



TANTRA BADHA MUKTI

ॐ नमो भगवते वासुदेवाय
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RISHI ROHIT SHARMA

TANTRA BADHA MUKTI

*"Break Free from the Unseen Chains – Unlock Your
Spiritual Power"*



Rishi Rohit Sharma

Tantra Badha Mukti

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The energy-based practices shared in this system/manual/book are **intended to help protect and clear your personal energy field**. However, **spiritual practices are not guaranteed** to provide **complete immunity from harm**.

The effectiveness of spiritual protection practices depends on:

1. **Your personal energy alignment.**

2. **Your commitment to regular spiritual practice.**
3. **Your understanding of the system's principles and ethics.**

The author/publisher does not assume any responsibility for the claims made by individuals regarding the effectiveness of these practices. The results will vary based on personal spiritual alignment and dedication.

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IN SUMMARY

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Not a Medical Treatment	This system/manual/book is not a replacement for professional medical advice.
Practice with Integrity	Use spiritual tools with positive intention.

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We welcome **spiritual seekers** and **practitioners** who wish to explore the **system/manual/book** with **integrity and respect** for the lineage. 🙏✨

🌀 FINAL STATEMENT

“Spiritual protection and healing are sacred practices that require dedication, awareness, and respect. May this system/manual/book guide you toward greater spiritual freedom, energetic balance, and personal empowerment.”

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Gratitude and Divine Acknowledgment

*As I write these words, my heart is filled with **gratitude and humility** for the **divine forces** that have shaped my life and illuminated my spiritual path. Every experience, whether a challenge or a triumph, has been made meaningful by the **unseen hands** that have gently guided me toward **light, wisdom, and empowerment**.*

*The creation of this system/manual/book would not have been possible without the **grace and blessings** of **divine beings, spiritual guides, and higher forces** that have walked alongside me on this sacred journey. It is with deep reverence that I express my gratitude to **all those who have influenced my spiritual growth**.*

Reiki Founder Mikao Usui

*I bow in **gratitude and respect** to **Mikao Usui**, the **founder of Reiki**, whose teachings have inspired countless individuals to embrace **energy healing** as a path toward **balance and wholeness**. His dedication to **spiritual awakening and healing through universal life force energy** has paved the way for systems like this one to emerge, offering **protection, empowerment, and freedom** to those who seek it.*

*The wisdom of **Reiki** reminds us that **healing begins within** and that through **spiritual alignment**, we can **clear blockages, protect our energy, and connect with the divine source** that flows through all living beings.*

Gratitude to Divine Forces and Spiritual Guides

Pratham Pujniye Lord Ganesh

*First and foremost, I offer my **humble thanks** to **Pratham Pujniye Lord Ganesh**, the **remover of obstacles** and the **lord of new beginnings**. His presence has been a constant source of **strength and***

*clarity, helping me navigate life's challenges with **grace and perseverance**. It is through his **divine intervention** that I have been able to overcome hurdles and move forward on my spiritual path.*

Adi Shakti Durga

*To **Adi Shakti Durga**, the **supreme mother goddess**, I bow in reverence. Her **infinite love, protection, and nurturing presence** have fortified me through life's storms. Her **energy of transformation and strength** has given me the **courage** to face difficult moments and emerge stronger.*

Baba Bhairon and Lord Hanuman

*My deepest gratitude goes to **Baba Bhairon and Lord Hanuman**, my **eternal protectors and guides**. Their **unwavering presence** has shielded me from harm, and their **divine strength** has given me the resolve to stand firm in moments of uncertainty. I am forever grateful for their **guidance, protection, and wisdom**.*

The Divine Trinity: Maha Kali, Maha Laxmi, and Maha Saraswati

*To the **divine trinity** of **Maha Kali, Maha Laxmi, and Maha Saraswati**, I offer my heartfelt thanks for their **grace, abundance, and wisdom**.*

- ***Maha Kali**: With her **fierce protection**, she has helped me destroy **inner fears and negative energies**.*
- ***Maha Laxmi**: Her blessings have brought **prosperity and spiritual wealth**, ensuring balance and harmony in my life.*
- ***Maha Saraswati**: Her **wisdom and insight** have illuminated my path, guiding me to **share knowledge** with clarity and truth.*

Shiv Shambhu, Hari Vishnu Rama, and Brahma

*With a heart full of devotion, I offer my thanks to **Shiv Shambhu, Hari Vishnu Rama, and Brahma**, the **three pillars of creation, preservation, and transformation**. Their **divine energy** flows*

*through all aspects of existence, reminding us that **change and growth** are sacred processes.*

Deities of the Elements and Cosmic Influences

*I bow to the **deities of the elements** – **Indra Dev, Agni Dev, Varun Dev, and Pawan Dev** – who govern the forces of nature and remind us of the **sacred balance that sustains life.***

*To **Surya Dev (the Sun), Guru (Jupiter), Chandra (the Moon), Mangal (Mars), Shukr (Venus), Budh (Mercury), Shani (Saturn), Rahu, and Ketu,** I offer my gratitude for their cosmic influence that shapes our **destiny and karma.***

Mother Mary and Jesus Christ

*My **heartfelt thanks** go to **Mother Mary and Jesus Christ,** who have always been a source of **comfort, compassion, and solace** in challenging times. Their teachings of **love, forgiveness, and humility** inspire me to walk the path of **kindness and empathy.***

The Archangels

*To the **Archangels Michael, Gabriel, Uriel, and Raphael,** I express my **deep gratitude** for their **protection, guidance, and light.** They have been **beacons of divine energy,** helping me stay **grounded in truth and aligned with my purpose.***

Ghous Pak Peer: Shaykh Abdul Qadir Jilani

*I offer my **deep respect and love** to **Ghous Pak Peer (Shaykh Abdul Qadir Jilani),** the **crown of saints,** whose **teachings and spiritual legacy** continue to **inspire seekers across the world.** His **wisdom and guidance** have helped me navigate **spiritual complexities** and deepen my connection to the **divine realms.***

Spirit Guides and the Ten Mahavidhyas

*To my **spirit guides** and the **Ten Mahavidhyas,** I offer my sincere thanks for the **hidden knowledge and power** they have unlocked within*

me. Their *mystical teachings* have guided me to *embrace my higher self* and navigate the *unseen realms* with *clarity and wisdom*.

Baba Balaknath, Baba Murad Shah Ji, and Sai Laddi Shah Ji

I extend my thanks to **Baba Balaknath, Baba Murad Shah Ji, and Sai Laddi Shah Ji**, whose *divine blessings* have been a *beacon of strength and protection* on my spiritual journey. Their guiding presence reminds me of the *power of devotion and service to the divine will*.

Kuan Yin and Tara

To **Kuan Yin and Tara**, symbols of *compassion and mercy*, I offer my *heartfelt thanks* for their *gentle guidance and healing energy*. Their presence has taught me the *importance of kindness, empathy, and patience* in all aspects of life.

Lord Buddha

I express my deep gratitude to **Lord Buddha**, whose *teachings of enlightenment* continue to guide me toward *inner peace and spiritual awakening*.

The Angels and Higher Beings

To the *angels and higher beings*, I offer my thanks for their *protection and spiritual guidance*. They have *illuminated my path*, ensuring that I stay *aligned with divine wisdom and universal truth*.

🙏 A Journey of Divine Guidance

Every *spiritual insight, healing system, and practice* I have shared is rooted in the *divine grace of these higher beings*. Their influence is present in the *creation of this system/manual/book*, which embodies the *balance between spiritual empowerment and protection*.

💖 Gratitude to Seekers and Students

To all the *students, seekers, and readers* who have walked this path with me, I offer my sincere gratitude. Your *faith and dedication* inspire

me to continue sharing the wisdom and spiritual insights I have received.

*You are not just **followers** – you are **fellow travelers** on this **path of light**. It is my **honor** to guide and walk beside you on this journey of **self-discovery and enlightenment**.*

✨ **Final Blessing**

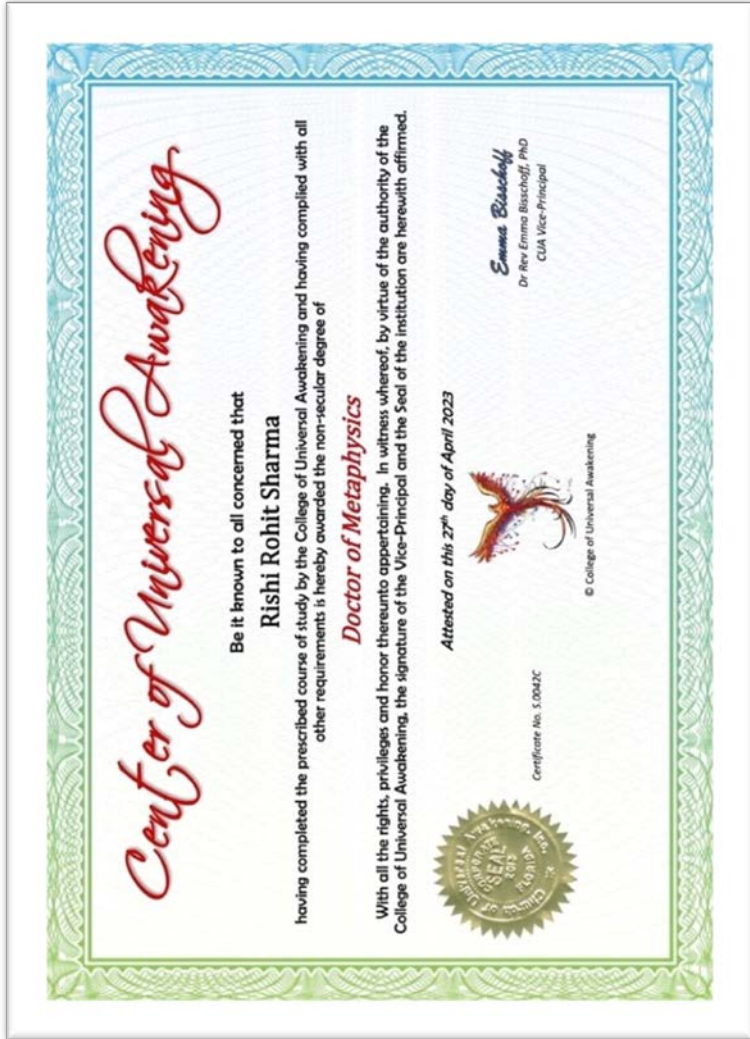
*May the blessings of **Pratham Pujniye Ganesh, Adi Shakti Durga, Ghous Pak Peer, and the 33 Koti Devi-Devta** be with us all.*

*May we continue to receive **divine guidance**, remain **grounded in truth**, and walk the **path of light** with **courage, compassion, and clarity**.*

*With love, light, and blessings,
May your journey be filled with peace and protection.*

Rishi Rohit Sharma.





"Attainment of this esteemed certification signifies a profound journey into the realms of metaphysical understanding and spiritual wisdom. With dedication and reverence, I have delved into the depths of metaphysical studies, expanding my knowledge and embracing the interconnectedness of the universe. This certificate symbolizes not only academic achievement but also a commitment to the exploration of consciousness, energy, and the mysteries of existence."

Warning & Disclaimer

This manual is provided free of charge and is intended for **educational and informational purposes only**. The content within this manual is meant to offer **knowledge and guidance** for individuals seeking to explore this on their own, through **self-directed meditation** and **personal spiritual exploration**.

IMPORTANT NOTES

- This manual does **not include any form of attunement, energy transmission, or facilitated energy work**.
- All **meditations, exercises, and techniques** shared in this manual are **self-guided** and intended to be **practiced at the reader's discretion**.
- The **spiritual practices described** in this manual require **personal responsibility**. Readers are encouraged to **explore these practices with care**, in a way that feels **safe and aligned with their own spiritual beliefs**.

DISCLAIMER

The authors and contributors of this manual are **not responsible** for any **spiritual, emotional, or physical outcomes** resulting from the reader's practice of the techniques described herein. This manual provides **general spiritual knowledge** and is **not a substitute for professional guidance** in areas of health, mental well-being, or therapy.

- **Use of this manual is at the reader's own risk.**

- Readers should practice **discernment** and trust their **intuition** when exploring any spiritual work.
- **If you feel uncertain or uncomfortable** at any point during your practice, it is advisable to **pause and seek additional support** from trusted spiritual mentors or professionals.

SELF-EXPLORATION DISCLAIMER

The spiritual practices described in this manual – including **guided meditations, journaling prompts, and energy-related exercises** – are designed to be **self-exploratory**. It is the reader's responsibility to:

- **Set their own intentions** for practice.
- **Create a safe, sacred space** for spiritual work.
- **Maintain personal boundaries and energetic protection.**

This manual **does not guarantee any specific outcomes**, as spiritual experiences are **highly personal and subjective**.

FINAL NOTE

Exploring this is a **deeply personal journey**. The exercises and techniques in this manual are **tools to assist you** on your path, but it is **up to you to explore them with care, integrity, and respect** for the sacred nature of this work.

Proceed with an **open heart, clear intentions, and personal responsibility**. Always trust your **intuition** and **inner wisdom** as your **most valuable guide**.



Disclaimer and User Guidelines

This manual is intended for **educational and informational purposes** and is designed to offer **knowledge and guidance** for individuals exploring **spiritual practices**, including but not limited to **Reiki, Energy Healing, Occult Sciences, Astrology, Vastu**, and **other Metaphysical streams**. The techniques, exercises, and meditations shared in this manual are provided for **self-directed exploration** and **personal spiritual development**.

IMPORTANT NOTES

- This manual does not include **attunements, energy transmissions, or facilitated energy work** unless explicitly stated.
- All **practices, rituals, meditations, and techniques** shared in this manual are **self-guided** and should be practiced at the reader's discretion.
- The **spiritual practices** described in this manual require **personal responsibility**. Readers are encouraged to explore these practices in a way that feels **safe, comfortable, and aligned with their personal beliefs**.
- This manual is intended as a **spiritual tool** and should not be used as a substitute for **professional advice** in areas such as **health, mental well-being, or financial matters**.

DISCLAIMER

The **authors, contributors, and publishers** of this manual are not responsible for any **spiritual, emotional, or physical outcomes**

resulting from the reader's practice of the techniques described herein. The **spiritual experiences and outcomes** derived from the practices in this manual are **highly personal and subjective**, and as such, no **specific results** are guaranteed.

By using this manual, readers agree to the following:

- The **use of this manual is at the reader's own risk**.
- Readers are encouraged to **exercise discernment** and **trust their intuition** when exploring any spiritual or metaphysical practice.
- If readers feel **uncertain, anxious, or uncomfortable** at any point during their practice, they should **pause immediately** and consider seeking **support from trusted spiritual mentors, teachers, or professionals**.

This manual provides **general spiritual knowledge** and is not a replacement for **professional guidance** in any field, including **medical, psychological, legal, or financial services**.

