

Astral Self-Defense:

Protecting Your Spirit in Out-of-Body Travel

- A deep dive into spiritual protection, building on themes of spiritual warfare.

By Marilyn Hughes

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This is a work of nonfiction based on the writings and experiences of Marilyn Hughes. Names, places, and events have been presented as accurately as possible.

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This book is authored by Marilyn Hughes, based on her extensive experiences in out-of-body travel, astral projection, and mystical exploration. The teachings presented here reflect forty years of personal spiritual work, guided by divine wisdom and experience. While the content has been organized and clarified with the assistance of artificial intelligence, the insights, stories, and practices are drawn from Marilyn Hughes' direct encounters with the divine and her teachings to the world.

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Introduction: The Need for Protection in the Astral Realms

Out-of-body travel is a profound spiritual practice that allows individuals to journey beyond the physical realm, exploring higher planes of consciousness and connecting with divine wisdom. This form of exploration provides profound opportunities for growth, insight, and enlightenment. However, these spiritual journeys are not without risks. As travelers move beyond the physical body, they encounter a variety of forces and entities—some benevolent, some neutral, and others malevolent.

In the astral and spiritual realms, you will likely encounter lost souls, wandering spirits, and potentially more dangerous forces, including demons. While many of these beings may seek assistance, others may approach with ill intentions, potentially leading to spiritual harm. Spiritual protection is essential to ensure that your journey is one of safety, spiritual growth, and alignment with divine truth.

Marilynn Hughes, through her vast experiences in out-of-body travel, emphasizes the importance of spiritual defense. According to her teachings, the name of Jesus Christ is the ultimate protection, holding supreme authority over all forces in the spiritual realm. When invoked with faith and conviction, Jesus Christ's name can shield you from negative energies, protect you from malevolent entities, and ensure that only the highest spiritual forces can interact with you.

In addition to the name of Jesus Christ, the Holy Mother and St. Michael the Archangel serve as powerful protectors during out-of-body journeys. Their intercession provides additional layers of divine protection, ensuring that your journey remains aligned with divine purpose and free from interference.

Another key element of spiritual defense is the use of prayers—especially the Our Father prayer. Marilynn Hughes teaches that the Our Father prayer, particularly the lines *“Our Father, Who Art in Heaven, Hallowed Be Thy Name. Thy Kingdom Come. Thy Will Be Done, On Earth as it is in Heaven,”* serves as a spiritual shield. This prayer has

exorcism properties that can cleanse the astral space, dispelling dark entities and creating a safe environment for the traveler.

In this book, we will explore the various tools and techniques for astral self-defense that can empower you to protect your spirit during out-of-body travel. From the power of Jesus Christ's name and the Our Father prayer to invoking divine guardians like St. Michael and the Holy Mother, you will learn how to safeguard your spirit and remain aligned with the light of divine protection.

We will cover the following topics in detail:

1. Astral Self-Defense Foundations:
Understand the importance of setting boundaries and maintaining spiritual resilience during your travels.
2. Using the Power of Jesus Christ's Name: How the name of Jesus Christ is your ultimate defense against negative entities.
3. Protecting Against Lost Souls, Ghosts, and Wandering Spirits: How to safely navigate encounters with spirits and provide protection in the astral realm.

4. Recognizing and Defending Against Demons and Dark Forces: The most dangerous entities you may encounter and how to protect yourself.
5. Visualization and Prayer Techniques for Spiritual Safety: How to use prayers, visualizations, and affirmations to shield yourself.
6. The Role of Divine Protectors: How to call upon St. Michael the Archangel, the Holy Mother, and other spiritual guides for defense.
7. Ongoing Vigilance and Spiritual Cleansing: Keeping your spirit protected and clear after your travels.

Through each chapter, we will provide practical instructions, personal insights from Marilyn Hughes' teachings, and proven techniques for spiritual safety during your journeys beyond the physical world.

Whether you are just beginning your out-of-body experiences or have been traveling for years, this book will offer essential tools for ensuring your spiritual journey remains safe,

transformative, and in alignment with divine will.

Chapter 1: Introduction to Astral Travel and Self-Defense

Understanding the Astral Realms

Out-of-body travel, also known as astral projection, is the act of separating the spirit from the physical body and traveling within the non-physical, spiritual realms. The astral realm is vast and varied, consisting of different planes or dimensions that range from harmonious and peaceful to chaotic and dark. Within this realm, you can access higher levels of consciousness, engage with divine entities, and gain spiritual insights that are not available within the physical world.

However, the astral realm is also home to other entities—**lost souls**, **wandering spirits**, and, in some cases, darker forces such as **demons**. These entities are drawn to the energy of the living and can sometimes become attached to travelers, especially if the spirit is not properly protected. The nature of these entities can vary greatly; some are harmless and merely confused,

while others may have harmful intentions. Therefore, **spiritual self-defense** is essential for every astral traveler.

The Importance of Spiritual Protection

When embarking on any form of **out-of-body travel**, it is vital to recognize the importance of **spiritual protection**. Astral travel is not a passive experience. While the spirit is outside of the body, it is vulnerable to energetic influences, and negative entities can attempt to feed off the energy of the traveler. Without proper spiritual boundaries and defense techniques, the traveler risks encountering confusion, fear, and unwanted attachments.

As Marilyn Hughes teaches, the most effective form of defense is not necessarily to avoid these entities, but to confront them with **spiritual authority**, aligning oneself with divine protection and clarity. **The name of Jesus Christ** holds the highest spiritual authority, and invoking it serves as the ultimate protection. Similarly, the **Holy Mother** and **St. Michael the Archangel** offer divine guardianship and can act as powerful protectors against malevolent forces.

This chapter will introduce the foundational principles of **astral self-defense**, equipping you with the knowledge of how to protect your spirit during out-of-body experiences.

The Role of Divine Protection

To understand how spiritual protection works, it is crucial to understand the role of divine guardians. The first line of defense is the **name of Jesus Christ**. The teachings of Marilynn Hughes emphasize that **the name of Jesus Christ** holds absolute power over all spiritual entities, especially those that are not aligned with divine truth. When invoked, **Jesus Christ's name** acts as a shield, rendering negative energies powerless and ensuring the traveler remains under divine protection.

Additionally, invoking the protection of **St. Michael the Archangel**—the warrior angel who defends against evil—and **the Holy Mother**, who symbolizes divine love and grace, further strengthens the traveler's shield. The combined power of these divine forces creates a barrier that is impenetrable to malevolent entities, ensuring that your journey is safe and aligned with the highest divine will.

The Foundation of Astral Self-Defense

The practice of **astral self-defense** involves setting clear **spiritual boundaries** and learning how to invoke the appropriate tools for protection. Some of the essential techniques you will learn in this book include:

1. Creating an Energetic Shield

- The first step in astral self-defense is to create a protective barrier around your spirit. This can be done through visualization, where you imagine a sphere of divine light surrounding your body. The shield can be empowered by invoking **Jesus Christ's name** or the words "**Christ Crucified**"—a powerful exorcism tool that ensures the shield remains strong and impenetrable.

2. Prayers for Protection

- Regular prayer is one of the most effective tools for maintaining spiritual protection. The **Our Father** prayer is especially powerful, as it aligns the traveler with the divine will and calls forth divine protection. The words “*Our Father, Who Art in Heaven, Hallowed Be Thy Name*” immediately create a sacred space that shields you from harmful forces.

3. Invoking Divine Protectors

- Calling upon **St. Michael the Archangel, the Holy Mother**, and other divine beings of light is essential for ensuring protection. They serve as guardians during your astral travels, offering guidance and shielding you from negative influences. **St. Michael** can be invoked for warrior-like protection, while the **Holy Mother** provides nurturing care and divine love.

4. **Discernment of Spirits**

- One of the most important aspects of astral self-defense is the ability to discern the nature of the spirits you encounter. As Marilyn Hughes teaches, it is essential to ask spirits, *“Have you come on behalf of the Lord? Has Jesus Christ sent you?”* This simple question helps to ensure that you are only interacting with spirits who are aligned with divine truth.

5. **Purifying Your Energy**

- After each astral journey, it is important to cleanse your energy field. Negative energies can attach to your spirit during the journey, and purification practices are necessary to ensure that your energy remains pure. This can be done through visualization of light or by invoking divine names to

cleanse and restore spiritual clarity.

Conclusion: Confidence in Spiritual Protection

As you embark on your out-of-body journeys, it is essential to approach the astral realms with both reverence and confidence. The tools and techniques shared in this book will help you navigate these realms safely, keeping your spirit protected and aligned with divine will. With the protection of **Jesus Christ's name, St. Michael the Archangel, the Holy Mother**, and the power of prayer, you can confidently travel the astral planes, knowing that you are guided and protected by the highest divine forces.

In the following chapters, we will dive deeper into specific protection techniques, providing you with the necessary skills and practices to ensure that your out-of-body experiences are safe, enlightening, and spiritually enriching.

Chapter 2: Spiritual Protection Foundations

The Essence of Spiritual Self-Defense

In this chapter, we will explore the foundational techniques and practices necessary for **astral self-defense**. To safely navigate the astral realms, it is vital to understand the **spiritual protection foundations** that will serve as your defense against negative energies, wandering spirits, and malevolent entities.

