



Tired, bloated or craving chocolate? Someone could be draining you of energy, and you may need some

psychic protection to re-establish your boundaries.

Author and psychic Paul Fenton-Smith says it will give you more energy to get through your day.

'We've all had situations where we are drained by friends, partners or co-workers. Mostly it's people who subconsciously drain you of energy because they need some – but it's a bad dynamic to get into.

'It could be a co-worker who seeks you out to feel more energised, or a friend who always tells you their problems and leaves feeling heaps better, while you are left exhausted.

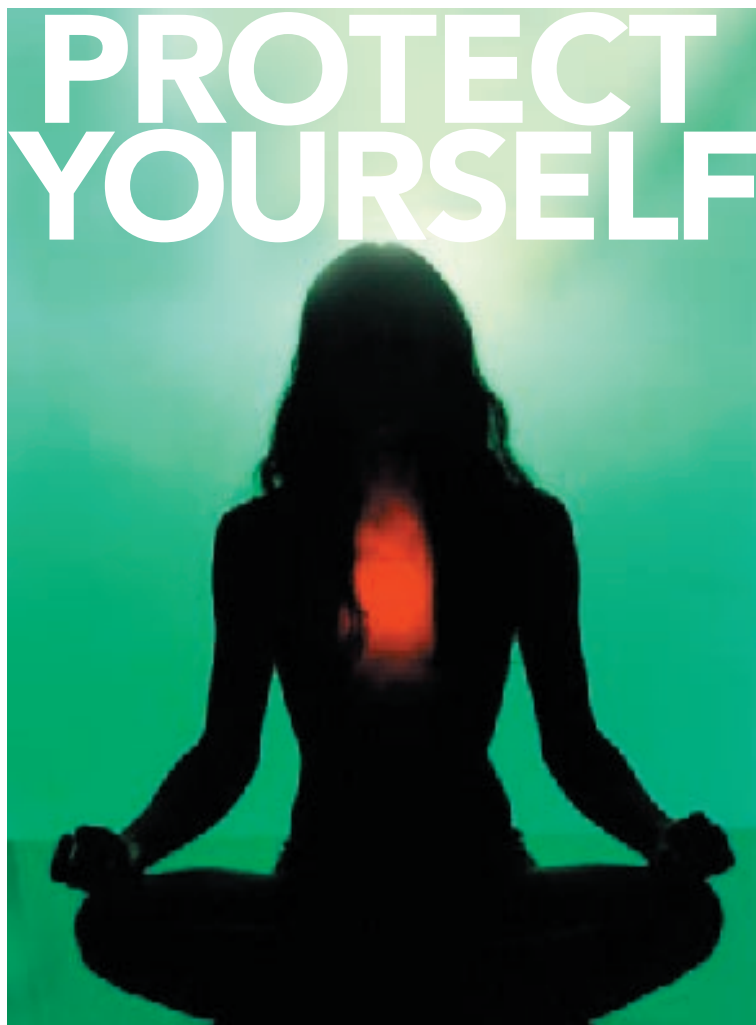
'You want to be able to help the person – but not be drained yourself.'

A common sign someone is a psychic vampire is sudden exhaustion – if you come away drained every time you see them, you need protection. Some people experience sudden stomach bloating too.

You may feel ravenously hungry yet food doesn't satisfy you – because you actually need emotional energy – or crave chocolate to give you a quick burst of energy when you're around certain people. Or you could just feel uncentred and not quite yourself.

'Surrounding yourself with white light, including over your head and under your feet, is a good method.

'Ask yourself if you're the counsellor for your friends. If so, what do you get out of it? Is it a pattern, and do



you need to set boundaries to protect your personal space?'

Paul says if you can't avoid the situation, have a bath or go swimming afterwards to literally wash away the negative energy.

'If you're getting drained at work and are so exhausted you don't have much left to give your family, have a shower as soon as you walk in the door to clean off negative energy.

'And it's hard, but sometimes you need to be deliberately distant for a while, so you don't give out much energy while you're with a psychic vampire.'

In Paul's book *A Secret Door to the Universe*, he gives personal examples of being psychically drained and explanations of how to improve the situation. He is a fan of meditation, and details some simple methods to do this.

He has also created a new CD, *Guided Meditations 2*, for

spiritual development and psychic protection.

'Meditation is important, but a lot of people have trouble with it. That's why I made the CD,' he says.

'They're not complicated rituals. I like simple things because they work – and if they're too hard people won't do them anyway,' he grins.

Paul runs the Academy of Psychic Sciences, where he facilitates courses in psychic protection, astrology, palmistry, tarot and psychic awareness. He will also teach this year in Brisbane, Melbourne and Adelaide.

'Everyone, just in everyday life, is going to come across a situation where they need some protection,' he says.

'I see people debilitated. You can't concentrate, things are harder, you're exhausted.

'Everything is made of energy, including us, so it's easy to have it taken away.'

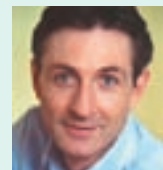
Psychic protection tips

- ❏ Have a bowl of water beside the bed to collect emotions as you sleep. Change the water daily.
- ❏ In the office you can disguise a bowl of water as a vase of flowers.
- ❏ Light a candle to lift the energy of a room (don't leave unattended though!).
- ❏ A clear sound such as a bell or wind chime can restore harmony to a room.
- ❏ Burning smudge sticks shifts stubborn or negative energy. Close all windows while burning, then air well.

TO FIND OUT MORE

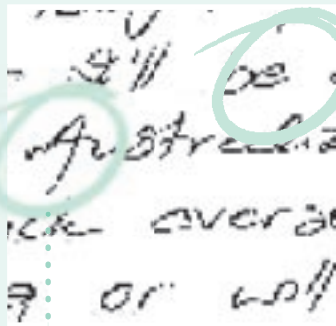
For info on Paul's CDs, books and courses

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your psychic

WITH CELEBRITY PSYCHIC GEORGINA WALKER



HANDWRITING ANALYSIS

Will I find work here and settle down, or return overseas? I've become involved with someone – what will happen? I feel like I'm in limbo.

Annie B, Narrabeena, NSW.

You're like a child in a toy shop – so many distractions, so many choices. You will *always* find work. You have ambition. What is holding you back is fear: 'What if I make a mistake?' There are no mistakes. You must decide where you wish to live – Australia holds its arms open to you, yet you fear isolation. You can accept a challenge, so trying new vocations and skills will be the ultimate decision in regard to obtaining sufficient work. Until you decide where you want to abide for another two years you will look for escape or reason to change your mind. Be firm, make the decision and see everything line up.

The A indicates ambition, Es show you like a challenge.