SELF-EXPLORATION DISCLAIMER

The **spiritual practices** described in this manual – including **meditations, journaling prompts, rituals, and energy-related exercises** – are intended to be **self-exploratory** and **self-directed**. It is the **responsibility of the reader** to approach these practices with **care and integrity**.

Readers are encouraged to:

- **Set their own intentions** before beginning any spiritual practice.
- **Create a safe, sacred space** for spiritual work that feels comfortable and aligned with their beliefs.
- Maintain **personal boundaries and energetic protection** throughout their practice.

- **Take breaks or pause practices** if they feel overwhelmed or uncomfortable.

This manual is a **guide**, but the **reader's intuition, personal discernment**, and **inner wisdom** are the **most valuable tools** on their spiritual journey.

SPIRITUAL PRACTICE DISCLAIMER

The **rituals, mantras, remedies**, and **spiritual exercises** shared in this manual are intended to assist in **spiritual exploration and personal growth**. However, **incorrect usage, mispronunciation**, or **misapplication** of certain spiritual techniques may reduce their **effectiveness**. Readers are encouraged to **study these practices with care** and **seek guidance** if needed.

Important Points to Note:

- **This manual does not guarantee any specific spiritual outcomes.**
- **Spiritual practices should be approached with respect and reverence** for their sacred nature.
- **Cultural and traditional practices referenced in this manual are included for educational purposes** and may differ across various regions and belief systems.

Readers are responsible for **honoring the integrity** of the practices they engage in and **respecting the spiritual traditions** from which they originate.

ENERGY WORK AND SPIRITUAL PROTECTION

When engaging in **energy healing** or **spiritual practices**, it is important to ensure that **energetic boundaries** are maintained for **personal protection**.

Readers are encouraged to:

1. **Ground themselves** before starting any spiritual work.
2. Use **protection techniques**, such as **visualization** or **mantras**, to **shield their energy field**.
3. Practice **cord-cutting rituals** or **aura cleansing techniques** if they feel energetically drained.
4. **Trust their intuition** and **end any practice** if they feel discomfort or resistance.

FINAL NOTE

This manual is a **tool for self-discovery** and **spiritual growth**. The **exercises, techniques, and knowledge** shared herein are intended to assist you on your **personal spiritual journey**. However, it is ultimately **up to you to explore these practices with care, integrity, and respect for their sacred nature**.

Approach your **spiritual practice** with:

- **An open heart.**
- **Clear intentions.**
- **Personal responsibility.**

Always remember that your **inner wisdom** and **intuition** are your most **valuable guides** on this path.

FOR SPIRITUAL EXPLORATION ONLY

This manual is intended for **spiritual exploration** and **personal empowerment**. It is not affiliated with any specific **religious institution, organization, or belief system**. The practices described in this manual are provided as **tools for spiritual growth** and are to be interpreted and applied according to the **reader's own beliefs**.

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SUMMARY

Guideline	Important Note
Self-Directed Practice	All exercises are self-guided and require personal responsibility.
Personal Use Only	This manual is for personal spiritual exploration and not for resale or commercial use.
Respect for Traditions	Readers should honor the cultural and spiritual traditions referenced in this manual.
No Guaranteed Outcomes	Spiritual experiences vary from person to person. No specific results are guaranteed.
Trust Your Intuition	Readers should trust their inner wisdom and pause any practice if they feel uncomfortable.

PROCEED WITH CARE AND INTEGRITY

Exploring **spiritual practices**, whether through **Reiki**, **astrology**, **Vastu**, or **occult sciences**, is a deeply **personal and sacred journey**.

As you engage with the techniques in this manual, remember to:

- **Trust your intuition.**
- **Respect the sacred nature of these practices.**
- **Approach spiritual work with an open mind and heart.**

Your **spiritual journey** is uniquely yours. May this manual serve as a **companion and guide** as you **navigate the unseen realms**, **expand your awareness**, and **reclaim your spiritual power**.

With light and blessings,

May your journey be filled with protection, peace, and divine wisdom.



Dedication

*To the Unseen Source, the Eternal Flame,
The Whisper in the Silence, the One with No Name.*

*To the Light that Shines in Every Heart,
The Cosmic Weaver, of which we're a part.*

*This work is humbly offered to **the Supreme God,**
The Keeper of Mysteries, the Infinite Rod.*

*The Breath behind Creation, the Pulse of the Stars,
The Guide of our Souls, who knows who we are.*

*To the Presence in stillness, the Voice in the breeze,
The Wisdom that flows through rivers and trees.*

*To the Light within darkness, the Calm in the storm,
The Eternal Essence in every form.*

*For every question we've dared to ask,
For every truth that's hidden behind the mask,
For every journey into the Unknown,
We are never lost, for we're never alone.*

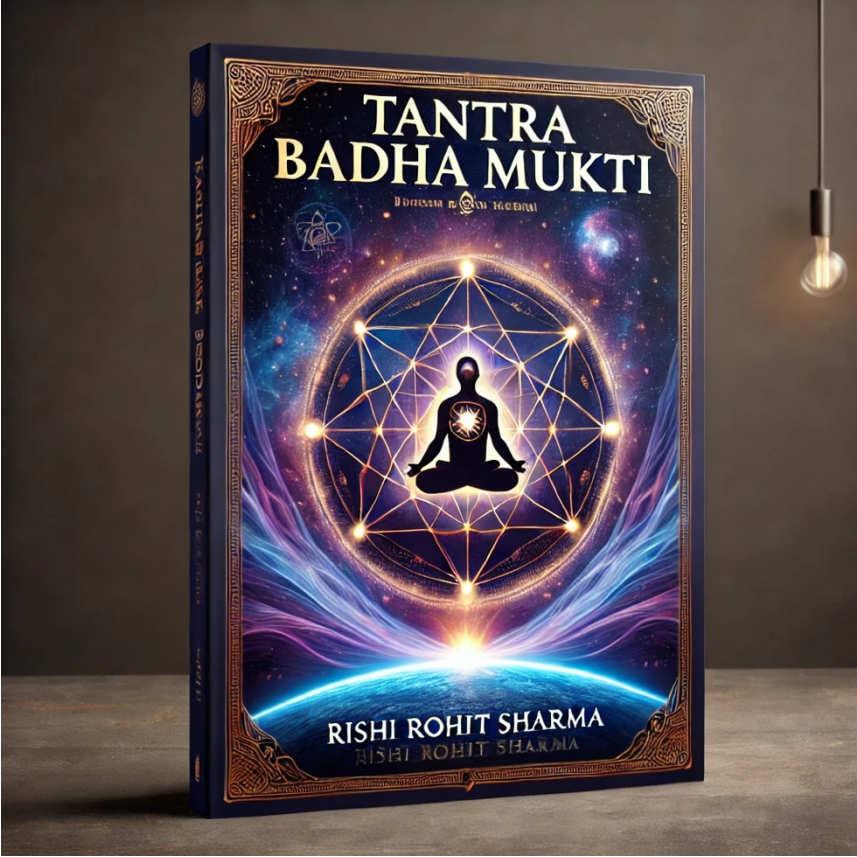
*May these pages reflect Your boundless grace,
Your infinite love, in time and space.*

*And as each seeker walks their way,
May they feel Your Light guide every day.*

This is for You –

The Eternal, The Divine, The One.





Preface

Tantra Badha Mukti: A Journey to Spiritual Liberation and Protection

In a world filled with unseen energies and invisible forces, we often find ourselves entangled in situations that defy logic—**persistent obstacles, unexplained failures, emotional disturbances, financial troubles, and broken relationships**. Many of these struggles are the result of **spiritual blockages and negative bindings**, deeply rooted in **energetic imbalances, karmic ties, or external spiritual attacks**. This book, *Tantra Badha Mukti*, is a **comprehensive guide to breaking these spiritual bindings and reclaiming your personal power**.

Spiritual protection is not a new concept. Since ancient times, cultures around the world have recognized the **influence of unseen forces** on human lives. From **Tantra and Reiki to mantras, rituals, and spiritual remedies**, different traditions have developed **powerful tools and practices** to shield against **negative energies, black magic, and evil eye attacks**. This book synthesizes these ancient practices into a **modern, accessible system of spiritual liberation**.

The term **Tantra Badha** refers to **spiritual blockages or afflictions** caused by **negative energies, black magic, or karmic ties**. **Tantra Bandhan**, on the other hand, refers to **spiritual bindings** that restrict your energy field, often leading to **stagnation in life**. These blockages can manifest in many forms—**emotional instability, recurring failures, financial loss, relationship breakdowns**, and even **physical ailments**. The goal of this book is to help you **identify these spiritual blockages, cut energetic cords, and protect yourself from future spiritual interference**.

This book is not just about protection from **negative forces**; it is about **empowerment, healing, and reclaiming your sovereignty**. It offers a practical, step-by-step approach to **remove energetic blockages, heal your aura and chakras, and restore balance and harmony in your life**. Whether you are dealing with **external attacks** or **internal limitations**, the practices in this book will help you **break free from spiritual constraints** and **step into your highest potential**.

Why This Book Is Needed Now More Than Ever

The modern world has brought many blessings—technological advancements, global connections, and opportunities for personal growth. Yet, it has also exposed us to **increased stress, anxiety, and energetic vulnerabilities**. We are constantly bombarded by **negative thoughts, emotions, and energies**, often unknowingly absorbing these into our **energy field**. Without proper spiritual protection, we become **vulnerable to psychic attacks, emotional manipulation, and energetic drains**.

Furthermore, many people unknowingly carry **karmic burdens, ancestral bindings, or unresolved trauma** from past lives, which continue to impact their current life. These **spiritual bindings** can keep you trapped in **negative patterns**, preventing you from achieving **success, happiness, and inner peace**.

This book is for anyone who feels **stuck in life**, who has **tried everything without success**, or who experiences **repeated misfortunes** with no apparent cause. It is for **healers, spiritual seekers, and everyday individuals** who want to **take control of their energy, heal themselves, and protect their spiritual well-being**.

What You Will Discover in This Book

Tantra Badha Mukti is more than just a guide to **spiritual protection**; it is a **blueprint for spiritual freedom**. In this book, you will learn:

1. The Concept of Tantra Badha and Tantra Bandhan

- What are **spiritual blockages** and **bindings**?
- How do they manifest in your **physical, emotional, and financial life**?
- How can you **detect and remove** these invisible barriers?

2. Understanding Karmic Ties and Ancestral Bindings

- How your **past lives** and **ancestral karma** can influence your current reality.
- Techniques to **break karmic cycles** and **heal generational trauma**.

3. The Role of the Aura, Chakras, and Astral Body

- How **spiritual blockages** affect your **energy field**.
- Practical tools to **cleanse, heal, and protect** your **aura and chakras**.

4. How to Use Mantras, Rituals, and Reiki for Protection

- **Powerful mantras** to **break spiritual bindings**.
- **Reiki techniques** to **cut energetic cords** and **restore your energy field**.
- Step-by-step **rituals** to **protect yourself from psychic attacks** and **negative energies**.

5. Daily Spiritual Protection Practices

- Simple yet effective **daily rituals** to keep your **energy field clear and protected**.

- How to **shield yourself from negative influences** in your **everyday life**.

Who This Book Is For

This book is for anyone who wants to:

- **Protect themselves from spiritual attacks** (such as **black magic, evil eye, or negative entities**).
- **Break free from karmic bindings and ancestral curses**.
- **Heal emotional and mental blockages** caused by **past trauma**.
- **Reclaim their personal power and strengthen their energy field**.
- **Enhance their spiritual practice with effective tools and techniques**.

Whether you are a **healer, a spiritual seeker**, or simply someone looking for **clarity and peace**, this book will serve as your **companion on the path to spiritual liberation**.

A Word of Gratitude

I am deeply grateful to the **divine beings, spiritual guides, and teachers** who have influenced the creation of this book. Their wisdom and protection have guided me through every step of this journey. This book is a reflection of their teachings and a **gift to those seeking spiritual freedom and protection**.

I also express my **heartfelt thanks** to all the **spiritual seekers and students** who have inspired me to share this knowledge. Your **faith, curiosity, and dedication** have been a constant source of encouragement, motivating me to continue sharing **ancient wisdom** for the benefit of all.

Rishi Rohit Sharma



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Chapter One



Understanding Tantra Badha

In every culture and spiritual tradition across the world, there is a shared understanding that unseen forces can influence our lives in both positive and negative ways. In the ancient Indian spiritual sciences, this concept is deeply rooted in **Tantra**, where practitioners acknowledge the existence of **Tantra Badha**—spiritual afflictions caused by **negative energies, black magic, psychic attacks, or self-imposed thought patterns**.

But what exactly is **Tantra Badha**? How does it manifest in a person's life, and more importantly, how can it be healed? In this chapter, we will explore the **meaning, origins, and symptoms of Tantra Badha**, helping you understand how these **spiritual blockages** can hold you back and disrupt your life's flow.

What Is Tantra Badha?

The term “**Tantra Badha**” is derived from two Sanskrit words:

- **Tantra** (तन्त्र) meaning **technique, system, or method** used to harness spiritual energies.
- **Badha** (बाधा) meaning **obstacle, affliction, or blockage**.

Thus, **Tantra Badha** refers to **spiritual blockages or obstacles** that arise due to **negative energy influences**, particularly through **intentional or unintentional use of tantric practices**. These blockages can hinder a person's **physical, mental, emotional, and spiritual well-being**.

Unlike ordinary challenges in life, **Tantra Badha is more insidious**, as it works through the **subtle energy body (aura)** and often goes unnoticed until it causes significant disturbances.

The Origins of Tantra Badha in Tantric Practices

In ancient times, **Tantra** was a powerful spiritual science used for both **divine connection** and **worldly mastery**. While most tantric practices were meant to **elevate the practitioner's consciousness**, there was also a darker side—where some practitioners used **Tantric rituals for selfish or harmful purposes**.

This darker use of Tantra led to the development of practices such as:

- **Stambhan** (Stopping someone's progress).
- **Mohini** (Enchanting or controlling someone's will).
- **Akarshan** (Attraction rituals to bind someone).
- **Vashikaran** (Mind control).
- **Marana** (Destructive rituals intended to harm).

These practices, when directed toward a person, could create **energetic obstacles** in their lives, leading to what is now known as **Tantra Badha**.

Definition of Tantra Badha

In simple terms, **Tantra Badha** is a **spiritual blockage or affliction** caused by **negative energy interference**. It can arise from **black**

magic, evil eye, psychic attacks, or even self-inflicted thought patterns.

While some cases of Tantra Badha are caused intentionally by **external sources** (like someone casting a spell or performing a curse), others can occur **unintentionally** through **negative emotions** such as **envy, hatred, or fear.**

How Does Tantra Badha Manifest?

