

CHAPTER 4

Techniques For Dealing With Low Level Attacks *or* *Let's Start With The Easy Ones*

about this chapter

- 1 What is a basic 'low level' attack?
- 2 Learning a basic occult 'banishing ritual' to seal your aura and protect yourself and your space.
- 3 For those who don't feel comfortable with occult images, a more Christian alternative.
- 4 Full instructions so that you can help yourself with confidence.

By 'low level' I mean both unintended or undirected 'ill wishing' or general ill intention (of the How To Turn Your Ex-Boyfriend Into A Toad variety) and deliberate psychic attacks where a disruptive current is deliberately sent and directed by an individual or group, but without the complication of entities, thought forms or deliberate links.

All psychic attacks are powered by suggestion — either suggestion planted in your subconscious directly, occasionally by hypnotic suggestion and, most often by telepathic suggestion.

A Banishing Ritual

All psychic currents and suggestions enter through your aura and sealing it is your first step in defence. I want to teach you the Lesser Banishing Ritual of the Pentagram. LBRP for short, because the full name is a bit of a mouthful. This little ritual is taught by most orders of the Western Mysteries, usually as a short introduction for beginners, partly because one can never do it too often, partly because it clears the atmosphere of your working space and partly so that it becomes second nature to always release and banish everything you invoke.

Variations of the banishing ritual

At the time she was writing *Psychic Self Defence* Dion Fortune felt that many of her readers would be uncomfortable with pentagrams and came up with a more exoteric version with overtly Christian connotations. Fewer and fewer people are now overtly Christian, but I will give both exoteric and esoteric versions, as she did.

There are many minor variations on the LBRP and one cannot say that any are wrong in general, though one or another variant could be the norm in a particular order or society.

There is a greater banishing ritual and several specific invoking and banishing pentagrams for each of the elements. I will confine myself to giving you the most common LBRP version in full.

Secrecy?

I have given considerable thought to the question whether I am about to break any of my pledges, but I think not. The LBRP is quite widely known, mentioned by Dion Fortune in her 1930 book and, appears in several other books already. Moreover, the technique I will be teaching is for purposes of self defence only: I am most definitely not going to teach you to invoke!

Learning & Practising Components of the LBRP

This ritual requires intonation, movement, visualising and feeling. You learn to use and practice each component separately. When you feel that you have attained the level of competency you are comfortable with for each component then you combine all the components in the sequence and method required to perform the whole ritual.

Intonation

The ritual uses several words and initial letters of Hebrew and names of a few archangels. I will give transliterations. Those with no previous contact with the occult may feel self-conscious about the words and may want to skip them. Don't.

Don't just say them either: you need to 'vibrate' them. Note that vibrate is nothing to do with how loud or otherwise you speak: it has more to do with pitch.

Say, or rather chant, the words at a range of pitches, holding one hand up flat until you feel the palm of your hand tingle. That is the right pitch.

Movement

You need to draw the pentagrams in the air, perform the Qabbalistic cross, draw circles and move around.

Visualisation

Visualise clearly so that the clarity contributes to the strength of the electro-magnetic currents of your aura.

Feeling

All your actions must be performed with deep feelings induced by each activity.

Intonations for the Rituals

Amen [are-men] so be it! Certainly
Ateh [ar-tay]
Adonai [ad-o-nai] Lord
Yod [yod]
Hay [hay]
Vow [vow]
Ar [ar]
Gay [gay]
Lah [lah]
Malkuth [mal-kooth]
Ve [vay]
Guburah [ge-bur-ah]
Le [lay]
Gudulah [gud-u-la]
Olam [o-l-arm]
Raphael [ra-fa-el]
Michael [mee-kay-el]
Uriel [ur-ree-el]
Gabriel [ga-bree-el]

Qabbalistic cross

- 1 Visualise a ball of white light above your head.
- 2 Draw down the light, touch your forehead and say “ateh”.
- 3 Draw down, touch your navel and say “malkuth”.
- 4 Touch the light to your right shoulder and say “Ve Guburah”.
- 5 Touch the light to your left shoulder and say “Ve Gudulah”.
- 6 Bring your hands together. Visualise yourself towering high and say “Le Olam”.
- 7 Breathe slowly and deeply. Say “Amen”.

Basis of the pentagram

A pentagram is a 5-pointed star, drawn with a continuous line. Since the conjunctions between the Earth, Sun and Venus over a period of 8 years, when drawn onto a circle and numbered, form the points of a pentagram exactly, this may be the source the symbol. Whatever the case, it has been regarded as a powerful talisman for 100s, perhaps 1000s, of years and the fact that it is such an established symbol and talisman goes some way to explaining why the ritual really does work.