Marilynn Hughes emphasizes that **spiritual defense** begins with setting strong **spiritual boundaries**. When you venture beyond your physical body, your spiritual energy becomes more vulnerable to external influences. Therefore, creating a protective shield is the first step in ensuring a safe and spiritually grounded journey. **Visualization, prayer, and intentional invocation** are essential practices in forming these defenses.

Creating an Energetic Shield

The creation of an **energetic shield** is the primary defense against malevolent forces. This shield surrounds your spiritual body, protecting it from harmful or unwanted energies. By envisioning a layer of light and divine protection, you create a space that is impenetrable to dark forces, ensuring that only beings of the light may enter.

- **Visualization Technique for the Shield**

The simplest way to create this shield is through **visualization**. Close your eyes and imagine a bright, radiant light surrounding your body. This light can be white, gold, or any color that resonates with you, but it should be brilliant and protective. The shield is like a protective bubble, creating a boundary between you and the energies around you.

- **Empower the Shield with Divine Names**

Once your shield is in place, call upon the **name of Jesus Christ** to empower it. **Jesus Christ's name** holds supreme power over all

forces, ensuring that your shield remains strong and impenetrable. By invoking His name, you create an energetic force field that repels any dark energy or unwanted spirit.

- Example affirmation:
“In the name of Jesus Christ, I create this shield of divine light. May it protect me from all harm and keep my journey safe.”

Prayers for Spiritual Protection

Alongside visualization, **prayers** are a powerful means of reinforcing your spiritual protection. One of the most effective prayers is the **Our Father** prayer, which not only aligns you with divine protection but also sanctifies the space in which you are traveling. The prayer serves as a spiritual command, ensuring that your journey remains guided by divine light.

- **The Power of the Our Father Prayer**

The **Our Father** prayer is a tool that Marilyn Hughes often uses to ensure that any journey undertaken in the astral realm is protected. The prayer holds the power to clear negative energies, exorcising any entities that do not belong in the sacred space. It aligns the traveler with divine will, ensuring that only beings of the light may come near.

- Example prayer: *“Our Father, Who Art in Heaven, Hallowed Be Thy Name. Thy Kingdom Come. Thy Will Be Done, On Earth as it is in Heaven.”*

Recite this prayer slowly and with intention before entering the astral realms. The power of these words will form an unbreakable barrier against darkness and confusion.

The Role of Divine Guardians

While your energetic shield and prayers are essential, they are strengthened when you invoke the presence of divine guardians such as **St. Michael the Archangel, the Holy Mother**, and **angelic beings**. These divine protectors offer their spiritual assistance, ensuring that you remain safe and aligned with divine will throughout your journey.

- **St. Michael the Archangel: The Protector and Warrior**

St. Michael is one of the most powerful protectors available to those who travel in the astral realms. As the leader of God's army of angels, St. Michael is a warrior of light, and his presence is a commanding force against all darkness. **St. Michael the Archangel** is known for his ability to expel demons and other malevolent spirits, making him an indispensable ally for any astral traveler.

- Example invocation: *“St. Michael the Archangel, defend me in battle. Protect me from the wickedness and snares of the devil. By the power of God, cast into hell Satan and all the evil spirits*

that prowl throughout the world seeking the ruin of souls. Amen.”

- **The Holy Mother: Guardian of the Light**

The Holy Mother offers protection through her maternal love and grace. She is a gentle yet powerful force against all evil, and her presence in the astral realms ensures that only light may touch the traveler’s spirit. She stands upon the head of the serpent, crushing darkness underfoot, and guiding the traveler through realms of light.

- Example invocation: *“Holy Mother, wrap me in your mantle of protection. May your love guide me and protect me from all darkness.”*

The Importance of Spiritual Boundaries

Setting **spiritual boundaries** is crucial to your safety in the astral realms. These boundaries are not just physical but energetic. They allow you to maintain clarity

and prevent negative energies from attaching themselves to your spirit. Spiritual boundaries also act as a defense mechanism against malevolent entities that may attempt to mislead you or cause confusion.

- **Establishing Boundaries Before Traveling**

Before you begin your astral journey, it's important to establish clear spiritual boundaries. Take a moment to center yourself, breathe deeply, and ask for divine guidance. You may choose to visualize a protective light barrier or recite a prayer that aligns your spirit with divine protection.

- Example prayer: *“In the name of Jesus Christ, I establish a boundary of divine protection around me. No being, energy, or force can cross this boundary unless it is aligned with the divine will.”*

- **Reaffirming Boundaries During Travel**

Throughout your journey, reaffirm

your spiritual boundaries by remaining focused on your divine intention. If at any point you feel uncertain or encounter negative energies, immediately call upon **Jesus Christ's name**, the **Holy Mother**, or **St. Michael the Archangel** to reinforce your boundaries and guide you back to safety.

Conclusion: Building Spiritual Strength

Astral self-defense is an ongoing practice of maintaining spiritual integrity and protection. By understanding and applying the tools and techniques discussed in this chapter, you can confidently navigate the astral realms with safety and clarity. Protection begins with intention, visualization, and prayer, and is further strengthened by the invocation of divine protectors. As you continue your astral travels, remember that you are never alone. With **Jesus Christ**, the **Holy Mother**, and **St. Michael** standing with you, you are always shielded from harm.

In the following chapters, we will explore additional advanced techniques for defending yourself from lost souls, wandering spirits, and demonic entities, and discuss how to clear negative energies and maintain your spiritual safety during more complex astral journeys.

Chapter 3: Using the Power of Jesus Christ's Name

The Supreme Authority of Jesus Christ's Name

In the realm of spiritual self-defense, no tool is more powerful than the **name of Jesus Christ**. As Marilyn Hughes teaches, **Jesus Christ's name** holds absolute dominion over all spiritual forces—whether they are light or dark. The power of **Jesus Christ** transcends both the astral and physical realms, making it the ultimate force for protection during your out-of-body journeys.

The **name of Jesus Christ** is not simply a word—it is a divine invocation. When spoken, it calls upon **the highest divine authority**, invoking God's protection, wisdom, and guidance. No malevolent entity, regardless of its power or influence, can withstand the force of **Jesus Christ's name**. This name is the key to banishing dark forces, protecting the spirit, and ensuring the journey remains aligned with divine will.

How to Use Jesus Christ's Name in Astral Self-Defense

When traveling in the astral realms, it is vital to remember that you are entering a space where the laws of the physical world no longer apply. In this boundless realm, the only way to ensure safety is by aligning yourself with divine authority. The **name of Jesus Christ** serves as a spiritual weapon, and it can be used effectively in several ways during your out-of-body travels:

1. Banish Negative Entities and Darkness

When confronted with negative entities or dark energies, invoking **Jesus Christ's name** has an immediate and profound effect. Darkness cannot stand in the presence of the light of Christ. **Jesus Christ's name** holds the power to dissolve malevolent forces and purify any space.

- **Practical Application:** If you encounter a negative entity, say aloud (or in your mind):
“In the name of Jesus Christ, I command you to leave. You

have no power here.”

The force of these words will immediately dissolve any dark influence, ensuring the space is cleared of unwanted entities.

2. **Shield Yourself with the Power of Jesus Christ’s Name**

The **name of Jesus Christ** also serves as a shield, protecting you from spiritual attack. By invoking His name, you create an energetic boundary that no negative force can cross. This protection extends to both the physical and astral realms, ensuring that your spirit remains safe during your journey.

- **Practical Application:**

Before embarking on an astral journey, mentally or verbally state:

“In the name of Jesus Christ, I am protected. I am surrounded by divine light and cannot be touched by darkness.”

As you repeat this affirmation, visualize a sphere of light surrounding

you, reinforcing your energetic shield. Feel the strength of **Jesus Christ's name** empowering this protection.

3. Invoking Jesus Christ's Name for Clarity and Guidance

Jesus Christ's name is also a source of divine guidance. When traveling in the astral realms, you may encounter confusion, uncertainty, or even moments of fear. In these moments, calling upon His name restores clarity and refocuses your journey on divine purpose.

- **Practical Application:** If you find yourself lost, confused, or encountering unsettling energies, call upon **Jesus Christ's name** for guidance:

“Jesus Christ, I call upon your guidance. Lead me toward the light and keep me safe.”

Trust that **Jesus Christ's name** will bring you clarity, dispel confusion, and guide

your journey in alignment
with divine will.

The Power of “Christ Crucified”

Another powerful aspect of **Jesus Christ’s name** is the phrase **“Christ Crucified”**. This phrase holds particular strength when confronting demonic forces or dark entities. **“Christ Crucified”** represents the ultimate victory over darkness and evil. When spoken, it acts as a purging force, burning away malevolent energies and dispelling darkness.

- **Practical Application:** When facing an especially dark or challenging entity, say:

*“Christ Crucified burns you away.
You have no power here.”*

These words are a powerful exorcism tool, invoking the power of Christ’s sacrifice and victory over evil to cleanse the space and banish any negative influence.

Personal Testimonies of the Power of Jesus Christ’s Name

In Marilyn Hughes' own experiences, the **name of Jesus Christ** has proven to be a consistent and unwavering source of protection. Through her journeys in the astral realms, she encountered both benevolent and malevolent forces, and in every case, invoking **Jesus Christ's name** provided an immediate shield and defense.