Tantra Badha can affect various aspects of life, including health, relationships, finances, and spiritual progress. The affliction works through the **subtle energy body** – particularly the **aura** and **chakras** – causing **energetic blockages** that manifest as **persistent life problems.**

Here are some common ways **Tantra Badha** can show up in everyday life:

Area of Life	Symptoms of Tantra Badha
Health	Chronic illnesses, unexplained fatigue, body pain, dizziness
Relationships	Sudden conflicts, breakups, misunderstandings
Finances	Unexpected losses, blocked opportunities, career stagnation
Emotions	Anxiety, fear, depression without cause
Spiritual Growth	Inability to meditate, feeling disconnected from the divine

The Energetic Science Behind Tantra Badha

To understand **Tantra Badha**, we must first understand how **energy flows** through the human body. The **subtle energy system** includes:

1. **The Aura** – The **energy field** surrounding the body.
2. **The Chakras** – **Energy centers** that regulate various aspects of life.

When a person is **spiritually healthy**, their **energy flows freely**, and their aura remains **strong and balanced**. However, **negative energies** can **penetrate the aura** and **disrupt the chakras**, creating **blockages** that lead to **Tantra Badha**.

These blockages can come from:

- **External Sources:**
 - **Black magic, curses, or evil eye.**
 - **Jealousy or hatred** directed toward you by others.
- **Internal Sources:**
 - **Negative thoughts and emotions.**
 - **Unresolved trauma or karmic debts.**

● **Types of Tantra Badha**

There are several types of **Tantra Badha**, depending on the source of the affliction:

1. **Drishti Badha (Evil Eye)**
 - Caused by **jealousy or envy** from others.
 - Symptoms: **Sudden headaches, financial loss, health issues.**
2. **Mantra Badha (Mantra Binding)**

- Caused by **negative mantra practices** that create **spiritual bindings**.
 - Symptoms: **Mental confusion, emotional instability, recurring failures.**
3. **Chakra Badha (Chakra Blockage)**
- Caused by **energetic blockages in the chakras**.
 - Symptoms: **Feeling stuck, loss of motivation, spiritual disconnection.**
4. **Karmic Badha (Karmic Obstacles)**
- Caused by **unresolved karmic debts** from past lives.
 - Symptoms: **Repetitive negative patterns in life.**

⚠ **Signs and Symptoms of Tantra Badha**

A person suffering from **Tantra Badha** may experience:

1. **Unexplained failures** in life (career, relationships, finances).
2. **Physical health issues** with no medical diagnosis.
3. **Emotional instability**, including anxiety, depression, and fear.
4. **Nightmares or disturbed sleep** (feeling watched, chased, or trapped).
5. **Mental confusion** or feeling **mentally blocked**.
6. **Spiritual disconnection** or inability to **meditate or pray effectively**.
7. **Recurring accidents or misfortunes** without any logical explanation.

Case Study: The Story of Ravi

Ravi was a successful businessman who suddenly started experiencing **unexpected losses** in his business. No matter what he did, he couldn't reverse his financial decline. He also began suffering from **severe headaches** and **insomnia**, despite being perfectly healthy before.

After consulting with a spiritual healer, Ravi discovered that he was a victim of **Tantra Badha**, caused by **jealousy and black magic** directed at him by a former business partner. Once he performed **Bandhan Mukti rituals** and **cleansed his energy field**, Ravi's life began to stabilize, and he was able to rebuild his business.

Key Takeaways

- **Tantra Badha** is a **spiritual blockage** caused by **negative energy interference**.
- It can affect **every aspect of life**, including **health, finances, relationships, and spirituality**.
- The source of Tantra Badha can be **external (black magic, evil eye)** or **internal (negative thoughts, karmic debts)**.
- Recognizing the **symptoms of Tantra Badha** is the first step toward **healing and liberation**.

Chapter Two



The Historical and Cultural Significance

To truly understand **Tantra Badha**—the concept of **spiritual blockages caused by negative energies**—it's important to explore its **historical and cultural roots** in the **ancient Tantric traditions of India**. Throughout history, **Tantra** has been both revered and feared. While it is primarily a path of **spiritual liberation and divine connection**, it also holds the potential to **manipulate and control energy for selfish or harmful purposes**. This dual nature of Tantra is where the concept of **Tantra Badha** finds its roots.

In this chapter, we will explore the **origin of Tantric practices**, their **historical evolution**, and how the **misuse of these spiritual techniques** has led to **spiritual blockages and afflictions** known as **Tantra Badha**.

The Origins of Tantra: A Spiritual Science

The word **Tantra** comes from the Sanskrit root "Tan", meaning to **weave, expand, or manifest**. Tantra is a **spiritual science** that focuses on **harnessing cosmic energies** through **mantras, rituals, yogas, and meditations** to achieve **liberation (moksha)** and **worldly mastery**.

In its purest form, **Tantra is about balance**—balancing the **divine masculine and feminine energies, spiritual and material worlds, and mind and body**. However, as with any powerful tool, it can be used for **both positive and negative purposes**.

Historically, **Tantric texts and practices** date back to the **Vedic period (circa 1500-500 BCE)**, but Tantra flourished during the **Gupta period (circa 4th-6th century CE)** and became a widespread spiritual system across **India, Tibet, and Southeast Asia**.

Two Paths of Tantra: Right-Hand and Left-Hand Tantra

In Tantra, there are **two primary paths** that practitioners can take:

1. **Right-Hand Path (Dakshinachara)** – This is the **spiritual, devotional path** focused on **purification, liberation, and divine connection**. It involves practices like **meditation, yoga, and mantra chanting** for **self-realization**.
2. **Left-Hand Path (Vamachara)** – This path involves **esoteric rituals, invocation of spirits, and the use of energy manipulation**. While it can be used for **positive purposes**, it is more often associated with **black magic, control, and Tantra Badha**.

The **Left-Hand Path** is where **Tantra Badha** finds its roots, as practitioners of this path have historically used **Tantric techniques** to **bind, control, or harm others**.

✘ Historical Accounts of Tantric Practices and Spiritual Blockages

Throughout history, **Tantric practices** have been both **respected and feared**. Many rulers and kings sought the help of **Tantric practitioners** to **protect their kingdoms, gain power, or defeat enemies**. However, these practices often came with **karmic consequences** and led to **spiritual blockages** for both the practitioner and the target.

Here are a few **historical examples** of **Tantric influence** in **Indian culture**:

1. The Use of Tantra in Royal Courts

During the **medieval period**, kings and rulers often employed **Tantric practitioners** to **protect their reign** and **manipulate their enemies**. These practitioners would perform **rituals to invoke powerful energies**, bind their enemies through **Mantra Bandhan**, or cast **Stambhan (freezing spells)** to **paralyze their opponents' actions**.

For example, the **Chandraketugarh inscriptions** (circa 200 BCE) mention **Tantric rituals** performed by kings to **ensure victory in battle** and **protect their kingdoms from curses**. While these practices offered **short-term benefits**, they often created **long-term karmic debts** that resulted in **spiritual blockages**.

2. The Role of Aghoris and Left-Hand Tantrics

Aghoris are **ascetic practitioners** of the **Left-Hand Path** of Tantra. They are known for their **fearless practices**, which include **meditation in cremation grounds**, **rituals involving human remains**, and **invocation of spirits**.

While many **Aghoris** pursue these practices for **spiritual liberation**, some have historically used their knowledge to **bind others spiritually** through **Tantra Badha**. These bindings often resulted in **energy drain**, **loss of willpower**, and **emotional instability** in the victims.

3. The Cultural Fear of Black Magic and Tantra Badha

In Indian folklore and rural traditions, there has always been a **cultural fear of black magic** and **Tantric attacks**. People believe that **jealousy**, **envy**, or **hatred** can lead someone to **employ a**

Tantric practitioner to cast **negative spells** or create **Tantra Badha** for their enemies.

Common **Tantric practices** used for **harmful purposes** include:

Tantric Ritual	Purpose
Vashikaran	To control someone's thoughts and actions
Stambhan	To freeze someone's progress
Mohini Vidya	To enchant or seduce someone
Marana	To harm or destroy someone

These practices can create **severe spiritual blockages** for both the **victim** and the **practitioner**, leading to **Tantra Badha**.

The Dual Nature of Tantra: Divine vs. Destructive

While **Tantra** has historically been associated with **mysticism and magic**, it's important to understand that **the true essence of Tantra is liberation and empowerment**. The **misuse of Tantra for manipulation or control** is a **deviation** from its original purpose.

Here's a comparison of the **two aspects of Tantra**:

Aspect	Positive Tantra (Right-Hand Path)	Negative Tantra (Left-Hand Path)
Purpose	Spiritual liberation	Control and manipulation
Practices	Meditation, mantra chanting	Black magic, curses, binding spells
Outcome	Self-realization, peace	Karmic debt, spiritual blockages

Understanding this **dual nature of Tantra** is essential for recognizing the **significance of Tantra Badha** and how it has been perceived throughout history.

Cultural Beliefs About Tantra Badha

Even today, in many parts of **India, Nepal, and Tibet**, people believe in the **existence of Tantra Badha**. They consult **Tantric**

healers or spiritual guides when they experience **persistent failures, health issues, or emotional disturbances** that cannot be explained by logic.

Some common **cultural practices to protect against Tantra Badha** include:

- **Tying protective threads (raksha sutra)** on the wrist.
- **Chanting mantras** like the **Maha Mrityunjaya Mantra** for protection.
- **Performing fire rituals (homas)** to cleanse negative energies.
- **Keeping amulets or talismans** for spiritual protection.

The Karmic Consequences of Using Negative Tantra

One of the most important teachings in Tantra is the **law of karma**. Any **negative energy** sent out into the world will **eventually return** to the sender. This is why **Tantra Badha** not only affects the **victim** but also creates **spiritual blockages for the practitioner**.

For example:

- A person who uses **Vashikaran** to control someone may later experience **relationship issues** or **loss of personal freedom**.
- A person who casts **Stambhan** spells may find themselves **stuck or blocked** in their own life.

Key Takeaways

- **Tantra Badha** has its roots in **ancient Tantric practices**, particularly the **Left-Hand Path**.
- Historically, Tantra has been used for both **positive and negative purposes**.

Tantra Badha Mukti

- The misuse of **Tantric rituals** for **control, harm, or manipulation** can create **spiritual blockages** for both the **victim** and the **practitioner**.
- Understanding the **historical and cultural context** of Tantra Badha helps us recognize its **impact on modern life** and how it can be **healed** through **spiritual practices**.

Chapter Three



Causes of Tantra Badha – Black Magic, Evil Eye, and Karmic Debts

To understand **Tantra Badha** and its impact on a person's life, we need to dive into its **root causes**. These spiritual afflictions don't arise randomly—they are often the result of **intentional negative practices** like **black magic** or **the evil eye**, or they may be caused by **unresolved karmic debts** from **past lives** or **ancestral influences**.

In this chapter, we will explore the primary causes of **Tantra Badha** and how these **negative energies** can infiltrate a person's **energy field** and disrupt their life. Recognizing these causes is the first step toward **identifying and healing spiritual blockages**.

1. BLACK MAGIC (KALA JADU) AS A CAUSE OF TANTRA BADHA

What Is Black Magic?

Black magic (known as **Kala Jadu** in Hindi) is a **dark spiritual practice** used to **manipulate or harm others** through **rituals, spells, and curses**. In the context of **Tantra**, black magic practitioners use **Tantric rituals** to **invoke negative energies** or **entities** to achieve a specific purpose—usually to **harm someone, control their actions, or block their success**.

Black magic is one of the most **common causes of Tantra Badha**. It creates **spiritual blockages** in the victim's life by **interfering with their energy system**, causing **physical, emotional, mental, and financial problems**.

How Black Magic Works

In **black magic rituals**, the practitioner may use **objects belonging to the target** (like hair, clothes, or photos) to **create a connection** with their **aura and energy field**. Through **specific mantras and ritual offerings**, the practitioner **sends negative energy** to the target, creating a **spiritual attack** that manifests as **Tantra Badha**.

Common Types of Black Magic Rituals:

Type of Black Magic	Purpose	Effects on the Victim
Vashikaran	To control someone's mind or actions	Loss of free will, confusion, mental distress
Stambhan	To block progress or success	Career failure, financial losses
Marana	To cause harm or destruction	Physical illness, accidents, emotional breakdown
Akarshan	To attract or bind someone	Relationship problems, emotional imbalance

Symptoms of Black Magic-Induced Tantra Badha

A person affected by **black magic** may experience:

1. **Unexplained illnesses** that don't respond to medical treatment.
2. **Sudden financial losses** or **career setbacks** despite hard work.

3. **Emotional instability**—feeling anxious, depressed, or angry without reason.
4. **Recurring nightmares** or feeling **watched or chased**.
5. **Loss of willpower or motivation**.
6. **Relationship breakdowns** caused by **unexplained conflicts**.

💡 **Real-Life Example:**

Rohit was a thriving entrepreneur who suddenly experienced a **series of financial losses**. No matter how hard he worked, his deals would fall through at the last moment. He also started having **frequent headaches** and **sleepless nights**, feeling like he was **being watched**. Upon consulting a spiritual healer, Rohit discovered that **black magic** had been cast on him by a **jealous competitor**. After performing **Tantra Badha Mukti rituals**, he was able to **remove the spiritual blockages** and regain control of his life.

👁️ 2. THE EVIL EYE (NAZAR) AS A CAUSE OF TANTRA BADHA

What Is the Evil Eye?

The **evil eye** (called **Nazar** in Hindi) is a **negative energy** directed at someone through **jealousy, envy, or hatred**. It doesn't require a formal ritual like black magic—sometimes, a **person's negative thoughts and emotions** are enough to **send harmful energy** to the target.

While the **evil eye** may seem less powerful than black magic, it can still cause **significant disruptions** in a person's life, especially if their **aura is weak** or they are **emotionally vulnerable**.

□ **How the Evil Eye Works**

The **evil eye** operates on the principle that **thoughts and emotions carry energy**. When someone directs **negative thoughts** toward another person with **strong emotions of jealousy or hatred**, it creates a **psychic attack** that affects the target's **energy field**.

Common Causes of the Evil Eye:

- **Jealousy over someone's success** (career, wealth, relationships).
- **Unresolved anger or hatred** toward a person.
- **Envy** toward a person's physical appearance, happiness, or possessions.

⚠ **Symptoms of Evil Eye-Induced Tantra Badha**

A person affected by the **evil eye** may experience:

1. **Sudden fatigue and lack of energy.**
2. **Headaches or dizziness** without medical cause.
3. **Sleep disturbances or nightmares.**
4. **Unexplained conflicts** in relationships.
5. **Feeling of heaviness or unease** in the home or workspace.
6. **Objects breaking or plants wilting** unexpectedly.

💡 **Protection Against the Evil Eye:**

Many cultures have **protective symbols and rituals** to guard against the **evil eye**, including:

- **Nazar Battu** (protective amulets).
- **Black threads** tied around the wrist or neck.

- **Chili and lemon rituals** to ward off negative energy.
- **Burning camphor or sage** to cleanse the aura.

3. KARMIC DEBTS AS A CAUSE OF TANTRA BADHA

What Are Karmic Debts?