Drawing & visualising the pentagram

- 1 Stand upright with your feet loosely apart and point with your forefinger and middle finger.
- 2 Start from an imaginary point just left of your left hip and draw upwards in the air to a central point above your head.
- 3 Draw downwards to your right hip.

- 4 Draw diagonally upwards to an imaginary point level with your left shoulder.
- 5 Draw horizontally across to a point level with your right shoulder.
- 6 Draw downwards to your left hip, back to where you started.

When you are competent with drawing the pentagram, you can now progress to adding an image to it.

- 7 Clearly visualise a 5-pointed star in front of you, blazing with blue flame.

Ready?

Right. Now we're ready to start the process that will close down and seal your aura. The first thing is to steady yourself and calm your mind, so you need to make The Qabbalistic Cross. Then you will draw 4 pentagrams and circles. Finally you will close with a repeat of the Qabbalistic Cross you begin with.

The Lesser Banishing Ritual of the Pentagram

- 1 Stand with your feet loosely apart, facing East.
- 2 Imagine a ball of brilliant white light above your head.
- 3 Reach up and draw the light down, touching your forehead. Say, "Ateh".
- 4 Draw down, touch your navel and say, "Malkuth".
- 5 Touch the light to your right shoulder and say, "Ve Guburah".
- 6 Touch the light to your left shoulder and say, "Ve Gudulah".
- 7 Bring your hands together and say, "Le Olam".
- 8 Breathe slowly and deeply. Say, "Amen".

You are now standing relaxed and facing the East. You will now be ready to draw the 1st pentagram, imagine it blazing with a blue flame and, intone. Remember to intone with deep feeling and vibrations as instructed in the notes on Intonation.

- 9 Standing relaxed facing the east, point with your forefinger and middle finger.
- 10 Start with an imaginary point just left of your left hip and draw upwards in the air to a central point above your head.
- 11 Draw downward towards your right hip.
- 12 Draw diagonally upwards to an imaginary point level with your left shoulder.
- 13 Draw horizontally across to a point level with your right shoulder.
- 14 Draw downwards to your left hip, back to where you started.
- 15 Clearly visualise a 5-pointed star blazing with a blue flame in front of you.
- 16 Point to the centre and intone the words, "Yod Hay Vow Hay".
- 17 Draw the circle as you turn towards the south and imagine the circle flaming blue.
- 18 Draw your 2nd pentagram complete with the visualisation, point to the centre and intone "Adonai".
- 19 Draw the flaming blue circle as you turn west.
- 20 Draw your 3rd pentagram complete with visualisation, point to the centre and

vibrate “Ay Hay Ay”.

21 Draw the flaming circle as you turn north.

22 Draw your 4th pentagram complete with visualisation point to the centre and intone, “Ar Gay La”.

23 Continue the circle back to the east. Stand facing east and imagine yourself surrounded by the 4 flaming blue circles and pentagrams.

You are now ready to visualise the 4 archangels Raphael, Gabriel, Michael and Uriel.

24 Imagine in front of you a huge male figure in yellow robes with violet trimming blowing in the wind. Hear the wind. Say, “Before me Raphael”.

25 Without turning around, visualise behind you a huge female figure in robes of blue with orange trimming. Hear waves crashing on the rocks behind you and feel the spray. (This may take some doing: seeing the detail of something behind you, but do the best you can). Say, “Behind me Gabriel”.

26 On your right hand side visualise a tall male figure in robes of red and green, holding a blazing sword and standing against a background of desert and volcano. Say, “On my right hand Michael”.

27 To your left, imagine a vast female figure dressed in russet brown and olive green, standing in the midst of a fertile harvest and holding a wheatsheaf. Say, “On my left hand Uriel”.

28 Visualise the circle, the pentagrams and the archangels guarding you.

29 Say, “Around me blaze the pentagrams and circles, and to the East, West, South and North stand the 4 great archangels.”

30 Breath deeply and relax for a moment.

31 Repeat the steps for the Qabalistic Cross, as at the start of the ritual.

The LBRP speaks directly to your subconscious and will tell it to seal your aura and form a psychic barriers that will prevent most occult attacks getting through. The tides of the unseen change at sunrise and sunset: if you perform the LBRP around your sleeping place after sunset the protection will last until sunrise. You will need to repeat it after sunrise to continue the protection into the new day and again after sunset for the next night.