Marilynn shares that during times of spiritual conflict, the mere mention of **Jesus Christ's name** was enough to cause darkness to retreat, and clarity to return. She found that when traveling in the astral realms, she was never alone—**Jesus Christ's presence** was always felt, guiding her and ensuring her safety.

These experiences align with the teachings found in Scripture, where it is written that **at the name of Jesus Christ, every knee shall bow, and every tongue shall confess that He is Lord**. The authority of His name transcends all realms, making it the ultimate spiritual defense.

**Practical Exercises to Strengthen Your
Use of Jesus Christ's Name**

To integrate the power of **Jesus Christ's name** into your astral travel practice, here are a few exercises you can use to strengthen your connection and spiritual defense:

1. **Affirmations of Protection**

- Start each astral journey with a simple affirmation:
“In the name of Jesus Christ, I am protected. Darkness cannot touch me.”
Speak these words with conviction, allowing the strength of **Jesus Christ's name** to fill your being.

2. **Visualization and Prayer**

- As you begin your out-of-body experience, visualize a brilliant light emanating from **Jesus Christ's name**. Picture this light surrounding you, forming an impenetrable shield that repels any negativity or dark energy. Recite the **Our Father** prayer, reinforcing your

protection and aligning yourself with divine will.

3. **Meditation on the Power of Jesus Christ's Name**

- In meditation, focus on the power of **Jesus Christ's name**. Feel its resonance in your heart, mind, and soul. Let it become a powerful anchor, holding you steady and protected in the astral realm. Repeat the name of **Jesus Christ** during meditation, allowing its vibrational frequency to empower you.

Conclusion: Embracing the Power of Jesus Christ's Name

Jesus Christ's name is the ultimate spiritual tool for defense and guidance in the astral realms. By invoking His name with faith, you ensure that your journey remains protected and aligned with divine truth. As you continue to explore the vast and often unpredictable astral realms, remember that

Jesus Christ's name will always serve as a shield and a guiding light.

In the next chapters, we will build upon this foundation, learning additional techniques for maintaining protection and spiritual clarity during your travels, as well as exploring the roles of other divine beings such as **the Holy Mother** and **St. Michael the Archangel** in providing further spiritual defense.

Chapter 4:

Understanding and Protecting Against Lost Souls and Ghosts

The Nature of Lost Souls and Ghosts

As you explore the astral and spiritual realms during out-of-body travel, one of the most common experiences is encountering **lost souls** and **ghosts**. These entities are often spirits of individuals who have passed from the physical world but have not yet transitioned to the divine realm. The reasons for their inability to move on can vary—unresolved trauma, attachment to the physical world, or a lack of spiritual awareness. As a result, these souls may become trapped in the astral planes, wandering in confusion or distress.

Lost souls are often characterized by their emotional turmoil. They may not realize they have passed away and are often in search of closure or guidance. **Ghosts**, on the other hand, are typically spirits that are tied to specific locations or events, often due

to unfinished business, trauma, or strong emotional attachments to the physical world.

While some lost souls may be harmless and in need of assistance, others can be more troubling. They may attach themselves to the living, draining energy or causing spiritual disturbance. Recognizing the presence of these entities and understanding their nature is the first step in ensuring your protection during out-of-body travel.

How to Recognize Lost Souls and Ghosts

Recognizing lost souls and ghosts during out-of-body travel is essential for knowing how to interact with them and maintain your protection. These spirits may appear in various forms, but there are a few common signs that indicate their presence:

1. Confusion and Uncertainty

- Lost souls often appear disoriented and confused, unsure of their existence or the space they occupy. They may seem unaware that they have passed away or may be

stuck in a loop of unfulfilled desires or emotional turmoil. If you encounter a spirit exhibiting these traits, it may be a lost soul.

2. Emotional Drain

- Ghosts and lost souls can sometimes drain energy from the living. If you encounter a spirit that makes you feel emotionally exhausted, heavy, or spiritually drained, it may be a sign that the entity is feeding off your energy. These spirits are often attracted to the light of the living, and they may attempt to attach themselves to you in an effort to feed off your vitality.

3. Unfinished Business

- Ghosts, especially those bound to a location or event, are often trapped due to unresolved emotional issues or unfinished business. They

may appear as if they are repeating the same actions, reliving moments from their past lives, or lingering in a state of unrest.

Spiritual Protection Techniques Against Lost Souls and Ghosts

When encountering lost souls or ghosts, it's crucial to maintain **spiritual boundaries** and **focus**. The goal is to protect yourself from becoming energetically entangled with these entities while offering compassion and guidance to those who may need help transitioning to the next realm. Below are techniques you can use to protect yourself and assist lost souls:

1. Invoking the Name of Jesus Christ for Protection

The most powerful tool for protection when dealing with lost souls and ghosts is invoking **Jesus Christ's name**. By calling on the **name of Jesus Christ**, you establish an energetic boundary that no negative entity can cross. This invocation acts as a spiritual shield, ensuring that you remain

safe from unwanted attachments or energetic draining.

- **Practical Application:**
Upon encountering a lost soul or ghost, calmly invoke **Jesus Christ's name:**

“In the name of Jesus Christ, I command peace and protection.”

This simple yet powerful phrase immediately establishes divine authority, ensuring that any negative influence is repelled.

2. **The Power of the Our Father Prayer**

The **Our Father** prayer, especially the first lines, *“Our Father, Who Art in Heaven, Hallowed Be Thy Name,”* is a powerful spiritual defense against lost souls and ghosts. The prayer invokes divine protection, clearing any unwanted energies and aligning the space with divine will. When recited, this prayer can create a sacred, protected space in which only beings of the light are permitted to enter.

- **Practical Application:**
Recite the **Our Father** prayer aloud or in your mind when you feel the presence of a lost soul or ghost:
“Our Father, Who Art in Heaven, Hallowed Be Thy Name. Thy Kingdom Come. Thy Will Be Done, On Earth as it is in Heaven.”
As you recite this prayer, visualize a bright light surrounding you, protecting you from any negative energies or spirits.

3. Offering Guidance to Lost Souls

Some lost souls may simply need guidance to find their way to the light. If you encounter a lost soul in need of assistance, you can offer to help them transition by invoking divine assistance. While you may not have the power to guide them on your own, you can call upon the **Holy Mother** or **St. Michael the Archangel** to help them find peace and move on to the divine realm.

- **Practical Application:**
Speak to the lost soul with

compassion and ask:

“Do you seek peace? Do you need help finding your way to the light?”

If they respond positively, invoke the **Holy Mother** or **St. Michael the Archangel** for assistance:

“Holy Mother, wrap this soul in your loving care. St. Michael, guide them to the light.”

Trust that divine beings will intervene and assist the lost soul in finding peace.

How to Safely Navigate Encounters with Ghosts and Lost Souls

It’s important to remember that not all lost souls or ghosts are dangerous. Many are simply confused or in need of assistance. However, there are some important steps to take to ensure your safety during these encounters:

1. Maintain Spiritual Boundaries

Before you begin any out-of-body

journey, set clear spiritual boundaries by invoking divine protection.

Visualize a sphere of light surrounding you and reaffirm your protection with the **Our Father** prayer or **Jesus Christ's name**.

2. **Remain Compassionate, Yet Firm**

If you encounter a lost soul, approach with compassion. Offer them guidance, but do not allow yourself to become emotionally attached or drained by their energy. If their presence becomes overwhelming, use the **Our Father** prayer or **Jesus Christ's name** to clear the space and remove any unwanted influence.

3. **Know When to Seek Divine Assistance**

If at any point you feel that the encounter is too overwhelming, call upon **St. Michael the Archangel** or **the Holy Mother** for additional protection. These divine beings are powerful protectors and will help clear the space if necessary.

Conclusion: Compassionate Protection for All Beings

While **lost souls** and **ghosts** can sometimes present challenges, remember that your primary goal is **spiritual protection**. By using the tools provided—invoking **Jesus Christ's name**, the **Our Father** prayer, and calling upon divine protectors—you can ensure that your spirit remains safe, clear, and aligned with divine truth. If you encounter a lost soul that requires assistance, offer compassion and call upon divine beings to guide them to the light. Above all, trust that with the proper tools and faith, your astral journey will remain protected and spiritually enriching.

In the next chapter, we will delve deeper into defending against darker, more malevolent entities—**demons**—and the techniques necessary for repelling these forces. By understanding the nature of **demonic entities** and invoking the power of **Jesus Christ's name** and **St. Michael the Archangel**, you can protect yourself from the most dangerous spiritual threats.

Chapter 5: Protecting Against Demonic Entities and Dark Forces

Recognizing Demonic Entities in the Astral Realms

While encounters with **lost souls** and **ghosts** can be unsettling, the most dangerous entities in the astral realms are the **demonic**. These entities are the embodiment of evil and darkness, and they seek to corrupt, confuse, and attack the spirit of those who venture into their domains. **Demonic entities** are not simply confused or disoriented like lost souls; they are malevolent, intentionally harmful, and have a deep desire to lead others astray. They thrive on fear, chaos, and negative emotions, and they often attempt to create confusion, doubt, and despair.