Karma is the **universal law of cause and effect**—every action, thought, and intention creates **energetic ripples** that shape our future experiences. **Karmic debts** are **unresolved actions** from past lives or this life that **carry over** and create **spiritual blockages**. Sometimes, **Tantra Badha** can be caused by **karmic imbalances**, where a person is **paying for past actions** through **spiritual obstacles** in this life.

How Karmic Debts Work

When a person has **unresolved karmic debts**, they may experience:

- **Repetitive negative patterns** in their life.
- **Unexplained obstacles** that seem beyond their control.
- **Attraction to toxic relationships** or **destructive behaviors**.

Karmic debts can manifest as:

1. **Ancestral Karma** – Passed down through **family lineage**.
2. **Personal Karma** – Created by **past actions** in this life or previous lives.
3. **Collective Karma** – Resulting from **societal influences**.

Symptoms of Karmic Debts-Induced Tantra Badha

A person affected by **karmic debts** may experience:

1. **Repetitive life challenges** that seem to have no solution.
2. **Chronic illnesses** that are inherited from family members.

3. **Attraction to the same toxic relationships or situations.**
4. **Feeling stuck in life**, unable to progress despite efforts.
5. **A sense of guilt or shame** without a clear reason.

✂ Healing Techniques for Removing Tantra Badha

To remove **Tantra Badha** caused by **black magic, evil eye, or karmic debts**, it is essential to:

1. **Cleanse the aura and chakras** using **Reiki symbols** and **energy healing rituals**.
2. **Cut energetic cords** with people or entities that may be **draining your energy**.
3. **Chant protective mantras**, such as:
 - **Maha Mrityunjaya Mantra** for protection from harm.
 - **Hanuman Chalisa** for warding off evil forces.
 - **Durga Kavach** for spiritual armor.
4. **Perform karmic healing rituals** to **balance past actions**.

🧘 Key Takeaways

- **Black magic** is an intentional practice that creates **spiritual blockages** through **negative rituals**.
- The **evil eye** is an **unintentional psychic attack** caused by **jealousy or envy**.
- **Karmic debts** are **unresolved actions** from the past that can manifest as **life obstacles**.
- Recognizing the **cause of Tantra Badha** is the first step toward **spiritual healing and liberation**.

Chapter Four



How Tantra Badha Affects the Aura, Chakras, and Astral Body

To fully understand the impact of **Tantra Badha**, we must first explore how it **affects a person's subtle energy system**—specifically the **aura, chakras, and astral body**. These are the **non-physical layers of our existence** that connect our **spiritual, mental, emotional, and physical selves**. When **negative energies** from **Tantra Badha** infiltrate this energy system, they can create **spiritual blockages** that manifest as **health issues, emotional disturbances, mental confusion, and life obstacles**.

In this chapter, we'll examine the **energetic anatomy of the human being**, how **Tantra Badha disrupts these energy layers**, and how to recognize **the signs of spiritual damage** in your **aura, chakras, and astral body**.

🌟 **The Subtle Energy System: Aura, Chakras, and Astral Body**

The **subtle energy system** is made up of **three primary components**:

1. **Aura** – The **energy field** that surrounds the physical body.
2. **Chakras** – The **energy centers** within the body that regulate physical, emotional, and spiritual functions.

3. **Astral Body** – The **spiritual counterpart** of the physical body that travels through **different realms** during sleep, meditation, or spiritual practices.

When **Tantra Badha** occurs, it can **penetrate and damage** any or all of these layers, causing **disruptions** in a person's life.

🌀 1. How Tantra Badha Affects the Aura

The **aura** is a **multi-layered energy field** that surrounds the body. It acts as a **protective shield** against **negative energies**, and a healthy aura keeps a person **energetically balanced** and **protected** from harm.

However, when **Tantra Badha** is directed at a person, it **pierces the aura**, creating **weak spots or tears** that allow **negative energies** to enter.

Signs of Aura Damage from Tantra Badha:

1. **Feeling drained or fatigued** even after rest.
2. **Sudden mood swings** or **emotional instability**.
3. **Feeling of heaviness** or **pressure** around the body.
4. **Frequent headaches** or **mental fog**.
5. **Attracting negative people** or **situations** repeatedly.

When the **aura is compromised**, it leaves the person vulnerable to **further spiritual attacks** and can lead to **persistent life challenges**.

□ **How to Identify Aura Damage:**

One way to check for **aura damage** is through **intuitive scanning** or **pendulum dowsing**. Here's a simple exercise you can try:

1. **Stand in front of a mirror** in a **dimly lit room**.
2. Focus on the **space around your body**.

3. If you notice **dark patches, holes, or irregularities** in the energy field, it could be a sign of **aura damage**.

✂ How Tantra Badha Penetrates the Aura:

Cause of Tantra Badha	Effect on the Aura
Black Magic	Creates tears or holes in the aura.
Evil Eye (Nazar)	Causes patches of dark, stagnant energy.
Negative Thought Forms	Weakens the aura's protective shield.
Karmic Debts	Creates energy blockages in the aura's layers.

2. How Tantra Badha Affects the Chakras

The **chakras** are **energy centers** within the body that govern **different aspects of life**. There are **seven primary chakras**, each responsible for specific **physical, emotional, and spiritual functions**. When **Tantra Badha** affects the chakras, it can **block or distort their energy flow**, leading to **imbalances** that manifest as **emotional disturbances, health issues, or life obstacles**.

Which Chakras Are Most Affected by Tantra Badha?

Chakra	Affected by	Symptoms of Blockage
Root Chakra (Muladhara)	Black magic, curses	Financial problems, insecurity, fear
Solar Plexus Chakra (Manipura)	Mantra Bandhan	Loss of willpower, low confidence, confusion
Heart Chakra (Anahata)	Evil eye, emotional bindings	Relationship issues, emotional pain

Third Eye Chakra (Ajna)	Psychic attacks	Mental confusion, headaches, inability to focus
Crown Chakra (Sahasrara)	Karmic debts	Disconnection from spirituality, hopelessness

The Solar Plexus Chakra and Tantra Badha

One of the **most vulnerable chakras** to **Tantra Badha** is the **Solar Plexus Chakra (Manipura)**. This chakra governs **personal power, willpower, and confidence**. When **negative energies** from **Mantra Bandhan** or **black magic** affect the **Solar Plexus**, the person may feel **trapped, powerless, or unable to move forward in life**.

Signs of Chakra Blockages from Tantra Badha:

1. **Physical Symptoms:**

- Stomach issues.
- Chest pain.
- Frequent headaches.

2. **Emotional Symptoms:**

- Sudden anger, fear, or sadness.
- Lack of motivation.
- Feeling mentally foggy or confused.

How to Heal Chakra Blockages:

One effective way to **heal chakra blockages** caused by **Tantra Badha** is through **Reiki energy healing**. By using **Reiki symbols**, you can **clear negative energy** from the chakras and **restore their natural flow**.

Here's a simple **chakra healing exercise** using **Cho Ku Rei** (the **power symbol**):

1. **Visualize a white light** entering the blocked chakra.
2. Draw **Cho Ku Rei** over the chakra.
3. **Affirm:** "I release all blockages and restore my power."

■ 3. How Tantra Badha Affects the Astral Body

The **astral body** is the **spiritual counterpart** of the physical body. It allows a person to **travel through different realms** during **sleep, meditation, or astral projection**.

When **Tantra Badha** affects the **astral body**, it can lead to **astral bindings or hostage situations**, where a person's **spiritual freedom** is restricted.

Signs of Astral Body Disturbance from Tantra Badha:

1. **Recurring nightmares** of being trapped or chased.
2. **Feeling disconnected** from reality.
3. **Sleep paralysis** or **inability to move during sleep**.
4. **Feeling of being watched or followed**.
5. **Sudden fear of death or spiritual entities**.

✂ How to Heal the Astral Body:

To **heal the astral body**, you can perform a **cord-cutting ritual** to **release energetic bindings** that may be holding you hostage.

Cord-Cutting Ritual:

1. **Visualize cords** connecting your astral body to any **negative entity or person**.

2. Use **Reiki symbols** like **Sei He Ki** to **cut the cords**.
3. **Affirm:** "I reclaim my spiritual freedom and release all bindings."

 **Key Takeaways:**

1. **The aura** is the **first layer of defense** against **Tantra Badha**.
2. **Chakras** are vulnerable to **blockages** caused by **negative energies**.
3. **The astral body** can be **trapped or restricted**, causing **spiritual stagnation**.
4. **Healing techniques** like **Reiki, mantras, and visualization** can help **restore balance** to the **subtle energy system**.

Chapter Five



Signs and Symptoms of Tantra Badha – Recognizing Spiritual Blockages

Understanding the **signs and symptoms of Tantra Badha** is crucial to identifying whether you are experiencing a **spiritual blockage** caused by **negative energies**. These symptoms can manifest in various ways—through **unexplained life obstacles, physical and emotional disturbances, and persistent negative patterns in relationships, finances, and overall well-being**.

In this chapter, we'll explore the **different ways Tantra Badha shows up in everyday life**, helping you recognize whether you or someone you know might be affected by **spiritual afflictions**. We will also look at the **root causes** behind these symptoms and how they disrupt the **energy system**.

Why Recognizing the Signs of Tantra Badha Is Important

Tantra Badha can remain **hidden and undetected** for a long time because it operates at a **subtle energy level**. Unlike physical ailments that show clear symptoms, **spiritual blockages** are often mistaken for **bad luck, emotional issues, or natural life struggles**. This makes it essential to **recognize the signs early** to prevent the blockage from deepening and causing **greater harm**.

The symptoms of Tantra Badha can fall into **three primary categories**:

1. **Unexplained Obstacles in Life**

2. **Physical and Emotional Disturbances**

3. **Negative Patterns in Relationships and Finances**

Let's explore each of these in detail.


 **1. Unexplained Obstacles in Life**

One of the most **common signs of Tantra Badha** is experiencing **persistent obstacles** in life that seem to have no logical explanation. These obstacles can appear suddenly and **block progress in career, personal goals, health, or relationships**.

If you find that **no matter how hard you try**, things don't work out, or you face **unexpected failures** repeatedly, it may be a sign of **spiritual interference**.

Common Symptoms of Unexplained Obstacles:

- **Career setbacks** despite consistent hard work.
- **Business failures** that seem out of your control.
- **Legal issues** that arise unexpectedly.
- **Repeated accidents or misfortunes**.
- **Delays and blocks** in achieving goals.

 **Real-Life Example:**

Priya was a talented graphic designer who had recently launched her freelance business. Despite having several promising clients lined up, they all **canceled their projects at the last minute**. Priya also began experiencing **severe headaches** and a **sense of hopelessness**. After consulting a spiritual healer, she discovered that she was a victim of **Tantra Badha**, caused by a **jealous former colleague** who had performed a **black magic ritual** to block her success.

Once Priya performed a **Tantra Badha Mukti ritual** and **cleansed her aura**, her business began thriving again.

□ **How to Identify Unexplained Obstacles as Tantra Badha:**

Ask yourself:

1. Are you **facing constant delays or failures** despite your best efforts?
2. Do you experience **unexpected misfortunes** without any logical cause?
3. Have your **plans and opportunities** suddenly started **falling apart** for no reason?

If you answer **yes** to these questions, you may be dealing with **Tantra Badha**.

2. Physical and Emotional Disturbances

Another major symptom of **Tantra Badha** is **physical and emotional disturbances** that **do not respond to medical treatment**. These disturbances can include **chronic fatigue**, **persistent illnesses**, and **emotional instability** that seem to have no clear cause.

In many cases, these symptoms appear **suddenly** and **intensify during spiritual activities** like **meditation, prayers, or rituals**.


Physical Symptoms of Tantra Badha:

- **Chronic fatigue** and **lack of energy**.
- **Unexplained body pain**, especially in the **shoulders, neck, and back**.
- **Frequent headaches** or **dizziness**.
- **Sleep disturbances** or **nightmares**.

- **Sudden weight loss or gain.**
- **Digestive issues** with no medical explanation.

Emotional Symptoms of Tantra Badha:

- **Sudden anxiety or fear** without any apparent reason.
- **Depression or mood swings** that appear out of nowhere.
- **Irritability and anger outbursts.**
- **Feeling mentally foggy or confused.**
- **Loss of motivation or willpower.**

 **Real-Life Example:**

Aman was a successful IT professional who suddenly began experiencing **severe anxiety** and **insomnia**. Despite visiting several doctors, they couldn't find anything wrong with him. Aman also felt **a strange heaviness in his chest** whenever he tried to **meditate or pray**. After visiting a Tantric healer, he learned that he had been **spiritually attacked** by someone who envied his success. After performing a **cleansing ritual**, his symptoms disappeared, and he returned to normal life.

How to Identify Physical and Emotional Disturbances as Tantra Badha:

Ask yourself:

1. Do you experience **chronic fatigue or unexplained health issues**?
2. Are you **emotionally unstable** without any clear reason?
3. Do you feel **mentally blocked or disconnected** from spiritual practices?

If **yes**, these could be signs of **Tantra Badha** affecting your **aura, chakras, or astral body**.

♥ 3. Negative Patterns in Relationships and Finances

Tantra Badha can also create **repetitive negative patterns** in **relationships** and **finances**. These patterns are often **unexplainable** and **persistent**, making it feel like you are **stuck in a loop** of failure or disappointment.


When **negative energies** infiltrate your **Solar Plexus (Manipura Chakra)** or **Heart Chakra (Anahata Chakra)**, they can cause **emotional blockages** that disrupt **personal and professional relationships**.

Symptoms of Negative Patterns in Relationships:

- **Frequent conflicts** with loved ones.
- **Breakdowns in communication**.
- **Sudden breakups or divorces**.
- **Attracting toxic relationships**.
- **Feeling emotionally disconnected** from others.

Symptoms of Negative Patterns in Finances:

- **Unexpected financial losses**.
- **Business failures**.
- **Blocked opportunities for growth**.
- **Legal issues or debt traps**.
- **Inability to save money** despite efforts.

 **Real-Life Example:**

Ravi and Meera had been happily married for 10 years, but suddenly they began having **constant arguments** over trivial matters. Meera also noticed that their **financial situation deteriorated** rapidly, with **unexpected expenses** piling up. After consulting a spiritual healer, they discovered that someone had **cast a binding spell (Bandhan)** on their relationship out of jealousy. After performing a **Tantra Badha Mukti puja**, their conflicts disappeared, and their finances improved.

How to Identify Negative Patterns as Tantra Badha:

Ask yourself:

1. Are you **attracting toxic relationships** or experiencing **unexplained conflicts**?
2. Do you face **persistent financial problems** despite working hard?
3. Do you feel **emotionally disconnected** from loved ones?

If **yes**, these could be signs of **Tantra Badha** creating **blockages in your chakras and energy field**.

