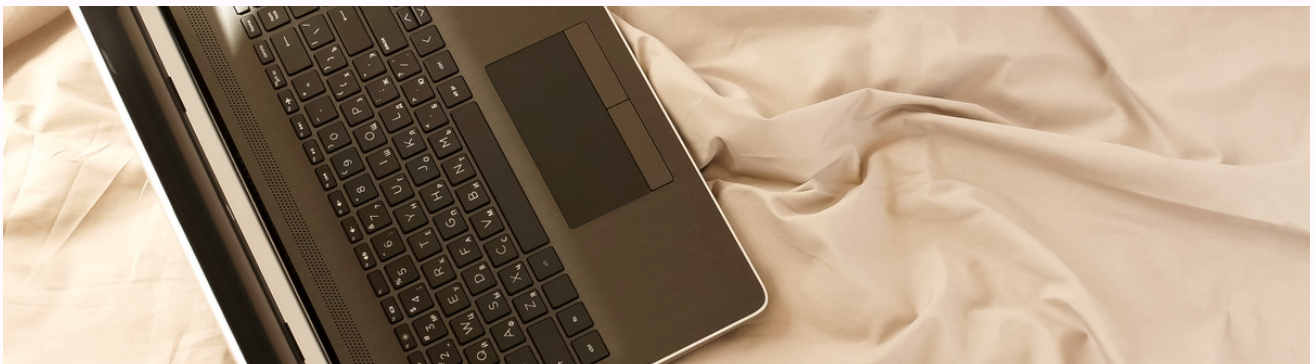
Again, whatever works for you here. For some, like myself, simply stating this to be so is enough for me. Others may need a little more intention behind it. So, asking upon your spirit guides may be what works better for you.

***2 Youtube video *3 Youtube video**



Setting boundaries in the workplace

The same principles apply here for any psychic or spiritual work you conduct both professionally and non. As a spiritual worker I am an empath, someone that takes on the energy of others [positive and negative] because I am already naturally more sensitive to these energies. So, before starting my spiritual business or going to work, I would need to enact boundaries for within the work place. Choosing what boundaries work for you in the physical will vary from person-to-person, but stating what will and will not be acceptable with your spirit guide/s is the first step in ensuring your psychic protections. For example;



- While at work I will not receive spirit messages
- Between the hours of [state your work hours] I will not be contacted by spirit for messages or connection.

Adjust these to your workplace/space and whatever needs you see fit, if at all.



Meditation for Protection

Visualisation and meditation go hand-in-hand as powerful tools for psychic and spiritual protection. Sitting, holding quiet and mindful space, taking conscious breaths and seeing where our subconscious minds are led. This not only can open us up to connection with the spiritual realm, but also allows for deeper development in vast areas of our physical and non-physical life.

While I will not provide the works of others for my own learning purposes, you can find resources on YouTube, Spotify, and through Google. Simply searching for "protection meditation, " Guided meditation" etc, you will uncover a vast web-er-verse of information.

***4 Meditation**



Grounding

For me, grounding is a profound and connected way for spirit protection. While, for some, it may seem as more a ritualistic practice, and it very much is, it's also a solid resource for protection. Before doing any psychic work it is advised to "ground and protect." The ways in which you may choose to ground will vary, however the principles and visualisations [for the most part] remain very similarly connected. Again, you may choose to research endless ways for grounding, but here are some examples:

- **Grounding meditation *6 or Visualisation**
- **Grounding oils and sprays**
- **Hike or walking in nature**
- **Standing barefoot in the grass**
- **Gardening, or spending time treating your plants**
- **Hug a tree**
- **Yoga**
- **Crystal work**
- **Breathwork**
- **Prayer & intention**
- **Or a combination of these modalities**

For this E-book, I won't go into the vastness of the Chakra, as it will be assumed you will have even a mild understanding of the principles behind Chakras and energy work. Don't be alarmed if you do not, you will be able to look into this more yourself as a branch-out learning point. A point to make here is on the revolutionary nature of spiritual work and the ongoing aspects of learning you will pursue and undertake. As we evolve, we grow and experience; from that the learning shifts and continues endlessly.



Chakra Cleansing

Never be alarmed or feel ashamed for knowledge that is yet to be appreciated and understood. "Learning is never cumulative, it is a movement of knowing, which has no beginning and no end" - Bruce Lee Chakra cleansing moves us into a state of peace, calm, mental and physical balance. When in this state, our mind is less controlled by fear and anxiety. This allows us to be less controlled by our fears and more spiritually protected. *5 Meditation

While all of the above practices are great tools, some prefer more physical methods for protection. Below I will list some items/tools that you may like to implement with others here and along side the previously mentioned methods.

Divination

- Language; written words, quotes, passages of personal significance
- Prayer or calling upon God/Goddess
- Symbols & Sigils

- Crystals [Quartz are a great starter protection crystal]
- Herbalism
- Religious Relics, Items, Tools, Images
- Amulets: Necklaces, rings, jewels



Final Thoughts

Thank you for allowing me to share you some simple principles in spiritual protection.

I hope that this information helps you, if not points you in new directions of development and discovery.

Know, the journey never ends, the learning never ends.

For any questions, conversations or thoughts, please don't hesitate to email me directly:

shannon@quickgetthetarotcards.com or
[@quickgetthetarotcards](https://www.instagram.com/quickgetthetarotcards) on Instagram

You can find me at
www.quickgetthetarotcards.com

I thank you

Shannon



Believe in yourself and see results

Meditations

- 1. [The Honest Guys, White Light Protection](#)
- 4. [White Light Protection](#)
- 5. [10 Minute Chakra Balance guided meditation](#)
- 6. [10 minute grounding meditation](#)

YouTube

- 2. [The importance of setting boundaries](#)
- 3. [My top five tips for empaths](#)

These resources aren't the be-all-and-end-all of what is freely available to you. Expand from here and allow yourself to be led intuitively to new videos, new authors, creators, vloggers