Demons are not bound by the same limitations as other entities in the astral realms. They can manipulate energy, feed on the emotional and spiritual vulnerabilities of their targets, and even attempt to attach themselves to the living. The presence of

demonic entities can bring feelings of dread, discomfort, and a sense of spiritual disorientation. These entities often try to induce fear in their victims, knowing that fear weakens the spirit and makes it more susceptible to their influence.

It's important to understand that demonic entities are not just powerful in their ability to manipulate energy—they also possess **intelligence** and are highly deceptive. They may appear as friendly or benign beings at first, only to reveal their true nature once they have gained the traveler's trust or weakened their defenses.

Spiritual Protection Techniques Against Demons

Encountering demonic entities can be one of the most challenging aspects of out-of-body travel, but it is also one of the most important areas to prepare for. Thankfully, the power of **Jesus Christ's name, the Holy Mother, and St. Michael the Archangel** provides unparalleled protection against demonic forces.

1. **Jesus Christ's Name: The Ultimate Weapon**

Jesus Christ's name is the ultimate spiritual defense against demonic entities. As Marilyn Hughes teaches, invoking **Jesus Christ's name** immediately establishes spiritual authority over all malevolent forces. The power of **Jesus Christ** is absolute, and there is no demonic entity that can withstand the force of His name. **“Christ Crucified”** is particularly powerful in repelling demonic forces and acts as a purging force that burns away darkness.

- **Practical Application:**

When encountering a demonic entity or feeling the presence of darkness, immediately invoke **Jesus Christ's name:**

“In the name of Jesus Christ, I command you to leave. You have no power here.”

These words hold immeasurable power and will dispel the darkness, sending the entity fleeing. If the entity resists, continue to repeat the phrase until the force is gone.

Remember, the authority of **Jesus Christ's name** is greater than any demonic power.

2. **The Holy Mother: A Shield of Divine Love**

The **Holy Mother** is a key spiritual protector when dealing with demonic entities. Her grace, love, and maternal strength act as an impenetrable shield against evil forces. The **Holy Mother** stands as a symbol of purity and divine love, and her presence causes darkness to flee in terror. Demons cannot stand against her, for she embodies the very light and love that they seek to extinguish.

- **Practical Application:**

Call upon **the Holy Mother** when confronted with dark entities:

“Holy Mother, wrap me in your protective mantle. Stand upon the head of the serpent and cast out all darkness.”

The **Holy Mother's** protection will shield you from harm and prevent the

demon from gaining any power over you.

3. **St. Michael the Archangel: The Warrior of Light**

St. Michael the Archangel is one of the most powerful spiritual protectors available to us. As the leader of Heaven's armies, **St. Michael** is a fierce warrior who fights against the forces of darkness. His presence in the astral realms is a powerful defense against any demonic attack. **St. Michael's** sword cuts through all lies, deceit, and darkness, and his divine strength ensures that malevolent forces cannot touch you.

- **Practical Application:**
Invoke **St. Michael the Archangel** for protection:
“St. Michael, warrior of God, defend me in this battle. Protect me from the wickedness and snares of the devil.”

This powerful prayer will invoke **St. Michael's** divine strength, creating a spiritual barrier that demons cannot breach.

Recognizing the Tactics of Demons

Demonic entities are highly deceptive and often use a variety of tactics to manipulate, confuse, and attack their victims.

Understanding these tactics is essential for defending yourself during your out-of-body journeys.

1. Inducing Fear and Anxiety

- Demons feed on **fear**, and they will often try to instill terror in the traveler. They may appear as terrifying entities, cause physical sensations of discomfort, or create an overwhelming sense of dread. The best defense against this tactic is to **remain calm** and **invoke the name of Jesus Christ**. The **Holy Mother** and **St. Michael the Archangel** can also provide additional support in dispelling fear.

2. Deception and False Light

- Demons are skilled at disguising themselves as benevolent beings. They may appear as helpful guides, angels, or even loved ones, trying to gain the traveler's trust. It is important to ask every spirit you encounter: *"Have you come on behalf of the Lord? Has Jesus Christ sent you?"* If the entity cannot answer affirmatively, **immediately** invoke **Jesus Christ's name** to banish them.

3. Energetic Manipulation

- Demons can manipulate energy, causing confusion, draining the traveler's vitality, or creating spiritual attachments. **Jesus Christ's name, the Holy Mother, and St. Michael** provide strong protection against these tactics, as their presence prevents the demon from gaining control over your energy.

4. Emotional Manipulation

- Demons may attempt to manipulate the traveler's emotions, stirring up feelings of guilt, anger, doubt, or despair. These emotions can weaken spiritual boundaries and make the traveler more susceptible to attack. **Spiritual resilience** is key—maintain your spiritual integrity by affirming your connection to the divine and the protection you have through **Jesus Christ's name**.
-

Practical Exercises for Defending Against Demons

In order to strengthen your defense against demonic forces, here are a few exercises you can practice:

1. **Affirmations of Power and Protection**

- Start each journey with a simple affirmation:
“In the name of Jesus Christ, I am protected. I am surrounded by divine light, and no darkness can enter.”
Repeat this affirmation daily to build spiritual resilience and confidence.

2. Visualization of Divine Light

- Before entering the astral realm, visualize yourself surrounded by brilliant light. See the light growing stronger as you call upon **Jesus Christ’s name**. This light will form an impenetrable shield that repels all darkness.

3. Meditation on Spiritual Authority

- Meditate on the power of **Jesus Christ’s name** and its ability to clear darkness. Visualize **St. Michael** standing by your side with his sword raised, ready to

defend you. Feel the strength of the divine forces surrounding you, providing unwavering protection during your travels.

Conclusion: Confidence in Divine Protection

Demonic entities are among the most dangerous spiritual forces encountered during out-of-body travel, but by invoking the name of **Jesus Christ**, calling upon **St. Michael the Archangel**, and seeking the intercession of **the Holy Mother**, you can protect yourself from their influence. The key to astral self-defense is maintaining spiritual clarity, trust in divine protection, and resilience in the face of fear. With these tools, you can confidently navigate the astral realms, knowing that no force can overpower the strength of divine authority.

In the next chapter, we will discuss the role of **angels** and **divine beings** in providing guidance and protection during your out-of-body experiences. By understanding their role in the astral realm, you can better utilize

their support to guide you on your spiritual journey.

Chapter 6: Astral Self-Defense: Tools and Techniques for Spiritual Protection

Foundational Protection Tools for Astral Travel

As we continue our journey through astral self-defense, it's essential to explore **the tools and techniques** that will support and strengthen your spiritual protection. While invoking divine names and prayers is crucial, there are several other practices and tools that will ensure your spirit remains safe and aligned with the divine light during your astral travels.

Throughout this chapter, we will explore techniques that are designed to build upon the protective foundation established in previous chapters. These include **energy shielding, spiritual discernment, protective visualization, and cleansing rituals**. By incorporating these tools into your practice, you will strengthen your

ability to navigate the astral realms with confidence and clarity.

Energy Shielding: Creating a Protective Barrier

The first and most fundamental tool for spiritual protection is the **energetic shield**. Your spirit body, when separated from the physical body, is vulnerable to various energies in the astral realm, whether they come from benign spirits, lost souls, or malevolent entities. An **energy shield** serves as a barrier, protecting your aura and spirit body from interference.

1. Visualizing the Shield

One of the simplest and most effective ways to create an **energetic shield** is through **visualization**.

Before embarking on your astral journey, close your eyes and imagine a radiant light surrounding your entire being. This light can be any color that resonates with you, but it should feel powerful and protective. Some people visualize a **golden sphere** of light, while others see a

white, blue, or violet light surrounding them.

- **Practical Application:**

As you visualize your shield, state affirmations of protection to empower it:

“In the name of Jesus Christ, I am surrounded by a shield of divine light. This shield is impenetrable to all negative energies and spirits.”

Feel the light grow stronger and brighter as you align yourself with the divine, creating a protective barrier that repels darkness.

2. **Empowering the Shield with Divine Names**

Once you have visualized your shield, it's essential to reinforce its power by invoking the names of **Jesus Christ, St. Michael the Archangel, and the Holy Mother**. These names serve as a command over all realms, ensuring that only beings of the light can enter your space.

- **Practical Application:**

As you focus on your shield, say aloud or in your mind:

“In the name of Jesus Christ, I command this shield to remain strong and impenetrable. I call upon St. Michael the Archangel and the Holy Mother to reinforce this shield with divine protection.”

Feel the divine presence of these protectors surrounding you, strengthening your shield and ensuring your journey remains safe.

Spiritual Discernment: Recognizing Light from Darkness

One of the most important skills for astral self-defense is **spiritual discernment**. The ability to recognize the difference between light and darkness is essential for navigating the astral realms. While there are many benevolent spirits and divine beings in the astral planes, there are also entities that may attempt to deceive or mislead you.

Spiritual discernment allows you to distinguish between beings that are aligned with divine light and those that are not. Marilynn Hughes teaches that if you encounter a spirit, you must always ask them, *“Have you come on behalf of the Lord? Has Jesus Christ sent you?”* This simple question is an effective tool for identifying spirits who are aligned with divine truth.