 **Key Takeaways:**

Type of Symptom	Signs
Unexplained Obstacles	Career setbacks, delays, failures, misfortunes
Physical and Emotional Disturbances	Chronic fatigue, mood swings, anxiety, sleep issues
Negative Patterns	Relationship conflicts, financial losses, repetitive failures

 **What to Do If You Recognize These Signs**

If you identify any of the symptoms discussed in this chapter, you may be dealing with **Tantra Badha**. The next step is to learn **how to detect these spiritual blockages** in your **aura and chakras** using **Reiki energy healing, mantras, and self-diagnosis techniques**.

Chapter Six



Understanding Tantra Bandhan – Energetic Restrictions and Spiritual Bindings

In the spiritual world, **freedom of energy flow** is essential for a healthy life. When energy flows freely through our **aura, chakras, and astral body**, we experience **harmony, success, and well-being**. However, when **energetic restrictions or bindings** are placed on a person—whether by **negative forces** or **through protective rituals**—it is called **Tantra Bandhan**.

In this chapter, we will explore the **definition of Tantra Bandhan**, the **types of Bandhan**, and how these **energetic bindings** can either **harm** or **protect** a person. You will learn to recognize the difference between **Negative Bandhan** (created through **black magic, curses, or energetic traps**) and **Positive Bandhan** (used as a **spiritual shield** to protect yourself from harm).

□ What Is Tantra Bandhan?

The word “**Bandhan**” comes from Sanskrit and means “**binding**” or “**restriction**.” In a spiritual context, **Tantra Bandhan** refers to **energetic restrictions placed on a person’s aura or energy field**, either to **trap and control them** or to **protect them from external harm**.

Definition of Tantra Bandhan:

Tantra Bandhan is an energetic binding that restricts the flow of energy in a person’s aura, chakras, or astral body. It can be placed

intentionally by someone through **spells, curses, or rituals**, or it can be **self-imposed** through **negative thoughts and emotions**.

Depending on the **intention** behind it, **Bandhan** can be **negative** (used to control or harm) or **positive** (used to protect and shield).

● **Types of Tantra Bandhan:**

There are two primary types of **Tantra Bandhan**:

1. **Negative Bandhan** – Energetic restrictions created through **black magic, curses, or psychic attacks** to **trap** or **block** someone's progress.
2. **Positive Bandhan** – Energetic shields created through **mantras, rituals, or protective practices** to **safeguard** someone from harm.

Let's explore both in detail.

✂ **1. Negative Bandhan (Black Magic, Curses, Energetic Traps)**

Negative Bandhan refers to **spiritual bindings** placed with **harmful intent**. These bindings are created to **control, restrict, or harm** a person, usually out of **jealousy, hatred, or revenge**. A person under a **Negative Bandhan** may feel **trapped, blocked, or unable to move forward** in life, despite their best efforts.

🌸 **How Negative Bandhan Works:**

A **Negative Bandhan** is typically created through **black magic rituals** or **mantra-based curses**. The practitioner invokes **negative energies** or **spirits** to **bind the target's energy field** and create **spiritual blockages**.

The **effects of Negative Bandhan** can include:

- **Stagnation in career, relationships, or finances.**

- **Physical health issues** that don't respond to medical treatment.
- **Emotional instability**, anxiety, or depression.
- **Feeling trapped or mentally foggy.**
- **Recurring obstacles and failures** in life.

⚠ Common Methods Used to Create Negative Bandhan:

Method	Purpose	Effects on Victim
Stambhan Mantra	To freeze someone's progress	Career stagnation, lack of opportunities
Vashikaran Mantra	To control someone's thoughts or actions	Loss of free will, mental confusion
Marana Mantra	To cause harm or destruction	Physical illness, sudden accidents
Akarshan Mantra	To bind someone emotionally or spiritually	Toxic relationships, emotional pain

□ Symptoms of Negative Bandhan:

If someone is under a **Negative Bandhan**, they may experience:

1. **Feeling trapped or blocked** in life.
2. **Sudden financial losses or career setbacks.**
3. **Persistent health issues** with no medical explanation.
4. **Emotional instability** (anxiety, fear, anger, or depression).
5. **Sudden relationship conflicts or breakdowns.**
6. **Nightmares** or feeling **watched or followed.**
7. **Loss of motivation or willpower.**

💡 Real-Life Example of Negative Bandhan:

Rahul was a successful businessman, but suddenly his **projects began failing**. He experienced **financial losses**, and his **health deteriorated** rapidly. No doctor could explain his condition. Upon consulting a Tantric healer, he discovered that a **former business partner** had placed a **Stambhan Bandhan** on him to **block his success**. After performing a **Bandhan Mukti ritual**, Rahul was able to **break free** from the restriction and rebuild his life.

2. Positive Bandhan (Protective Energy Shields)

While **Bandhan** is often associated with **negative bindings**, it can also be used **positively** to **create spiritual protection shields**. This is known as **Raksha Bandhan** or **Kavach Bandhan**—a **spiritual armor** that protects a person from **negative energies, black magic, and psychic attacks**.

Positive Bandhan is created using **mantras, rituals, and visualizations** to **strengthen the aura** and **prevent negative forces** from entering a person's energy field.

How Positive Bandhan Works:

A **Positive Bandhan** works by **creating an energetic barrier** around a person, home, or object. This **protective shield** acts as a **spiritual force field**, preventing **negative energies** from penetrating the **aura**.

Positive Bandhan can be used for:

1. **Personal Protection** – To safeguard yourself from **psychic attacks** and **negative influences**.
2. **Home Protection** – To **cleanse and shield your living space** from **negative energies**.
3. **Relationship Protection** – To **strengthen bonds** and **prevent conflicts** caused by **external interference**.

□ **Common Methods to Create Positive Bandhan:**

Method	Purpose	Effect
Maha Mrityunjaya Mantra	To protect against harm and accidents	Removes fear, protects from spiritual attacks
Durga Kavach	To create a spiritual armor	Shields against black magic and negative forces
Hanuman Chalisa	To remove negative energies	Wards off evil spirits and psychic attacks
Gayatri Mantra	To purify and strengthen the aura	Enhances spiritual protection

✂ **How to Create a Simple Protective Bandhan:**

Here's a simple **protective Bandhan ritual** you can perform for **self-protection**:

1. **Sit in a quiet place and visualize a white light** surrounding your body.
2. **Chant the Maha Mrityunjaya Mantra** 21 times.
3. **Visualize the white light transforming into a protective shield** around you.
4. **Affirm:** "I am protected from all negative energies and influences."

💡 **Real-Life Example of Positive Bandhan:**

Meera, a schoolteacher, noticed that her **students were falling ill frequently**, and the **energy in her classroom felt heavy**. She performed a **protective Bandhan ritual** using the **Gayatri Mantra** and **burned camphor** to cleanse the space. After the ritual, the **energy in the room felt lighter**, and her students **stopped getting sick**.

🧐 Differences Between Negative and Positive Bandhan

Aspect	Negative Bandhan	Positive Bandhan
Purpose	To control, harm, or restrict someone	To protect and safeguard
Intent	Malicious or harmful	Protective and benevolent
Effect on Victim	Causes blockages, confusion, and harm	Creates a protective shield against harm
Example Rituals	Black magic, curses, binding spells	Protective mantras, Raksha Bandhan rituals

🧘 Key Takeaways:

1. **Tantra Bandhan** is a **spiritual binding** that can be used for **both positive and negative purposes**.
2. **Negative Bandhan** is created through **black magic and curses** to **trap or harm someone**.
3. **Positive Bandhan** is used to **protect and shield** a person from **negative influences**.
4. Recognizing whether you are experiencing a **Negative or Positive Bandhan** is essential for **spiritual healing**.

Chapter Seven



Types of Bandhan – Karmic, Ancestral, Emotional, and Psychic Bindings

In the previous chapter, we explored **Tantra Bandhan** as **energetic restrictions** that can either **harm or protect** a person. In this chapter, we'll dive deeper into the **types of Bandhan** that can impact a person's life, focusing on the **spiritual, emotional, and psychic ties** that bind people to **past lives, family karma, toxic relationships, and external influences**.

These bindings are often **unseen but deeply felt**, manifesting as **emotional struggles, relationship conflicts, or life obstacles**. Understanding the **types of Bandhan** is crucial for **breaking free from spiritual bindings** and achieving **personal liberation**.

Let's explore the four key types of **Bandhan**:

1. **Karmic Bandhan** - Past life ties that influence the present life.
2. **Ancestral Bandhan** - Family curses or inherited karmic patterns.
3. **Emotional Bandhan** - Toxic relationship ties that create emotional blockages.
4. **Psychic Bandhan** - Energetic cords formed by others, draining your energy.

1. Karmic Bandhan (Past Life Ties)

Karma is the **universal law of cause and effect**—every action we take creates **energy ripples** that shape our future experiences. **Karmic Bandhan** refers to **energetic ties or debts** that we carry over from **past lives** into the **present life**. These **unresolved karmic issues** can manifest as **life challenges, repetitive patterns, or difficult relationships**.

How Karmic Bandhan Works:

Karmic Bandhan is created when:

- **Past life actions** remain **unresolved**.
- **Promises, oaths, or vows** taken in past lives still **bind the soul**.
- **Negative actions** (such as betrayal, harm, or manipulation) **create karmic debts**.

These **karmic bindings** can influence a person's **current life** in the form of:

- **Recurring obstacles** in career, relationships, or health.
- **Unexplained fears or phobias**.
- **Attraction to toxic people or situations**.
- **Feeling "stuck" in life** despite efforts to move forward.

□ **Signs of Karmic Bandhan:**

1. **Repetitive negative patterns** in relationships, finances, or career.
2. **Unexplained fears or phobias** that have no logical cause.
3. **Feeling drawn to certain people or places** without understanding why.
4. **Persistent feelings of guilt or shame** without a clear reason.

💡 **Example:**

Raj had a recurring pattern of **failed relationships**. Despite his best efforts, his partners always **betrayed or abandoned him**. After consulting a healer, Raj discovered that he had **karmic ties from a past life** where he had **betrayed a partner**. Once he performed a **Karmic Bandhan Mukti ritual**, the pattern stopped, and he found a **healthy relationship**.

🔧 **How to Break Karmic Bandhan:**

1. **Meditate on past life issues.**
2. Use **Reiki symbols** like **Sei He Ki** to heal karmic wounds.
3. Chant **mantras** like the **Maha Mrityunjaya Mantra** to release karmic debts.

□ **2. Ancestral Bandhan (Family Curses and Inherited Karma)**

Ancestral Bandhan refers to **karmic patterns or curses** that are **passed down through family lineages**. These bindings often manifest as **repetitive problems** within families, such as **financial issues, health problems, or relationship conflicts**.

In many cultures, it is believed that **the actions of ancestors** can **influence future generations**, especially if **ancestral debts or curses** remain unresolved.

How Ancestral Bandhan Works:

- **Family karma** creates a **web of energy** that connects generations.
- **Unresolved trauma** from ancestors can manifest as **repeated life patterns** in descendants.

- **Curses or negative intentions** from others can bind an **entire family line**.

□ **Signs of Ancestral Bandhan:**

1. **Recurring issues** in the family (e.g., financial struggles, illnesses, divorces).
2. **Feeling “stuck” in family patterns** that seem impossible to break.
3. **Emotional wounds** that seem to **pass from one generation to the next**.
4. **Intuitive sense** of carrying **family burdens**.

💡 **Example:**

Meera’s family had experienced **generational poverty** for decades. No matter how hard each generation worked, they remained in **financial struggles**. After performing an **ancestral healing ritual**, Meera discovered that her great-grandfather had taken a **curse upon the family** after a failed business deal. Once the curse was **released through rituals**, the **family’s financial situation improved**.

✂️ **How to Break Ancestral Bandhan:**

1. **Perform ancestral healing rituals**.
2. **Offer prayers and mantras** to liberate ancestral souls.
3. Use **Reiki energy healing** to **clear ancestral patterns** from your aura.

❤️ **3. Emotional Bandhan (Toxic Relationship Ties)**

Emotional Bandhan refers to **energetic ties** created through **toxic relationships**. These ties can form between **family members, romantic partners, friends, or colleagues**, and they often result in **emotional pain, dependency, and manipulation**.

When a person is **emotionally bound** to someone in a **negative way**, they may feel **trapped, drained, or controlled**.

How Emotional Bandhan Works:

- **Toxic relationships** create **energetic cords** that bind people together.
- These cords **drain energy** and **cause emotional pain**.
- Emotional Bandhan can be created through **dependency, manipulation, or abuse**.

□ Signs of Emotional Bandhan:

1. **Feeling emotionally drained** after interacting with someone.
2. **Inability to let go** of a toxic relationship.
3. **Feeling controlled or manipulated** by another person.
4. **Replaying painful memories or arguments** in your mind.

💡 Example:

Ravi was in a **toxic relationship** where his partner was **emotionally abusive**. Even after the relationship ended, Ravi felt **emotionally tied** to his ex-partner, unable to **move on**. After performing an **emotional cord-cutting ritual**, Ravi felt **liberated** and was able to **heal emotionally**.

✂ How to Break Emotional Bandhan:

1. **Perform cord-cutting rituals** using **Reiki symbols** like **Sei He Ki**.
2. **Practice self-love and self-forgiveness** to heal emotional wounds.
3. Chant **mantras** to **release emotional pain**.

👤 4. Psychic Bandhan (Energy Cords from Others)


Psychic Bandhan refers to **energetic cords** that form between people through **thoughts, emotions, or interactions**. These cords can be **positive or negative**, but when they become **draining or manipulative**, they create **Psychic Bandhan**.

How Psychic Bandhan Works:

- **Every interaction** creates an **energetic cord** between people.
- Some people **intentionally or unintentionally drain energy** from others.
- These cords **attach to your aura and chakras**, causing **energy drain** and **emotional instability**.

□ Signs of Psychic Bandhan:

1. **Feeling mentally or physically drained** after interacting with certain people.
2. **Replaying conversations or interactions** in your mind.
3. **Sudden emotional shifts** after being around someone.
4. **Difficulty focusing or feeling “foggy”** after meetings or calls.

 **Example:**

Sonia noticed that every time she met a particular friend, she felt **exhausted and anxious** afterward. Upon consultation, she learned that her friend had formed a **Psychic Bandhan** with her, unknowingly **siphoning Sonia's energy**. After performing a **cord-cutting ritual**, Sonia felt **energized and emotionally stable**.

 **How to Break Psychic Bandhan:**

1. **Visualize cutting the cords** with **Reiki symbols** like **Cho Ku Rei**.
2. **Set energetic boundaries** to **protect your aura**.
3. Use **protective mantras** like the **Hanuman Chalisa**.