Dion Fortune’s alternative LBRP

For those who feel uncomfortable with pentacles and Hebrew, which could mean anything, I include Dion Fortune’s substitute, reproduced here with permission from the Society of the Inner Light, quoted in full from her book *Psychic Self Defence*, and reformatted to suit this guide’s style.

In making the magic circle the operator stands upright facing east. He faces east because the magnetic current on which he proposes to operate runs from east to west. His first procedure must be to steady his own vibrations and purify his aura. In order to do this, he makes the Qabalistic Cross on breast and brow.

1 Touching his forehead he says, “To Thee, O God” ...

2 Touching his solar plexus [he says], “be the Kingdom” ...

3 Touching his right shoulder [he says], “and the Power” ...

4 Touching his left shoulder [he says], “and the Glory” ...

5 Clasping his hands [he says], “unto the ages of the ages. Amen.”

By this formula the operator affirms the power of God as sole creator and supreme law of the universe to which all things must bow, and he establishes this formula magnetically in his aura by the action of making the Sign of the Cross upon himself. This Sign is not an exclusively Christian symbol, and can be used as readily by the Jew as the Churchman, for it is the Equi-limbed Cross of Nature that is being used, not the Calvary Cross, of which the shaft is double the length of the cross-bar, and which is the symbol of sacrifice. The Equi-limbed Cross refers to the four quarters of the globe and the four elements, and the formula associated with it proclaims the dominion of God over these, and thereby occultly formulates His kingdom within the sphere of the operator.

6 The operator next imagines himself to be clasping in his right hand a large, cross-handled sword, such as is depicted in pictures of Crusaders. He holds it point upright and says, “In the Name of God I take in hand the Sword of Power for defence against evil and aggression,” ...

7 ... and imagines himself to be towering up to twice his natural height, a tremendous armed and mailed figure, vibrating with the force of the Power of God with which he has been charged by his formulation of the Sword of Power.

8 He now proceeds to draw the Magic Circle upon the floor with the point of the Sword of Power, and he should see in his imagination a line of flame following the point of the Sword, consisting of small flames, such as spring up when methylated spirit is spilt and ignited, but of a pale golden colour.

A little practice should enable this circle of light to be formulated effectively. Keep on going round the circle until it is formulated. The circle should always be, drawn deosil, that is to say, from east to south, to west, to north, in the same way that the hands of a dock would move were the dock laid face upwards on the floor. The contrary way is widdershins, the way in which the witches danced at the Sabbats. The deosil movement affirms the rule of God’s law in Nature because it is the Way of the Sun; the widdershins movement repudiates God’s rule over Nature by moving against the sun. In resisting an occult attack the whole formula should be tuned to the key-note of asserting God’s dominion over all existence, the aim of the operator being to align himself with Cosmic Law and cause the Power of God to deal with the interference.

9 The circle being formulated, the operator ceasing to visualize the sword but still visualising the circle, clasps his hands in prayer, and raising them above his head towards the east, prays, “May mighty Archangel Raphael protect me from all evil approaching from the east.”

10 Turning to the south he repeats the same formula in prayer to Michael.

11 Turning to the west, he invokes Gabriel.

12 Turning to the north he invokes Uriel.

13 Facing to the east again, and thus completing the circle, he repeats the formula of the Qabalistic Cross as in steps 1 to 5.

Remember that you are sealing your aura and working on what Dion Fortune called the ‘Unseen Reality’ There are 2 things to note. 1st that you must perform the ritual as soon as practicable after sunrise and sunset, and that you can never banish too often. 2nd, that it doesn’t matter where you are (from a psychic point of view, that is — starting the ritual in

the middle of a wedding party or at the opera, or some such location which might be embarrassing from the point of view of physical reality!)

Text your subconscious with pictures & symbols

You cannot speak to your own subconscious mind in words — it uses pictures and symbols. What the ritual does is instruct your subconscious to close down your aura. At the same time, provided the images are clear and sharp enough, they will form a clearly visible barrier to anything on the inner planes. (Visible to a psychic too.) Time and space are concepts of the manifest reality and of no concern to those who inhabit or operate on the inner planes, so again the place where you do the banishing ritual is immaterial — but it will be more convincing to your own mind if you do it around your sleeping place.

One more thing: general ill-wishing is easily cured. A psychic attack has a human mind behind it. The attacks may well be timed to coincide with the phases of the moon, so don't drop your guard too soon. Make sure that you can outlast an attacker and wear him or her down!

Summary

- You now have learned 2 approaches to a basic protection ritual and that may well be enough.