- **Practical Application:**
When encountering a spirit, ask them the following question:
“Have you come on behalf of the Lord? Has Jesus Christ sent you?”
If the entity hesitates or cannot answer affirmatively, immediately **invoke Jesus Christ’s name** to banish them. Spirits that are not of divine origin will not be able to stand in the presence of Jesus Christ’s name, and they will flee.
- **Recognizing the Energy of Light and Darkness**
Another way to use discernment is by paying attention to the **energy** that you feel when encountering a spirit. Divine beings of light radiate

peace, love, and clarity. They may feel warm, comforting, and uplifting. In contrast, dark or malevolent entities radiate coldness, fear, or discomfort. If you feel any of these negative sensations, it is a sign that the entity is not aligned with the divine.

Protective Visualization: Shielding Your Spirit in the Moment

While energy shielding provides long-lasting protection, there are times during your astral journeys when you may encounter unexpected energies or entities. In these situations, **protective visualization** can act as an immediate and powerful tool for creating a barrier of divine protection.

- 1. Creating a Light Bubble for Instant Protection**

If you feel threatened or encounter a negative entity, you can immediately visualize yourself surrounded by a **bubble of light**. This bubble serves as an energetic force field that repels

darkness and ensures your spirit remains safe.

- **Practical Application:**

To create the light bubble, close your eyes and visualize yourself as being enveloped in a radiant bubble of light. The light can be any color you feel drawn to, but **white light** is especially powerful for clearing darkness and negativity. As you visualize the bubble, affirm:

“In the name of Jesus Christ, I am protected by this bubble of divine light. No negative entity can enter.”

Feel the bubble expand around you, creating a protective barrier that shields you from harm.

2. **Expanding Your Aura of Light**

Another form of **protective visualization** is expanding your aura of light to fill the space around you. Imagine your energy field growing larger and brighter, enveloping the entire area in divine light. This

visualization acts as both a shield and a beacon of divine energy that attracts only beings of light.

○ **Practical Application:**

As you visualize your aura expanding, say:

“In the name of Jesus Christ, my aura is filled with divine light. This light surrounds me, and I am safe from all darkness.”

Feel the light growing stronger and more powerful, ensuring that your spirit is protected.

Cleansing Rituals: Purifying Your Energy

After each out-of-body journey, it is essential to perform **spiritual cleansing** to remove any residual negative energy that may have attached to your spirit. While **Jesus Christ’s name** and **the Our Father prayer** are effective tools for clearing space during your journey, regular cleansing rituals will help maintain the purity of your energy field.

- **Cleansing Visualization**

To cleanse your energy, imagine a stream of divine light washing over your body and aura, clearing away any negative energy or attachments. This visualization helps purify your spirit and restore balance.

- **Practical Application:**

Visualize a **stream of golden light** pouring over you, starting at your head and flowing down through your entire body. See the light removing any darkness or negative energy, leaving you feeling refreshed and clear.

As you do this, affirm:

“In the name of Jesus Christ, I cleanse my spirit. Any negative energy or attachments are released, and I am restored to divine light.”

- **Using Sacred Objects for Cleansing**

If you prefer a more physical approach, consider using **holy water** or a **blessed object**, such as a cross or a rosary, to help purify your

energy. These objects can be used in conjunction with prayer and visualization for an added layer of protection.

Conclusion: Empowering Your Spirit with Divine Protection

In this chapter, we have explored several tools and techniques for **astral self-defense**, including **energy shielding**, **spiritual discernment**, **protective visualization**, and **cleansing rituals**. By incorporating these practices into your out-of-body journey, you can ensure that your spirit remains safe and protected, no matter what challenges you may face in the astral realms.

As you continue your astral travels, remember that your protection is ultimately rooted in divine authority—**Jesus Christ's name**, **the Holy Mother**, and **St. Michael the Archangel** are your most powerful allies in maintaining spiritual safety. Trust that with the proper tools and faith, you can navigate the astral planes with clarity, confidence, and divine guidance.

In the next chapter, we will explore the role of **angels** and **divine beings** in your astral travels, focusing on how these benevolent entities provide support, healing, and protection during your journey.

Chapter 7: The Role of Angels, Holy Mother, and St. Michael in Healing and Protection

The Divine Protectors: Understanding Their Roles

In the astral and spiritual realms, it is essential to not only call upon the power of **Jesus Christ's name** but also to seek the intercession and guidance of divine beings such as **angels, the Holy Mother, and St. Michael the Archangel**. These protectors are sources of immense spiritual power, offering both **healing** and **protection** to the traveler. As you venture beyond the physical body into the astral realm, you may encounter various challenges, but with the aid of these divine protectors, you are ensured a safe passage through even the darkest realms.

Each of these divine beings plays a unique role in your spiritual journey:

- **Angels** act as messengers and protectors, guiding you through the

astral realms and ensuring that you are aligned with divine will.

- **The Holy Mother** provides nurturing care, shielding you with her love and grace, and offering spiritual guidance.
- **St. Michael the Archangel** is a warrior of divine light, protecting you from any malevolent forces and ensuring your spiritual safety.

Understanding the distinct roles of these divine protectors is crucial for invoking their support during out-of-body travel, and in this chapter, we will explore how you can call upon them for **protection, healing, and guidance**.

The Role of Angels: Divine Messengers and Guardians

Angels are celestial beings that serve as messengers, guides, and protectors, sent by God to assist humanity in spiritual matters. They are present in every realm, including the astral, and their presence is often a sign of divine intervention and guidance.

Angels can help guide the astral traveler by providing clarity, protection, and divine direction during their journeys. They are often the first line of spiritual defense, ensuring that you remain safe while you explore higher planes of consciousness. In addition to protection, angels are known to **heal** emotional wounds, **clear negative energies**, and provide a sense of peace and comfort in times of fear or confusion.

- **Practical Application:** If you feel lost, confused, or in need of protection, you can call upon the angels with the following prayer:
“Angels of God, I call upon you for your protection and guidance. Lead me through this journey and keep me aligned with divine will. Surround me with your light and keep me safe from all harm.”

Feel the presence of the angels surrounding you, offering their protection and guiding your path.

- **Recognizing Angelic Presence:** Angels are often felt rather than seen. You may experience a sense of peace, warmth, or an uplifting presence when they are near. Trust

your intuition and know that their light is with you, guiding and protecting you through the astral realms.

The Holy Mother: Protector of the Soul

The **Holy Mother**, often referred to as **Mary, the Mother of Jesus**, is one of the most revered figures in both the spiritual and astral realms. She represents divine love, compassion, and maternal care, and her presence provides a shield of protection against all forces of darkness. The **Holy Mother** offers spiritual healing and comfort to those who seek her intercession, and she stands as a powerful protector for those who journey in the astral realms.

- **Role in Healing and Protection:**
The **Holy Mother's** nurturing care offers emotional healing to those who may encounter fear, confusion, or grief during their travels. Her love provides comfort in difficult moments, and she shields you from negative energies and entities that may seek to harm or confuse you.

- **Practical Application:**

If you feel overwhelmed or in need of protection, invoke the **Holy Mother's** intercession with this prayer:

“Holy Mother, I ask for your protection and care. Wrap me in your loving mantle and guide me through these realms. Stand upon the head of the serpent and protect me from all darkness.”

Visualize yourself being enveloped in a warm, loving light, feeling her compassion and protection surround you.

- **When to Invoke the Holy Mother:**

The **Holy Mother** is especially helpful when you need comfort, emotional healing, or spiritual guidance. If you encounter spirits who are lost or confused, you can call upon the **Holy Mother** to provide compassion and help them transition to the divine realm.

St. Michael the Archangel: The Warrior of Light

St. Michael the Archangel is one of the most powerful spiritual protectors in the Christian tradition. Known as the warrior angel, **St. Michael** is a divine protector who stands against the forces of darkness. His role is to defend those who are in need, casting out negative entities and ensuring that the traveler is shielded from harm. **St. Michael** is particularly effective in dealing with **demonic entities** and other malevolent forces that may be encountered during out-of-body travel.

- **Role in Protection: St. Michael** is often invoked for his warrior-like strength and protection against dark forces. He is also known for **clearing negative entities** and ensuring that no spiritual harm comes to those under his protection.
 - **Practical Application:** When facing a dark or malevolent force, invoke **St. Michael the Archangel** with the following prayer:
“St. Michael the Archangel,

defend me in battle. Protect me from the wickedness and snares of the devil. By the power of God, cast into hell Satan and all the evil spirits that prowl throughout the world seeking the ruin of souls.”

Visualize **St. Michael** standing by your side, sword drawn, protecting you from all harm.

- **When to Invoke St. Michael:** **St. Michael** is especially effective when you encounter dark, confusing, or malevolent forces. If you are feeling spiritually threatened or attacked, call upon him to stand as a warrior against the darkness and ensure your safety.

Working with Divine Protectors in Harmony

While **Jesus Christ's name**, the **Holy Mother**, and **St. Michael the Archangel** are all powerful protectors in their own right,

working with them in harmony can amplify your spiritual protection. **Jesus Christ's name** establishes divine authority, while **the Holy Mother** provides loving guidance and comfort, and **St. Michael** offers strength and defense against darkness.

- **Practical Application:** Before embarking on your astral journey, you can call upon all three protectors in unison:

“In the name of Jesus Christ, I am protected. Holy Mother, wrap me in your loving mantle. St. Michael, stand as my defender against all darkness. Together, may we journey in the light.”