 **Key Takeaways:**

Type of Bandhan	Cause	Effect
Karmic Bandhan	Past life actions	Repetitive life patterns, unresolved debts
Ancestral Bandhan	Family karma or curses	Inherited problems, generational struggles
Emotional Bandhan	Toxic relationships	Emotional pain, dependency, manipulation
Psychic Bandhan	Energetic cords from others	Energy drain, emotional instability, mental fog

Chapter Eight



How Thought Patterns, Karmic Ties, and Auric Damage Create Bandhan

Every person's **energy field**—including their **thoughts, emotions, and actions**—plays a significant role in shaping their **spiritual reality**. While some **Bandhan (spiritual bindings)** are **intentionally created** through **black magic or curses**, others are **self-imposed** through **negative thought patterns, karmic ties, and auric damage**. Even **fear, envy, and negative emotions** can create **unintentional energetic bonds** that restrict a person's **spiritual freedom and progress**.

In this chapter, we will explore how **internal factors** such as **thought patterns, karmic ties, and auric damage** can create **Bandhan**, how **unintentional energetic bonds** form, and how to **recognize the signs that you may be spiritually bound**.

How Thought Patterns Create Bandhan

Our **thoughts carry energy**. When a person **repeatedly focuses** on **negative thoughts**—such as **fear, self-doubt, resentment, or guilt**—these thoughts can **manifest as energetic blockages** in the **aura and chakras**. Over time, these **thought patterns** can create **self-imposed spiritual bindings** that hold a person back from achieving **success, peace, and spiritual growth**.

Common Negative Thought Patterns That Create Bandhan:

1. **Self-Doubt and Insecurity:**

- Constant thoughts of **“I’m not good enough”** can create **Bandhan** in the **Solar Plexus Chakra (Manipura)**, restricting **confidence** and **personal power**.

2. Resentment and Anger:

- Holding on to **resentment** or **anger** toward someone creates an **energetic cord** that binds you to that person, preventing emotional healing.

3. Fear and Anxiety:

- **Fear-based thoughts** create **Bandhan** in the **Root Chakra (Muladhara)**, causing a **lack of stability, security, and grounding**.

4. Guilt and Shame:

- **Guilt** creates **emotional blockages** in the **Heart Chakra (Anahata)**, leading to **emotional pain** and **difficulty forming healthy relationships**.

□ Example:

Suresh constantly worried about **failure in his career**. Despite his **skills and hard work**, he felt **stuck** and unable to move forward. Upon consultation, he discovered that his **negative thought patterns** had created a **self-imposed Bandhan** in his **Solar Plexus Chakra**, blocking his **personal power**. After practicing **affirmations** and **energy healing**, he was able to **release the binding** and regain **confidence**.

✂ How to Break Thought Pattern-Induced Bandhan:

1. **Practice positive affirmations** to reprogram negative thoughts.

2. Use Reiki symbols like Sei He Ki to clear **mental and emotional blockages**.
3. Perform **meditation and visualization exercises** to cut **cords of negative thoughts**.

How Karmic Ties Create Bandhan

Karmic ties are **energetic connections** formed through **past actions** in this life or previous lives. These ties can **bind your soul** to **people, situations, or unresolved issues**, creating **spiritual Bandhan** that can impact your **current life**.

How Karmic Ties Work:

- **Unresolved karmic debts** from **past lives** can manifest as **repetitive negative patterns** in relationships, finances, or health.
- **Promises, vows, or oaths** taken in **past lives** can create **energetic obligations** that restrict your freedom in this life.
- **Harmful actions** in the past can create **karmic debts** that you need to repay, often leading to **challenges and obstacles** in your current life.

Example:

Anjali experienced **recurring relationship failures**. Despite meeting wonderful people, her relationships always ended in **heartbreak**. After a **karmic healing session**, she discovered that she had **taken a vow of celibacy** in a **past life** as part of a spiritual order. This vow had created a **Karmic Bandhan** in her **Heart Chakra**, preventing her from forming healthy romantic connections. Once she **broke the vow** through **rituals**, she found herself open to **love and meaningful relationships**.

✂ How to Break Karmic Bandhan:

1. **Perform karmic clearing meditations** to identify unresolved karmic ties.
2. Use **Reiki symbols** like **Cho Ku Rei** to clear karmic debts.
3. **Chant mantras** such as the **Maha Mrityunjaya Mantra** to release karmic bindings.

🌈 How Auric Damage Creates Bandhan

The **aura** acts as a **protective shield** around the body, preventing **negative energies** from entering your energy field. However, when the **aura becomes damaged or weakened**, it leaves you **vulnerable to energetic attacks** and **unintentional bindings**.

🔴 Common Causes of Auric Damage:

1. **Prolonged exposure to negativity** (negative environments, toxic people).
2. **Psychic attacks** (intentional or unintentional).
3. **Unresolved trauma or emotional pain**.
4. **Energy-draining habits** (excessive overthinking, addictions).

When the **aura is weakened**, it becomes easier for **negative energies** to **penetrate your energy field** and create **Bandhan**.

□ Example:

Vikram noticed that he felt **drained and emotionally exhausted** after spending time with certain people. After an **energy healing session**, he learned that his **aura had weakened** due to **emotional stress**, allowing **psychic cords** to form, which **drained his energy**. After performing **aura-cleansing rituals**, Vikram felt **refreshed and energized**.

✂ How to Heal Auric Damage and Prevent Bandhan:

1. **Cleanse your aura** using **Reiki symbols** like **Cho Ku Rei**.
2. **Use protective mantras** like the **Durga Kavach** to strengthen your aura.
3. **Take regular salt baths** to cleanse **negative energies** from your aura.

😞 How Fear, Envy, and Negativity Create Unintentional Energetic Bonds

Not all **Bandhan** is created intentionally. Sometimes, people form **unintentional energetic bonds** through **negative emotions** like **fear, envy, or hatred**. These bonds are often referred to as **psychic cords**.

🔄 How Unintentional Bandhan Forms:

- **Fear-based thoughts** can bind a person to **situations or people** that they fear.
- **Jealousy and envy** can create **energetic cords** between the jealous person and their target.
- **Hatred and resentment** can form **negative attachments** that drain both parties.

Even **negative self-talk** can create **Bandhan**, trapping a person in **cycles of self-sabotage and failure**.

□ Example:

Aditi constantly **compared herself to others** on social media. Her **feelings of envy** created **energetic cords** that **drained her energy** and made her feel **inadequate**. After learning about **unintentional Bandhan**, Aditi performed **cord-cutting rituals** and practiced

gratitude affirmations to break free from her **negative thought patterns**.

How to Break Unintentional Bandhan:

1. **Perform cord-cutting rituals** using **Reiki symbols**.
2. **Practice forgiveness** and **let go of negative emotions**.
3. **Chant protective mantras** like the **Hanuman Chalisa** to clear **psychic cords**.

Signs That You May Be Spiritually Bound

Here are some **common signs** that you may be experiencing **Tantra Bandhan**:

Sign	Description
Feeling stuck or trapped	Repeated obstacles in life with no logical explanation.
Sudden emotional instability	Mood swings, anxiety, or depression without cause.
Recurring relationship conflicts	Persistent toxic patterns in personal relationships.
Feeling drained or fatigued	Loss of energy after interacting with certain people.
Inability to move on from the past	Holding onto emotional pain, guilt, or resentment.
Mental fog and confusion	Difficulty focusing or making decisions.

Key Takeaways:

1. **Thought patterns** create **self-imposed Bandhan** when they are rooted in **fear, guilt, or negativity**.
2. **Karmic ties** can carry over from **past lives** and create **spiritual bindings** that restrict progress in this life.

3. **Auric damage** leaves a person vulnerable to **psychic attacks and energetic cords**.
4. **Fear, envy, and negativity** can create **unintentional energetic bonds** that drain energy and cause emotional pain.

Chapter Nine



The Difference Between Tantra Badha and Tantra Bandhan

In the world of **energy healing** and **spiritual protection**, understanding the difference between **Tantra Badha** and **Tantra Bandhan** is crucial. While both are **spiritual blockages** that can **negatively impact your life**, they operate in **different ways** and **affect the energy system differently**.

This chapter will compare and contrast **Tantra Badha (external afflictions)** and **Tantra Bandhan (internal or external bindings)**, explore how they can **coexist**, and discuss the **role of karmic debts, ancestral curses, and past-life influences** in creating these blockages. We'll also cover why achieving **Bandhan Mukti (Freedom from Binding)** is essential for your **spiritual growth and liberation**.

✂ Understanding Tantra Badha vs. Tantra Bandhan

Although they are often used interchangeably, **Tantra Badha** and **Tantra Bandhan** are distinct forms of **spiritual affliction**. Let's break down the definitions to understand their **differences**.

Aspect	Tantra Badha	Tantra Bandhan
Definition	An external spiritual attack or negative energy affliction .	An energetic restriction or binding that can be internal or external .
Source	Caused by black magic, evil eye,	Caused by karmic ties, ancestral patterns, toxic

	curses, or psychic attacks from others.	relationships, or self-imposed thought patterns.
Nature	External influence penetrating your energy system.	Internal or external binding that restricts your energy flow.
Symptoms	Unexplained obstacles, health issues, mental confusion, bad luck.	Feeling stuck, emotional pain, repetitive life patterns, relationship issues.
Primary Focus	Removing the external negative influence.	Releasing energetic cords and bindings.

□ **In Simple Terms:**

- **Tantra Badha** is like an **external attack** that **penetrates your aura** and **disrupts your life**.
- **Tantra Bandhan** is more like an **energetic chain or cord** that **restricts your freedom** and **keeps you stuck** in repetitive patterns.

Both can **exist independently**, but they often **coexist**, creating **complex spiritual blockages** that require both **cleansing** and **cord-cutting rituals**.

🌀 **How Tantra Badha and Tantra Bandhan Coexist**

In many cases, **Tantra Badha** and **Tantra Bandhan** can **coexist**, creating **layers of spiritual blockages**. Here's how it works:

1. **External Influence (Tantra Badha):**
Someone sends **negative energy**, a **curse**, or **psychic attack** toward you, creating a **spiritual affliction**.

2. **Internal Reaction (Tantra Bandhan):**
Your **own fear, guilt, or unresolved karma** can create **internal bindings** that **amplify the effects of Tantra Badha**.

For example:

- If someone casts a **black magic spell** (Tantra Badha) to **block your success**, you may start to **doubt yourself** and create **internal Bandhan** in your **Solar Plexus Chakra**, reinforcing the blockage.

Case Study: How Badha and Bandhan Work Together

Ramesh was a successful entrepreneur who suddenly faced a **series of business failures**. No matter how hard he worked, his projects **kept failing**, and he started feeling **mentally foggy** and **emotionally drained**.

After consulting a healer, it was discovered that:

- He had been targeted by **black magic (Tantra Badha)** from a jealous competitor.
- His **own fear of failure and guilt** from a **past karmic debt** created **self-imposed Bandhan** that reinforced the external attack.

To fully heal, Ramesh had to perform both:

1. **Tantra Badha Mukti** - To **remove the external negative influence**.
2. **Bandhan Mukti Reiki** - To **release his internal energetic bindings**.

The Role of Karmic Debts, Ancestral Curses, and Past-Life Influences

Both **Tantra Badha** and **Tantra Bandhan** are often rooted in **karmic debts, ancestral patterns, and past-life influences.**

1. Karmic Debts:

Karmic debts are **unresolved actions** from **past lives** that carry over into your current life. These debts can create **Bandhan** by:

- **Binding you to certain people or situations.**
- **Attracting negative influences** into your life.
- **Reinforcing repetitive negative patterns.**

In some cases, **karmic debts** can make a person **more vulnerable to Tantra Badha**, as their **energy field is already compromised** by unresolved karma.

2. Ancestral Curses:

Ancestral curses or **family karma** can create **Bandhan** that **passes down through generations.** These bindings can manifest as:

- **Repetitive life challenges** within a family.
- **Inherited financial problems.**
- **Health issues** that affect multiple generations.

Ancestral curses can also make a person **vulnerable to external attacks** (Tantra Badha) by **weakening their spiritual protection.**

3. Past-Life Influences:

Past-life experiences can leave **energetic imprints** on the **soul**, creating **Bandhan** in the form of:

- **Unresolved vows** (e.g., vows of poverty, celibacy).
- **Karmic ties to certain people.**
- **Trauma or emotional pain** carried over into the current life.

These past-life influences can **attract negative energies** and **reinforce both Badha and Bandhan**.

Why Bandhan Mukti (Freedom from Binding) Is Essential for Spiritual Growth

Bandhan Mukti refers to the **process of breaking free from spiritual bindings that restrict your energy flow**. Achieving **freedom from Bandhan** is essential for **spiritual growth** because:

1. **It restores your personal power.**
 - Breaking Bandhan allows you to **regain control** over your **energy field** and **life choices**.
2. **It removes repetitive patterns.**
 - Bandhan Mukti helps you **break free from karmic cycles, ancestral patterns, and toxic relationships**.
3. **It strengthens your spiritual protection.**
 - When you are free from Bandhan, your **aura becomes stronger**, making you **less vulnerable** to **Tantra Badha** and **psychic attacks**.
4. **It accelerates spiritual progress.**
 - By releasing energetic bindings, you can **connect more deeply** with your **higher self** and **spiritual guides**.

Steps to Achieve Bandhan Mukti:

1. **Identify the source of Bandhan.**
 - Use **Reiki scanning techniques** or consult a healer to **detect energetic bindings**.
2. **Perform cord-cutting rituals.**

- Use **Reiki symbols** like **Sei He Ki** and **Cho Ku Rei** to **cut negative cords**.
- 3. **Cleanse your aura and chakras.**
 - Regularly practice **aura cleansing rituals** using **salt baths, sage, or camphor**.
- 4. **Chant protective mantras.**
 - Recite **Maha Mrityunjaya Mantra, Durga Kavach, or Hanuman Chalisa** to **release Bandhan** and **strengthen your spiritual shield**.

 **Key Takeaways:**

Aspect	Tantra Badha	Tantra Bandhan
Nature	External spiritual attack	Internal or external energetic binding
Cause	Black magic, evil eye, curses	Karmic ties, ancestral patterns, negative emotions
Impact	Creates obstacles, confusion, and failures	Creates emotional pain, repetitive patterns, and stagnation
Solution	Remove external influence through Badha Mukti	Release internal bindings through Bandhan Mukti

Chapter Ten



Mantra Bandhan – The Double-Edged Sword

Mantras are **powerful sound vibrations** that have been used for **spiritual growth, healing, and protection** for centuries. However, like any tool, they have a **dual nature**—they can be used for **positive purposes**, such as **protection and liberation**, or **negative purposes**, such as **control and manipulation**. When mantras are **misused or applied with malicious intent**, they can create **Mantra Bandhan**, which refers to **binding someone’s energy field or astral body** through **mantra-based rituals**.

In this chapter, we’ll explore **what Mantra Bandhan is**, how **mantras can be used to bind or imprison someone’s energy**, and the **positive and negative uses** of this practice. We’ll also examine the **karmic consequences of misusing mantras** and how these **bindings** can cause **spiritual blockages**, leading to **recurring failures, mental confusion, and a sense of entrapment**.