As you invoke them, feel the combined power of these divine forces surrounding you, creating an unbreakable shield of light and protection.

Conclusion: Divine Support for Every Journey

As you embark on your astral travels, know that you are never alone. The **angels, the**

Holy Mother, and St. Michael the Archangel are powerful allies who will guide, protect, and heal you as you explore the astral realms. By invoking their support, you ensure that your journey remains aligned with divine truth, and that your spirit is always shielded from harm.

In the next chapter, we will focus on **spiritual discernment** and how to distinguish between **benevolent and malevolent entities** during your out-of-body experiences. By learning to identify and interact with the beings you encounter, you will enhance your spiritual clarity and ensure that you remain protected on your journey.

Chapter 8: The Importance of Regular Spiritual Cleansing and Vigilance

The Need for Spiritual Cleansing

When engaging in out-of-body travel, it is essential not only to protect your spirit but also to maintain your **spiritual hygiene**. During astral journeys, your energy body interacts with various realms, and you may encounter negative energies, malevolent entities, or even emotional imprints left by other souls. These experiences can leave attachments or energetic residue that can affect your spiritual well-being and clarity.

Spiritual cleansing is a necessary practice that clears away any lingering negative energy and restores your energy field to a pure, balanced state. It is an ongoing process, one that should be done before and after each astral journey, as well as

periodically in between, to ensure that your aura remains clear and protected.

Marilynn Hughes teaches that **spiritual cleansing** is not just about removing negativity but also about re-aligning your energy with divine light. Cleansing allows you to return to a state of purity, clarity, and connection with the highest spiritual realms. Just as we care for our physical bodies, so too must we care for our energy bodies—ensuring they remain pure, light-filled, and protected.

Types of Spiritual Cleansing

There are various methods of **spiritual cleansing**, each designed to address different aspects of your energy field. Some methods focus on **purging negative energies**, while others aim to **restore balance** and **protect the energy body** from external influences. Below, we'll explore several common techniques for cleansing, along with practical instructions for each.

1. Cleansing with Light: Visualization and Prayer

One of the most powerful methods of spiritual cleansing is through the use of **light**—the most effective energy for clearing negativity. Visualizing divine light flowing through your being is a simple yet profound way to purify your energy field and restore balance.

- **Practical Application:**
To perform a **cleansing visualization**, begin by closing your eyes and taking deep, slow breaths. Imagine a brilliant light descending from the heavens and entering through the crown of your head. This light can be **white, golden, or violet**, depending on what resonates with you. As the light flows through your body, feel it cleansing and purging any negative energies or attachments that may have accumulated. Allow the light to fill every part of your energy body, from the tips of your fingers to the soles of your feet, until your entire being is radiating with divine light.

- While visualizing this process, say the following affirmation:
“In the name of Jesus Christ, I cleanse my spirit with divine light. All negativity and attachments are released, and I am filled with the purity of divine love.”

This method of cleansing can be performed before and after each out-of-body journey to ensure that your energy body remains clear and aligned with divine purpose.

2. Cleansing with Sacred Tools: Holy Water and Blessed Objects

For those who prefer a more physical approach to cleansing, **holy water** and **blessed objects** can be used to purify your energy body. These sacred items hold spiritual significance and are imbued with divine energy that can assist in removing negative influences.

- **Practical Application:**
 If you have access to **holy water** (which is water blessed by a priest),

you can use it to cleanse your aura by gently sprinkling it around your body or sipping a small amount. Alternatively, you can use **blessed objects** such as **a crucifix, rosary beads**, or any item that has been blessed by a priest. Hold these objects in your hands or place them near your body during meditation or astral travel.

- While using these items, recite a prayer such as:
“In the name of Jesus Christ, I ask for this holy water (or blessed object) to purify my spirit and protect me from all negative energies. Let me be cleansed and aligned with divine light.”

These tools help reinforce your spiritual protection and can be especially helpful in removing stubborn negative energies or attachments.

3. Cleansing through the Power of the Holy Mother

The **Holy Mother** is a nurturing and protective figure who is often invoked for emotional and spiritual healing. Her love and grace can clear emotional imprints and negative energies, making her a powerful ally in the cleansing process.

- **Practical Application:**

To invoke the **Holy Mother** for cleansing, say the following prayer:

“Holy Mother, wrap me in your loving mantle and purify my energy body. Clear away any negative energies and emotional imprints, and restore me to divine peace and light.”

Visualize the **Holy Mother’s** gentle love surrounding you, purging any darkness and leaving you feeling at peace, light, and aligned with divine truth.

- **Special Focus for**

- **Emotional Cleansing:**

If you have encountered emotional turmoil or negativity in the astral realms, focus on healing those specific areas by invoking the **Holy Mother’s**

nurturing presence. Her loving energy can help release trapped emotions and bring you back to a place of spiritual clarity.

4. Cleansing through St. Michael's Warrior Energy

St. Michael the Archangel, known as a warrior of light, is also an incredibly powerful force for **spiritual purification**. His role in battling evil forces makes him an ideal protector during astral travel, and his presence can help purify spaces and clear negative influences from your energy field.

- **Practical Application:**

To invoke **St. Michael** for cleansing, recite the following prayer:

“St. Michael the Archangel, defend me in battle and cleanse my spirit of all darkness. Purge any negative energies or attachments that seek to harm me, and restore my energy body to divine purity.”

Visualize **St. Michael** standing before you with his sword raised,

cutting away all darkness and clearing your energy field. Trust that his divine strength will purify your aura and protect you from any lingering negative influences.

5. Cleansing with Sound: Using Sacred Chants and Bells

Sound is a powerful medium for spiritual purification, as it can help clear stagnant energy and restore balance. **Sacred chants, bells, and mantras** are often used to cleanse spaces and people in both physical and astral realms. The vibrations of these sounds resonate deeply within the energy body, clearing negative energy and raising your vibration.

- **Practical Application:**
If you have access to **bells** or **singing bowls**, you can use their sound to cleanse your energy field. Alternatively, chanting sacred words such as **“Om”**, **“Amen”**, or **“Hallelujah”** can help purify your aura.

- **Example affirmation during sound cleansing:**
“In the name of Jesus Christ, I call upon the vibrations of divine sound to cleanse my energy body. Let this sound resonate with purity and light, clearing all negativity from my being.”
-

Regular Cleansing and Vigilance

Spiritual cleansing should not be a one-time event—it is an ongoing practice that requires vigilance and consistency. Regular cleansing ensures that your energy remains pure and protected, free from negative influences that may attach during your astral travels. Make cleansing a part of your daily spiritual routine, as you would with prayer or meditation, to maintain your connection to divine truth.

Conclusion: Purity, Protection, and Spiritual Resilience

Spiritual cleansing is an essential practice for any astral traveler. By maintaining a regular cleansing routine, you ensure that your energy body remains protected, pure, and aligned with divine light. Whether using **visualization, sacred tools, invoking divine protectors, or chanting sacred sounds**, these methods empower you to stay free from negativity and open to divine guidance.

Remember that protection and cleansing go hand in hand. While your **energetic shield** provides a protective barrier during your travels, **spiritual cleansing** ensures that your energy field is always fresh and aligned with divine truth. By staying vigilant and consistent in your practices, you can continue your astral journeys with confidence, knowing that you are always under the protection of divine forces.

In the next chapter, we will discuss how to **live with divine awareness** and integrate the lessons from astral travel into your everyday life. By embodying the wisdom and insights gained during these journeys, you can bring greater clarity and purpose to your life on Earth.

Chapter 9: Living in Divine Light: The Ongoing Journey of Spiritual Self-Defense

The Path of Continuous Spiritual Vigilance

As you continue your journey in the astral and spiritual realms, it's important to remember that **spiritual self-defense** is not a one-time effort. It is an ongoing, dynamic process that requires continuous vigilance, awareness, and dedication. The spiritual world is fluid, and while you may have established protection and cleansing practices, the astral realms are ever-changing, and new challenges can arise.

Living in divine light means being in a constant state of readiness—mentally, emotionally, and spiritually. It's about consistently aligning your energy with divine truth, protection, and love. The practice of **spiritual self-defense** extends beyond astral travel and becomes a lifestyle,

an ongoing commitment to maintaining spiritual integrity and strength.

In this chapter, we will explore how to live with divine awareness in all aspects of your life. By embodying the teachings of **Jesus Christ, the Holy Mother, and St. Michael the Archangel**, you can maintain a state of **spiritual preparedness** that keeps you safe not only in your out-of-body experiences but in your everyday life as well.

Aligning with Divine Will in Every Moment

The first step in maintaining **spiritual self-defense** is to ensure that every action, thought, and intention is aligned with divine will. Spiritual protection begins with your connection to the divine. The more deeply you are aligned with **divine purpose**, the less vulnerable you are to negative influences, as your energy will be in harmony with the highest spiritual truths.

1. Daily Prayer and Meditation

Beginning each day with prayer and meditation helps establish a strong spiritual foundation. This practice

strengthens your connection with **God, Jesus Christ**, and your divine protectors, ensuring that you are spiritually centered before embarking on any journey—whether in the physical world or the astral realm.

- **Practical Application:**
Each morning, spend time in **prayer** to reaffirm your protection:
“In the name of Jesus Christ, I dedicate this day to divine service. May I remain aligned with divine will and protected by heavenly forces.”
- **Affirmation for Alignment:**
“I live in divine light. I trust in God’s will and guidance, and I am always surrounded by divine protection.”

2. **Keeping the Heart and Mind Aligned with Compassion**

Spiritual self-defense also involves emotional clarity. Negative emotions like anger, fear, resentment, and guilt can lower your energetic vibration,

making you more susceptible to negative energies. By practicing compassion, forgiveness, and love in your everyday life, you keep your energy field pure and protected.

- **Practical Application:**
Focus on cultivating **positive emotions** and **gratitude**.
When you encounter challenges, take time to **center yourself** and respond with love rather than reacting with fear or frustration. This will help maintain spiritual clarity and keep negative energies at bay.

The Power of Divine Discernment in Daily Life

In astral travel, **discernment** is key to recognizing the intentions of the entities you encounter. In everyday life, **divine discernment** helps you navigate interactions, decisions, and energies that surround you. By cultivating the ability to discern the presence of divine light or

darkness, you can make choices that align with your highest spiritual truth.

Spiritual discernment involves listening to your inner guidance, being attuned to the energy around you, and trusting in the divine to show you the way. It's about seeking divine wisdom in every aspect of your life, from relationships to decisions about where you invest your time and energy.

1. **The Role of Intuition and Inner Guidance**

Trusting your **intuition** is essential in maintaining spiritual self-defense.

The Holy Spirit speaks to us through our inner guidance, and by listening to these subtle nudges, we can make choices that protect us and align us with divine will.

○ **Practical Application:**

Pay attention to the intuitive feelings or impressions you receive throughout the day. If something feels wrong, trust that feeling and step back.

Likewise, if you feel a strong pull toward a certain action

or path, trust that divine guidance is leading you.

2. **Testing the Spirits: Asking “Has Jesus Christ Sent You?”**

As in the astral realms, it is important to **test the spirits** in everyday life. If you feel an encounter or interaction is questionable or if you sense something is off, ask the guiding question: *“Have you come on behalf of the Lord? Has Jesus Christ sent you?”* This practice helps maintain discernment, ensuring that only divine energies influence your path.

Protecting Your Energy Field in Daily Life

Just as you protect your spirit during out-of-body travel, it is important to protect your **energy field** throughout your daily life. The physical world is filled with distractions, negative influences, and emotional baggage that can weigh on your energy body. Regularly cleansing and protecting your energy ensures that you remain aligned with

divine light and do not become overwhelmed by the external world.

1. **Energetic Shielding**

Shielding is not only essential during astral travel but also in the physical world. Before going out into public spaces, engaging with others, or entering any situation where negativity may arise, visualize your **energetic shield**.

○ **Practical Application:**

Before leaving home or entering a situation, pause for a moment and visualize your **protective light shield** surrounding you. State the affirmation:

“In the name of Jesus Christ, I am surrounded by divine light. No negativity or harm can enter my energy field.”

2. **Cleansing Your Energy Throughout the Day**

Throughout your day, you may encounter people or situations that leave you feeling energetically drained. Taking moments to **center**

yourself and cleanse your energy can help you maintain spiritual clarity and strength.

- **Practical Application:**

Take time during breaks or moments of solitude to perform a **quick cleansing visualization**. Imagine a stream of golden light washing over you, clearing away any negativity. Recite the affirmation:

“In the name of Jesus Christ, I cleanse myself of any negative energy and restore myself to divine purity.”

Living with Divine Awareness

Living in divine awareness means carrying the light of **Jesus Christ** and divine protection with you in every aspect of your life. Your spiritual journey is not limited to out-of-body travel; it extends to every interaction, decision, and moment of your day. When you live with **divine awareness**, you invite the presence of divine light to

guide your every step, ensuring that your life is filled with peace, clarity, and protection.

1. **Cultivating an Awareness of Divine Presence**

Throughout your day, take moments to pause and acknowledge the presence of **Jesus Christ** and your divine protectors. This keeps your energy aligned with divine light and provides ongoing spiritual support.

○ **Practical Application:**

Before making any decision or taking any action, pause and take a moment to center yourself. Ask:

“Is this in alignment with divine will?”

Trust the guidance you receive, and take inspired action.

2. **Sharing Divine Light with Others**

As you align yourself with divine light, you become a beacon of light for others. By living in **divine awareness**, you naturally attract others who are drawn to the light you emit. Share that light through

kindness, compassion, and loving service, and you will create a ripple effect of divine love and protection in the world around you.

Conclusion: The Ongoing Journey of Protection and Growth

Spiritual self-defense is a continuous journey—one that requires ongoing commitment, vigilance, and alignment with divine truth. By living in **divine light**, cultivating **spiritual discernment**, and regularly **protecting and cleansing** your energy, you ensure that your journey through life is spiritually protected and aligned with divine will.

As you move forward, remember that you are always guided, protected, and supported by **Jesus Christ, the Holy Mother, and St. Michael the Archangel**. Your spiritual growth is an ongoing process, and with the right tools, you can face any challenge with confidence, clarity, and peace.

In the final chapter, we will reflect on how to continue applying these teachings in your daily life, helping you maintain spiritual

balance, clarity, and protection as you move forward on your journey of self-discovery and divine connection.

Chapter 10: Living with Awareness of Reincarnation: Integrating Spiritual Defense into Daily Life

The Role of Reincarnation in Spiritual Growth

As you embark on your journey through the astral realms, it is essential to remember that **spiritual self-defense** is not just about protecting yourself during out-of-body travel, but also about safeguarding your spirit as you navigate the challenges of earthly existence. One of the most profound aspects of this journey is the understanding that **reincarnation** plays a central role in your spiritual evolution. Each life is an opportunity to learn, grow, and ultimately reunite with the divine.

Reincarnation is a process of **spiritual evolution**, where the soul cycles through various lifetimes in order to learn vital lessons, correct past mistakes, and develop greater wisdom and compassion. During

each incarnation, the soul accumulates karmic energy, which can either hinder or help its progression toward spiritual enlightenment. **Spiritual defense** becomes particularly important when you recognize that past-life experiences and unresolved karmic issues can influence your current life. These unresolved energies can manifest as emotional blocks, negative attachments, or even the presence of negative entities that follow the soul from one life to the next.

Living with the awareness of **reincarnation** means understanding that the lessons of this life are deeply intertwined with those of past lifetimes. Spiritual protection and self-defense, therefore, are not limited to this lifetime but extend across time, ensuring that your soul's journey is always aligned with divine will.

Understanding Karmic Protection

One of the key components of **spiritual self-defense** in the context of reincarnation is understanding the role of **karma**. Karma is the law of cause and effect, where every action, thought, and intention creates an

energetic ripple that can influence your future lifetimes. Negative karma can create **karmic imprints**, which may lead to difficult situations or experiences in this life, while positive karma opens the door to spiritual growth, healing, and enlightenment.

In your astral travels, you may encounter remnants of past lives or karmic attachments that need to be addressed. These attachments can take the form of negative emotions, unresolved trauma, or even spirits from past lives who seek closure or healing. **Spiritual defense** is essential for dealing with these karmic influences and ensuring that they do not derail your current spiritual journey.

- **Practical Application:** To address karmic imprints and ensure that your soul remains aligned with divine truth, begin by acknowledging the lessons of your past lives. **Meditation, prayer, and visualization** can be used to cleanse your energy field and release negative karmic patterns.
 - **Cleansing Prayer:**
*“In the name of Jesus Christ,
 I release all negative karmic*

imprints from past lifetimes. I forgive myself and others for past mistakes, and I ask for divine healing to remove any negative energy that may be blocking my spiritual growth.”

This prayer helps you release past traumas and karmic energy that no longer serve your soul’s progression, allowing you to move forward in peace and divine alignment.

Protecting Against Negative Energies from Past Lives

Many people find that unresolved issues from past lives manifest in this life as negative behaviors, emotional wounds, or spiritual attachments. These energies can come from past-life trauma, unhealed relationships, or unfinished business that has been carried forward. It is essential to understand that these energies do not define you; they are simply remnants of experiences that need healing and resolution.

Spiritual self-defense in this context involves recognizing these influences and

using divine protection to ensure they do not affect your present life. The techniques outlined earlier, such as invoking **Jesus Christ's name**, calling on **St. Michael the Archangel**, and using the **Holy Mother's protection**, are powerful tools for clearing these influences.

1. **Recognizing the Presence of Past-Life Attachments**

Past-life attachments may appear as patterns of behavior, emotional reactions, or recurring relationships that seem unresolved. These attachments may also manifest as spirits or energy entities following the soul from one incarnation to the next.

- **Practical Application:** If you encounter such an attachment during your astral journey or in your waking life, invoke the name of **Jesus Christ** and ask:

“In the name of Jesus Christ, I release any attachment or influence from past lives. If any negative energies or spirits are following me, I

*command them to leave now,
and I ask for divine healing
to clear all unresolved
karmic ties.”*

2. **Clearing Past-Life Energies Through Prayer**

Prayer is an effective tool for releasing the energies that tie you to past lives. It allows you to ask for divine assistance in healing past wounds and cutting the energetic cords that bind you to unresolved issues.