What Is Mantra Bandhan?

The term “**Mantra Bandhan**” refers to a **spiritual binding created using mantras**. In this context, **Bandhan** means a **binding, restriction, or energetic trap**, while **mantras** are **sacred syllables or chants** used to invoke **specific energies or deities**.

When a **Mantra Bandhan** is created, it can:

1. **Bind someone’s energy field to restrict their freedom or progress.**

2. **Imprison their astral body**, preventing them from **accessing higher realms** during **dreams or meditation**.
3. **Create mental confusion** and **emotional instability**, making the person feel **trapped in life**.

Mantra Bandhan can be **intentional** (used in black magic or curses) or **unintentional** (caused by improper use of mantras or self-imposed beliefs).

How Mantras Can Be Used to Bind Someone's Energy or Jail Their Astral Body

Mantras have the **power to create energetic vibrations** that can **influence a person's energy system**. When a mantra is **channeled with intention**, it can **alter the energy field** of the target – either to **protect** or **bind** them.

Here's how **Mantra Bandhan** works:

1. **Intentional Binding:**

A **Tantric practitioner** may chant a **mantra** with the **intention to control** or **restrict** someone's **free will**. For example, the **Vashikaran mantra** can be twisted to **bind someone's mind or emotions**, making them **submissive** to the practitioner's will.

2. **Astral Imprisonment:**

Through **mantra-based rituals**, a person's **astral body** can be **trapped in lower realms**, preventing them from experiencing **spiritual freedom** during **dreams, astral travel, or meditation**. This causes **mental confusion, nightmares, and a feeling of being trapped** in life.

3. **Energetic Cords:**

Mantras can create **energetic cords or bindings** between the practitioner and the target, causing **energy drain** and **emotional instability** in the victim.

☠ **Negative Uses of Mantra Bandhan (Black Magic and Control)**

In **black magic practices**, **Mantra Bandhan** is often used to:

1. **Control someone's thoughts and actions** (Vashikaran).
2. **Stop someone's progress or success** (Stambhan).
3. **Cause mental confusion or emotional instability** (Mohini Mantra misused).
4. **Trap someone's astral body in lower realms to block spiritual growth.**

These practices are often motivated by **jealousy, revenge, or greed**, and they **create heavy karmic consequences** for the practitioner.

☐ **Positive Uses of Mantra Bandhan (Protection and Healing)**

On the **positive side**, **Mantra Bandhan** can be used to:

1. **Create a protective shield** around someone to **prevent negative influences.**
2. **Bind a toxic person's energy** to prevent them from **harming others.**
3. **Seal the aura to prevent psychic attacks.**

For example:

- **Durga Kavach** is a powerful **protective mantra** that creates an **energetic shield** around the practitioner, preventing **negative energies** from entering their aura.
- **Maha Mrityunjaya Mantra** can be used to **cut energetic cords** and **release bindings** caused by **Mantra Bandhan.**

⚠️ The Karmic Consequences of Misusing Mantras for Control

Using **mantras** to **control** or **harm** others creates **severe karmic debts**. The **energy you send out will return to you**, often with **greater intensity**.

Karmic Consequences of Negative Mantra Bandhan:

1. **Loss of free will** in your own life.
2. **Spiritual stagnation** – being unable to progress spiritually.
3. **Mental and emotional instability**.
4. **Attracting negative energies** and **low-vibrational entities**.
5. **Repeated karmic lessons** in future lives.

For example, if a person uses a **binding mantra** to control someone’s mind, they may experience **relationship breakdowns** or **mental confusion** in their own life.

🌟 Symptoms of Mantra Bandhan: How to Recognize If You Are Spiritually Bound

If you are under the influence of **Mantra Bandhan**, you may experience the following **symptoms**:

Symptom	Description
Feeling trapped	A sense of being stuck in life with no clear path forward.
Mental confusion	Difficulty focusing, brain fog , or feeling mentally blocked.
Recurring failures	Facing obstacles repeatedly , despite your best efforts.
Emotional instability	Sudden anxiety, fear, or depression without cause.
Sleep disturbances	Nightmares or feeling of being watched during sleep.
Feeling drained	Loss of energy after interacting with certain people.

□ Real-Life Example of Mantra Bandhan Backfiring:

Ravi was a spiritual practitioner who used **Vashikaran mantras** to **control his business competitors**. Initially, he saw **success** in his business, but over time, his **mental health deteriorated**. He experienced **paranoia, insomnia**, and a **sense of being followed by dark entities**.

Upon seeking help, Ravi learned that the **mantras he had used** had **backfired**, creating **karmic Bandhan** that bound his own **energy field**, causing **emotional and mental suffering**.

🔄 How to Break Mantra Bandhan:

1. **Identify the binding mantra.**
 - Work with a spiritual healer or use **intuitive scanning** to **identify the source** of the binding.
2. **Perform cord-cutting rituals.**
 - Use **Reiki symbols** like **Sei He Ki** and **Cho Ku Rei** to cut **energetic cords**.
3. **Chant protective mantras.**
 - Recite the **Maha Mrityunjaya Mantra** or **Durga Kavach** to **release bindings**.
4. **Strengthen your aura.**
 - Practice **aura-cleansing techniques** like **salt baths**, **sage smudging**, or **Reiki cleansing**.

🛡️ Protective Mantras to Counter Mantra Bandhan:

Mantra	Purpose
Maha Mrityunjaya Mantra	Protects from spiritual attacks and negative bindings .

Durga Kavach	Creates a protective shield around the practitioner.
Hanuman Chalisa	Removes negative entities and black magic influences .

 **Key Takeaways:**

1. **Mantra Bandhan** refers to **energetic bindings** created using **mantras**.
2. It can be used for **positive purposes** (protection) or **negative purposes** (control).
3. **Misusing mantras** for control or harm creates **severe karmic consequences**.
4. **Symptoms of Mantra Bandhan** include **feeling trapped, mental confusion, and emotional instability**.
5. **Breaking Mantra Bandhan** involves **cord-cutting rituals, aura cleansing, and chanting protective mantras**.

Chapter Eleven



Energy Siphoning and Psychic Vampirism

One of the most **unseen but powerful forms of spiritual attack** is **energy siphoning**, also known as **psychic vampirism**. This occurs when **someone intentionally or unintentionally drains your energy**, leaving you feeling **tired, emotionally unstable, and spiritually depleted**. Unlike other forms of spiritual afflictions like **Tantra Badha** or **Mantra Bandhan**, **energy siphoning** doesn't always involve rituals or spells—it can happen through **daily interactions** with people who **absorb your energy**.

In this chapter, we'll explore **what energy siphoning is**, how to **recognize energy vampires**, and practical **steps to protect your energy field** from being drained.

What Is Energy Siphoning?

Energy siphoning is the act of **taking someone else's life force energy for personal gain**. This can be done **intentionally**, through **psychic manipulation**, or **unintentionally**, by **emotionally needy or toxic individuals** who drain the energy of those around them.

Just as your **physical body** requires **food and water** to survive, your **spiritual body** requires **energy** to maintain balance and well-being. When someone **siphons your energy**, they **weaken your aura and chakras**, making you more vulnerable to **spiritual attacks, illnesses, and emotional imbalances**.

The Two Types of Energy Siphoning:

1. Intentional Energy Siphoning (Psychic Vampirism)

- Some people, particularly those involved in **occult practices**, may **intentionally drain energy** from others to **boost their own power** or **achieve personal goals**. This is often seen in **black magic**, **psychic attacks**, and **Tantric rituals**.

2. Unintentional Energy Siphoning

- Many people **unintentionally drain** the energy of others without realizing it. This often happens in **toxic relationships**, where **one person constantly demands attention, sympathy, or emotional support**, leaving the other person feeling **exhausted and depleted**.

🧛 What Is a Psychic Vampire?

A **psychic vampire** (also known as an **energy vampire**) is someone who **feeds on the energy** of others, either **consciously** or **unconsciously**. These individuals are often **emotionally or spiritually imbalanced** and **seek energy from others to fill their own voids**.

Psychic vampires can appear in **different forms**:

Type of Psychic Vampire	Behavior	Effect on Victim
Emotional Drainer	Constantly seeks sympathy and validation	Leaves you feeling emotionally exhausted
Manipulator	Uses guilt, fear, or control tactics to drain your energy	Creates emotional confusion and mental fatigue

Needy Friend/Family Member	Always relies on you for support without giving anything back	Leaves you feeling overburdened and resentful
Spiritual Vampire	Drains your spiritual energy during rituals, prayers, or meditation	Causes fatigue, brain fog, and disconnection from spiritual practices

□ **How Energy Siphoning Works:**

1. **Energetic Cords**

- **Energetic cords** are **invisible connections** between two people. When a psychic vampire forms a **cord with you**, they can **pull energy from your aura and chakras**.

2. **Aura Penetration**

- Psychic vampires often **penetrate the aura** of their target, creating **holes or weak spots** that allow them to **access and drain energy**.

3. **Chakra Disruption**

- Energy siphoning often **targets specific chakras**. For example:
 - **Solar Plexus Chakra:** Drained of **personal power and confidence**.
 - **Heart Chakra:** Drained of **love, empathy, and emotional strength**.

 **Why Do People Siphon Energy?**

People siphon energy for various reasons, including:

- **Emotional Imbalance:** People who feel **emotionally empty** may seek to **fill their void** by **drawing energy** from others.
- **Lack of Spiritual Awareness:** Some people are **unaware** that they are draining others and do so out of **habit or need**.
- **Power and Control:** Some individuals, particularly those involved in **dark spiritual practices**, intentionally **steal energy** to **boost their own power**.
- **Unhealed Trauma:** People with **unresolved emotional wounds** may **attach to others' energy fields** to feel **comfort or security**.

⚠ Signs That You Are Being Siphoned:

If you are being **siphoned** by a **psychic vampire**, you may experience the following symptoms:

Symptom	Description
Sudden Fatigue	Feeling drained and exhausted after interacting with certain people.
Emotional Instability	Experiencing unexplained anxiety, sadness, or anger .
Mental Fog	Difficulty focusing, thinking clearly , or making decisions.
Physical Symptoms	Headaches, stomach issues, or body pain without a medical cause.
Sleep Disturbances	Nightmares, insomnia , or waking up feeling drained .
Feeling Watched or Followed	A sense that someone is energetically connected to you .
Loss of Motivation	Feeling unmotivated or disconnected from your spiritual practices .

💡 Example of Energy Siphoning:

Priya had a friend who constantly **called her to vent about problems** but **never listened to Priya's concerns**. After each call, Priya felt **exhausted, anxious, and emotionally drained**. She later realized that her friend was **siphoning her energy**, not intentionally, but because she was **emotionally needy and dependent**.

After performing **cord-cutting rituals** and setting **energetic boundaries**, Priya noticed that her **energy levels improved**, and she was able to **maintain her emotional balance**.

How to Protect Yourself from Energy Siphoning

Here are some effective **techniques to prevent energy siphoning** and **protect your aura**:

1. **Cord-Cutting Rituals**
 - Use **Reiki symbols** like **Sei He Ki** to **cut energetic cords** between you and the psychic vampire.
2. **Aura Cleansing**
 - **Cleanse your aura** regularly with **salt baths, sage smudging, or Reiki cleansing techniques**.
3. **Set Boundaries**
 - Learn to **say no** to people who drain your energy.
 - Practice **emotional detachment** to avoid getting **emotionally entangled**.
4. **Chant Protective Mantras**
 - Recite **Maha Mrityunjaya Mantra** or **Hanuman Chalisa** to **strengthen your spiritual shield**.
5. **Visualize a Protective Shield**

- **Visualize white light** surrounding your body, creating a **protective barrier** that blocks **negative energy**.

✂️ **Cord-Cutting Ritual to Stop Energy Siphoning:**

1. **Find a quiet place to sit and meditate.**
2. **Visualize the person who is draining your energy.**
3. **Imagine a cord connecting you to them.**
4. **Use Reiki symbols** (if you are attuned) or **imagine cutting the cord with a sword of light.**
5. **Affirm:**

“I release all negative cords and reclaim my energy. I am free from all energetic attachments.”

🧘 **Key Takeaways:**

1. **Energy siphoning** is the act of **draining someone’s life force energy**, either **intentionally** or **unintentionally**.
2. **Psychic vampires** are people who **feed on the energy** of others.
3. **Symptoms of energy siphoning** include **sudden fatigue**, **emotional instability**, and **mental fog**.
4. **Protecting yourself** from energy siphoning involves **cord-cutting rituals**, **aura cleansing**, and **setting boundaries**.

Chapter Twelve



How People, Entities, and Environments Can Steal Your Energy

Energy is the **life force** that sustains our **physical, mental, emotional, and spiritual well-being**. However, just like **physical resources**, your **spiritual energy** can be **stolen or drained** by **people, entities, and environments**. Some of these **energy drains** are **intentional**, while others are **unintentional**.

In this chapter, we will explore **how energy theft happens**, the **difference between intentional and unintentional energy draining**, and how **people, spirits, and environments** can **impact your energy field**. Understanding these energy dynamics is key to **protecting yourself from spiritual exhaustion** and **maintaining your energetic sovereignty**.

⚡ How People Can Steal Your Energy

One of the most **common sources** of energy loss is **through interactions with other people**. Some people, knowingly or unknowingly, **draw energy from others** to **boost their own emotional, mental, or spiritual state**. These individuals are often referred to as **psychic vampires** or **energy vampires**.

👤 Types of People Who Steal Energy:

1. **Emotional Vampires:**

- These individuals **constantly seek attention, validation, or sympathy**, draining your emotional reserves.
- Example: Someone who always **vents about their problems** without offering support in return.

2. Manipulators:

- These people **use guilt, fear, or control tactics to take your energy**.
- Example: A **toxic boss** who **makes you feel small to boost their own power**.

3. Jealous Individuals:

- People who are **jealous of your success, happiness, or energy** can **direct negative thoughts** toward you, creating **energetic cords** that **drain your life force**.
- Example: A **colleague** who envies your achievements and **sends negative energy** your way.

4. Overly Dependent Individuals:

- These are people who are **emotionally needy** and rely on others for **emotional stability**.
- Example: A **friend or family member** who **always seeks help** but **never gives back**.

□ How People Steal Energy:

Method	Description
Through Conversations	Some people drain your energy during conversations by venting or complaining .
Emotional Manipulation	Using guilt or fear to make you emotionally vulnerable and take your energy .

Negative Thoughts or Jealousy	People can direct negative energy toward you through envy or resentment .
Energetic Cords	Creating energetic attachments to your aura, allowing them to pull energy from you.

💡 Example of Energy Theft by a Person:

Priya had a friend who **constantly sought emotional support**. After each phone call, Priya felt **drained and exhausted**, even though her friend seemed **energized**. Priya realized that her friend was **siphoning her energy**, not maliciously, but because of **emotional neediness**. After setting **energetic boundaries** and performing **cord-cutting rituals**, Priya noticed a **significant improvement** in her energy levels.