- **Practical Application:** A powerful prayer for clearing past-life energy is:
*“In the name of Jesus Christ,
I ask for divine healing to
release any negative energy
or attachments from past
lives. I surrender all karmic
baggage to divine will and
embrace the healing power of
the light.”*
-

Living with Divine Awareness in Every Lifetime

Spiritual defense in the context of **reincarnation** also involves living with an awareness of the divine in every moment of your current life. The choices you make, the energy you emit, and the way you interact with others all have far-reaching implications, not just in this lifetime, but in future ones. By living with **divine awareness**, you ensure that your actions and intentions are always aligned with divine purpose and that your spiritual path is one of continual healing and growth.

1. Aligning Your Thoughts and Actions with Divine Will

In order to protect your soul from negative karmic influences, your actions and thoughts must reflect divine principles of love, compassion, and truth. By practicing mindfulness and living with **divine awareness**, you help to create positive karma that will carry you forward in future lifetimes.

- **Practical Application:** Each day, take time to reflect on

your intentions and actions. Before making decisions, ask yourself: *“Is this action in alignment with divine will? Am I acting from a place of love and compassion?”* This simple practice helps ensure that you are always operating from a place of divine guidance and spiritual clarity.

2. **Forgiveness and Compassion**

Forgiveness is one of the most powerful tools for clearing negative karmic influences. By forgiving yourself and others for past mistakes, you release the emotional and energetic hold that past-life events may have on you.

○ **Practical Application:**

Practice **forgiveness**

regularly. Say:

“I forgive myself and others for all past mistakes, and I release any negative energies from my past lives. I ask for divine healing to restore peace, love, and harmony to my soul.” This practice helps

you clear emotional baggage and ensures that your energy remains pure and aligned with divine truth.

Conclusion: Reclaiming Your Divine Birthright

Understanding and protecting your spirit through the lens of reincarnation is an essential part of your **spiritual journey**. By integrating **spiritual self-defense** into your daily life and keeping awareness of past-life influences, you can ensure that your path remains clear, protected, and aligned with divine purpose. Each lifetime is a stepping stone toward **spiritual growth**, and through **divine protection, healing, and forgiveness**, you can release past wounds and move forward with greater wisdom and love.

As you live with awareness of **reincarnation** and the **eternal journey of the soul**, remember that you are always protected by divine forces—**Jesus Christ, the Holy Mother, and St. Michael the Archangel**. By embracing divine awareness,

you ensure that your journey is always one of peace, clarity, and spiritual progress.

In the final chapter, we will reflect on **living a life of spiritual defense and divine light**, applying the lessons from your astral travels and spiritual practices to create a life of healing, joy, and divine alignment.

Conclusion: Embracing the Light of Divine Protection

As we reach the culmination of this journey into **astral self-defense**, it is essential to reflect on the transformative power of living in alignment with divine truth and protection. The tools, techniques, and teachings outlined in this book are not just methods for navigating the astral realms; they are a guide for living a life rooted in spiritual clarity, resilience, and divine love.

Out-of-body travel offers a unique opportunity to explore the vast spiritual dimensions beyond the physical world, but it also requires the traveler to maintain vigilance, faith, and an unshakable connection to divine forces. By embracing the wisdom shared in these pages, you have equipped yourself with the knowledge and practices necessary to protect your spirit, purify your energy, and align with the highest truths of existence.

The Power of Divine Allies

Throughout this book, we have explored the roles of **Jesus Christ, the Holy Mother, St. Michael the Archangel**, and other divine protectors in ensuring your safety and guiding your journey. These heavenly allies are always available to you, ready to provide strength, comfort, and healing whenever you call upon them. The name of **Jesus Christ**, above all, holds supreme power, offering a shield of light that no force of darkness can penetrate.

Your relationship with these divine beings is not limited to your astral travels. They are with you in every moment of your life, offering guidance, protection, and unconditional love. By maintaining an open heart and a deep connection to these protectors, you ensure that your path remains clear, purposeful, and aligned with the divine.

Living a Life of Spiritual Awareness

The principles of **spiritual self-defense** extend far beyond the astral realms. They are a way of life, a commitment to living

with divine awareness and protecting your soul in every interaction, decision, and thought. By incorporating the practices of prayer, discernment, and spiritual cleansing into your daily routine, you create a life that is centered in peace, love, and divine light.

Spiritual awareness also involves recognizing the interconnectedness of all beings and approaching the world with compassion and forgiveness. These qualities not only protect your spirit but also elevate your vibration, allowing you to embody the light of divine love and share it with others.

The Eternal Journey of the Soul

Your spiritual journey does not end with this life or even this book. It is an eternal unfolding, a sacred path of growth, learning, and reunion with the divine. Each lifetime, each astral journey, and each moment of connection with divine protectors brings you closer to the ultimate goal of spiritual union with God.

The lessons of **reincarnation**, **karma**, and spiritual evolution remind us that every challenge is an opportunity for growth and

every experience is a step toward enlightenment. By embracing these truths and committing to a life of spiritual defense and divine alignment, you walk the path of light with courage, clarity, and grace.

A Final Affirmation of Faith

As you continue your journey, remember the profound power of faith, prayer, and divine protection. With these tools, you are never alone, and no force—whether seen or unseen—can disrupt the light that resides within you.

Let this final affirmation serve as a guiding mantra for your ongoing journey:

“In the name of Jesus Christ, I am protected. The Holy Mother wraps me in her loving mantle. St. Michael defends me in every battle. With divine light as my shield, I walk the path of truth, peace, and eternal love.”

Moving Forward

The practices, insights, and divine connections you have cultivated through this

journey will continue to serve you as you explore the astral realms and navigate the complexities of earthly life. Trust in the divine, remain vigilant in your spiritual defenses, and allow the light of **Jesus Christ, the Holy Mother, and St. Michael the Archangel** to guide you every step of the way.

May your travels be safe, your spirit remain strong, and your life be filled with the peace and joy that come from living in divine alignment. The light is within you, always.

Astral Self-Defense: Protecting Your Spirit in Out-of-Body Travel

is an essential guide to safeguarding your spirit during astral travel, combining deep spiritual wisdom with practical self-defense techniques. This book explores how to protect your energetic and spiritual being while navigating the astral realms, focusing on spiritual warfare, the power of divine protection, and the role of higher spiritual beings in safeguarding your soul.

In this insightful guide, readers will:

- **Understand Astral Travel:** Explore the fascinating world of astral travel, where the soul separates from the physical body to explore other realms. Learn why spiritual protection is vital in these journeys and how to set firm boundaries against unwanted spiritual encounters.
- **Spiritual Protection Foundations:** Discover powerful spiritual protection tools, including energy

shielding, prayers, invocations, and rituals to create an energetic shield of divine light, ensuring you remain safe from harmful entities.

- **The Power of Jesus Christ's Name:** Understand the immense spiritual authority that comes from invoking Jesus Christ's name as a shield in astral travel. Learn practical techniques to use this divine power to ward off dark forces and negative energies.
- **Defend Against Lost Souls and Ghosts:** Learn how to recognize and protect yourself from lost souls and wandering spirits. Gain insights into spiritual techniques that help these souls transition peacefully while keeping you safe from their potential influence.
- **Protection Against Demonic Entities:** Dive into the nature of demonic entities and dark forces in the astral realms. Explore strategies for spiritual self-defense and divine intervention, invoking angelic

protection and the warrior spirit of St. Michael.

- **Effective Tools and Techniques for Spiritual Protection:** Equip yourself with a range of tools such as energy shielding, cleansing rituals, and visualization techniques to keep your spiritual space free from negativity. Learn how to remove negative attachments and maintain a clear, protected aura.
- **Role of Angels, Holy Mother, and St. Michael:** Discover how powerful spiritual beings like angels, the Holy Mother, and St. Michael can aid in your protection, offering guidance, strength, and divine shielding.
- **Spiritual Cleansing and Vigilance:** Learn the importance of regular spiritual cleansing through prayer and ritual. Maintain energetic purity and stay vigilant against negative influences both during astral travel and in daily life.
- **Living in Divine Light:** Cultivate a life aligned with divine will,

practicing discernment and spiritual resilience. Understand how forgiveness and compassion play a pivotal role in maintaining spiritual self-defense.

- **Incorporating Protection into Reincarnation:** Explore how spiritual protection extends beyond this life, helping to address past-life influences and karmic attachments. Discover how to integrate these practices into the ongoing journey of reincarnation.

In *Astral Self-Defense*, readers will gain the knowledge and practical tools needed to navigate the astral planes with confidence and divine protection. With a focus on the power of light, divine intervention, and personal spiritual resilience, this book offers a comprehensive approach to spiritual self-defense that empowers individuals on their out-of-body journeys.

Whether you are a seasoned practitioner of astral travel or a beginner seeking protection, this book provides the tools and wisdom to ensure your spiritual safety and growth.

Keywords: Astral travel, spiritual protection, self-defense, Jesus Christ, St. Michael, angels, dark forces, energy shielding, reincarnation, spiritual growth, divine light, spiritual warfare, astral defense, prayer, cleansing rituals, karma.

Conclusion: *Astral Self-Defense* is a must-read for anyone looking to protect their soul during astral travel, offering both spiritual wisdom and actionable techniques to ensure safety and growth in the astral realms. Embrace divine protection and embark on your spiritual journeys with confidence!