👻 How Entities Can Steal Your Energy

Entities are **non-physical beings** that exist in **the spiritual realm**. These entities can be **benevolent**, but some are **low-vibrational beings** that **feed off human energy**. These entities are often referred to as **parasites, spirits, or attachments**.

👤 Types of Entities That Drain Energy:

1. Earthbound Spirits:

- These are **spirits of people** who have **not crossed over** into the spiritual realm. They may **attach themselves to living people** and **drain their energy** to feel alive.

2. Astral Parasites:

- **Low-vibrational beings** that **attach to your aura** and **feed on negative emotions** like fear, anger, or sadness.

3. **Dark Entities or Shadows:**

- **Malevolent entities** that are **attracted to weakened auras** and **siphon energy** to **grow stronger**.

4. **Thought-Forms:**

- **Negative thought-forms** created by **persistent negative thinking** can take on a **life of their own** and **drain energy** from the person who created them.

□ **Signs of Entity Attachment:**


Sign	Description
Sudden fatigue	Feeling exhausted for no apparent reason.
Mood swings	Experiencing sudden emotional shifts , especially anger or fear.
Nightmares or sleep issues	Disturbed sleep, nightmares , or feeling watched during sleep .
Feeling of being followed	A constant sense that someone is watching or following you .
Unexplained physical pain	Body aches or heaviness with no medical cause.

💡 **Example of Entity Attachment:**

Ravi began experiencing **nightmares** and **unexplained body aches** after visiting an **abandoned building**. He felt **drained** and had a **constant sense of being followed**. After consulting a spiritual healer, it was revealed that he had **picked up an earthbound spirit** during his visit. After performing **cleansing rituals** and **Reiki healing**, Ravi's symptoms disappeared.

🏠 **How Environments Can Steal Your Energy**

The places you visit or live in can also impact your energy levels. Certain environments can drain your energy if they are filled with negative energy, unresolved trauma, or spiritual imprints.

 **Types of Draining Environments:**

1. **Haunted Locations:**
 - Places with **spiritual activity** can **drain your energy** if you are **sensitive to spirits**.
2. **Crowded Places:**
 - **Public spaces** like **malls, airports, or concerts** can be overwhelming and **drain your energy** due to **energetic noise**.
3. **Toxic Workplaces:**
 - A workplace filled with **negative emotions, conflicts, or jealousy** can **sap your energy**.
4. **Unclean or Cluttered Spaces:**
 - **Clutter** and **stagnant energy** in your **home** can create **energetic blockages** that drain your energy.

Signs That an Environment Is Draining Your Energy:

Sign	Description
Feeling tired after visiting a place	Feeling exhausted after being in a certain environment.
Heaviness in the air	Sensing a heavy, dense energy in the room.
Headaches or dizziness	Experiencing headaches or dizziness after spending time in a space.
Difficulty focusing	Feeling mentally foggy or disoriented in a particular place.

🌀 The Difference Between Intentional and Unintentional Energy Draining

Intentional Energy Draining:

Intentional energy draining occurs when **someone or something consciously steals your energy**. This often happens in **black magic rituals, psychic attacks, or through the actions of manipulative individuals**.

Examples of Intentional Draining:

- **Black magic practitioners** using **rituals** to drain your energy.
- **Manipulators** who use **guilt or fear** to control you and take your energy.
- **Dark entities** that attach themselves to your aura and **feed on your life force**.

Unintentional Energy Draining:

Unintentional energy draining happens when **people or environments unconsciously drain your energy**. This is often caused by **emotionally needy individuals, toxic environments, or energetic imbalances**.

Examples of Unintentional Draining:

- **A friend constantly venting their problems** without realizing they're draining you.
- **Visiting a crowded space** and feeling **energetically overwhelmed**.
- **Being around a person who is constantly anxious** and absorbing their energy.

🛡️ How to Protect Yourself from Energy Draining:

1. **Perform regular aura cleansing.**
2. **Set energetic boundaries with people.**
3. **Use protective mantras like the Maha Mrityunjaya Mantra.**
4. **Carry protective crystals like black tourmaline or amethyst.**
5. **Visualize a protective shield of light around you.**

 **Key Takeaways:**

1. **People, entities, and environments can steal your energy and leave you feeling drained.**
2. **Intentional energy draining involves conscious manipulation, while unintentional draining happens through everyday interactions.**
3. **Signs of energy theft include fatigue, emotional instability, mental fog, and sleep disturbances.**
4. **Protecting yourself involves cord-cutting rituals, aura cleansing, and setting boundaries.**

Chapter Thirteen



Signs You Are a Victim of Energy Theft

In our daily interactions, we are constantly exchanging energy with others. While many of these exchanges are **neutral or positive**, some interactions can leave you feeling **drained, anxious, and confused**. This can be a sign that you are a **victim of energy theft**, either from **psychic vampires, negative entities, or toxic environments**.

In this chapter, we will explore the **key signs that you are experiencing energy theft**, how **psychic vampires** can affect your **health and mental state**, and why it is essential to **identify and address energy drain** before it causes long-term harm to your **well-being**.

What Is Energy Theft?

Energy theft occurs when **someone or something drains your energy**, leaving you feeling **tired, emotionally unstable, or spiritually disconnected**. This can happen **intentionally** (through psychic attacks or black magic) or **unintentionally** (through interactions with people who unknowingly absorb your energy).

When your **energy field is compromised**, you become vulnerable to **mental, emotional, and physical imbalances**. Over time, **persistent energy theft** can cause **serious health issues** and **spiritual stagnation**.

□ Signs You Are a Victim of Energy Theft

If you are experiencing **unexplained fatigue**, **emotional instability**, or **mental confusion**, you may be a victim of **energy theft**. Below are the **most common signs** that your **energy is being drained**.

1. Sudden Fatigue and Exhaustion

One of the most obvious signs of energy theft is **feeling tired and drained** after interacting with a particular person or visiting a specific place. This fatigue is often **unrelated to physical activity or lack of sleep** and can appear **suddenly and without explanation**.

What to Watch For:

- Feeling **physically exhausted** after a conversation.
- Needing **more sleep** but still waking up tired.
- Feeling **mentally foggy** or **unable to focus**.

💡 Example:

Aman noticed that every time he spent time with a particular colleague, he felt **exhausted and irritable**, even though the conversations were brief. He later realized that his colleague was **unintentionally siphoning his energy** due to **emotional instability**.

2. Emotional Instability and Mood Swings

When your **energy is being drained**, your **emotional state** can become **erratic**. You may feel **sudden bursts of anger, sadness, or anxiety** that seem to come out of nowhere. This emotional instability is often a result of **energetic imbalances** caused by **psychic vampires** or **negative entities**.

What to Watch For:

- **Mood swings** without any clear trigger.
- Feeling **anxious, fearful, or paranoid** for no reason.
- **Emotional outbursts** that you can't control.

💡 **Example:**

Priya found herself feeling **anxious and irritable** every time she received a phone call from her emotionally dependent friend. After setting **energetic boundaries**, Priya noticed a **dramatic improvement** in her mood.

3. Recurring Health Issues

Energy theft can also manifest as **physical symptoms**, particularly when your **aura and chakras** are **weakened**. This can lead to **unexplained health issues**, such as **headaches, digestive problems, and body aches** that don't have a clear medical cause.

What to Watch For:

- **Headaches or migraines** that appear after interactions with certain people.
- **Stomach issues or digestive problems.**
- **Body aches or heaviness** in the chest or shoulders.
- **Recurring colds or infections** due to a weakened immune system.

💡 **Example:**

Ravi experienced **persistent headaches and back pain** after visiting a friend who often complained about life. After performing an **aura-cleansing ritual**, Ravi's symptoms disappeared.

4. Feeling Mentally Foggy or Confused

If your **mental clarity** is being affected, it could be a sign that you are a **victim of energy theft**. **Psychic vampires** often cause **mental confusion** by disrupting your **Third Eye Chakra (Ajna)**, which governs **intuition and clarity**.

What to Watch For:

- **Difficulty focusing** or making decisions.
- **Forgetfulness** or **losing track of time**.
- Feeling **mentally blocked** or **disconnected from your intuition**.

 **Example:**


Anjali noticed that after a family gathering, she felt **mentally exhausted** and **unable to focus on her work**. She later realized that certain **toxic family members** were draining her energy during conversations.

5. Sleep Disturbances and Nightmares

Another **common sign** of energy theft is **disturbed sleep patterns**. **Negative entities** or **psychic vampires** can **attach to your energy field during sleep**, causing **nightmares** and **restless nights**.

What to Watch For:

- **Insomnia** or **difficulty falling asleep**.
- **Waking up tired** despite a full night's sleep.
- **Nightmares** involving **being chased or trapped**.
- Feeling **watched or followed** during sleep.

 **Example:**

Meera began experiencing **nightmares** and a **sense of dread** every night. After consulting a healer, she discovered that she had picked up an **energetic attachment** from visiting a negative environment.

6. Loss of Motivation and Willpower

When your **energy field is compromised**, it becomes **harder to stay motivated and focused on your goals**. This can manifest as **procrastination, lack of willpower, and feelings of hopelessness**.

What to Watch For:

- **Feeling unmotivated or uninspired.**
- **Procrastinating** on tasks you usually enjoy.
- **Feeling stuck or unable to move forward in life.**

💡 **Example:**

Aman was a motivated entrepreneur who suddenly lost his **drive to work on his business**. He discovered that his **competitor had been sending negative energy** to him through jealousy, creating **energetic blockages** in his **Solar Plexus Chakra**.

🧛 The Impact of Psychic Vampires on Your Health and Mental State

Psychic vampires are people who **feed on your energy**, either **intentionally or unintentionally**. Over time, their actions can cause **serious harm** to your **mental, emotional, and physical well-being**.

🔗 **How Psychic Vampires Affect Your Health:**

1. **Chronic Fatigue** - Constant energy theft can leave you feeling **exhausted and lethargic**.
2. **Weakened Immune System** - A **weakened aura** makes you more susceptible to **illnesses and infections**.
3. **Headaches and Body Pain** - **Energetic imbalances** can cause **persistent physical pain**.
4. **Sleep Problems** - **Restless sleep, nightmares, and insomnia** are common signs of **psychic attack**.

How Psychic Vampires Affect Your Mental State:

1. **Emotional Instability** – You may experience **sudden mood swings, anxiety, or depression**.
2. **Mental Confusion** – Feeling **mentally blocked or foggy**, making it hard to focus or make decisions.
3. **Lack of Motivation** – Losing **interest in your goals** and **feeling stuck** in life.
4. **Feeling Trapped** – A sense of **being stuck in a loop of negative patterns**.

How to Protect Yourself from Energy Theft:

1. **Set Boundaries:**
 - Learn to say **no** to people who drain your energy.
2. **Perform Cord-Cutting Rituals:**
 - Use **Reiki symbols** like **Sei He Ki** to **cut energetic cords** with psychic vampires.
3. **Cleanse Your Aura:**
 - Perform regular **aura cleansing rituals** using **salt baths, sage smudging, or sound healing**.
4. **Use Protective Mantras:**
 - Chant **Maha Mrityunjaya Mantra** or **Hanuman Chalisa** to **strengthen your spiritual shield**.

Key Takeaways:

1. **Energy theft** can cause **physical, emotional, and mental symptoms**.
2. **Psychic vampires** can leave you feeling **drained, confused, and emotionally unstable**.

3. **Signs of energy theft** include **sudden fatigue, emotional instability, recurring health issues, and mental fog.**
4. **Protect yourself** through **boundaries, cord-cutting rituals, and aura cleansing practices.**

Chapter Fourteen



The Role of the Astral Body in Spiritual Bindings

The **astral body** is an integral part of our **spiritual anatomy**. It serves as the **spiritual counterpart of the physical body**, allowing us to **travel to different realms** during **dreams, meditation, and spiritual practices**. However, just like the **physical body can be trapped or restricted**, the **astral body can also be bound, trapped, or hijacked** by **external forces**, leading to **spiritual bindings** that impact our **waking life**.

In this chapter, we will explore:

- **What is the astral body?**
- **How it can be bound or hijacked.**
- **Astral hostage situations and their consequences.**
- **How to identify astral bindings.**
- **The impact of astral bindings on your waking life.**

■ What Is the Astral Body?

The **astral body** is an **energy body** that exists **beyond the physical realm**. It is a **subtle, non-physical form** that **houses our consciousness** when we are in **dream states, deep meditation, or during out-of-body experiences**. While our **physical body** interacts with the **material world**, our **astral body** moves through the **spiritual realms**.

Think of the **astral body** as your **spiritual vehicle**—it allows you to explore **higher dimensions**, **connect with spiritual guides**, and **access knowledge** beyond the physical plane.

Key Functions of the Astral Body:

1. **Spiritual Exploration:**

The astral body allows us to **travel to other realms** during **astral projection** or **lucid dreaming**.

2. **Energy Exchange:**

The astral body is responsible for **absorbing and exchanging spiritual energy** during **interactions with other beings or entities**.

3. **Healing and Learning:**

Through the astral body, we can **connect with spiritual guides**, **access past-life memories**, and **heal emotional wounds**.

4. **Karmic Processing:**

Many **karmic lessons** and **soul contracts** are processed through the **astral realm**, where we encounter **entities** or **situations** that help us **grow spiritually**.

How the Astral Body Can Be Bound, Trapped, or Hijacked

While the **astral body** is designed to move **freely between realms**, it can become **bound, trapped, or hijacked** by **external forces**. These **bindings** can occur **intentionally** (through **black magic** or **psychic attacks**) or **unintentionally** (through **negative thought patterns, trauma, or karmic ties**).

Ways the Astral Body Can Be Bound:

Method	Description	Impact on the Astral Body
Black Magic or Curses	Spiritual practitioners can bind someone's astral body through rituals .	The person feels spiritually trapped and disconnected from higher realms.
Entity Attachments	Low-vibrational entities can attach to the astral body during sleep or meditation.	Causes mental confusion, nightmares, and emotional instability .
Trauma and Emotional Pain	Unresolved emotional wounds can bind the astral body to lower realms .	Leads to feelings of heaviness, guilt, and repetitive negative patterns .
Karmic Ties	Past-life vows or unresolved karmic debts can restrict the astral body.	Prevents spiritual growth and causes repetitive challenges in life .

□ **How Astral Hijacking Works:**

1. **During Sleep or Meditation:**

- The **astral body detaches from the physical body** during **deep sleep or meditation**. This is when **entities or practitioners** can **intercept and manipulate** the astral body.

2. **Energetic Cords and Chains:**

- **Energetic cords or chains** can be **attached to the astral body**, preventing it from moving freely. These cords can be **created by other people** (psychic vampires) or **negative entities**.

3. **Lower Realm Traps:**

- Some **negative entities** set **traps in lower astral realms** to **capture wandering astral bodies**. Once

trapped, the person may experience **repeated nightmares, sleep paralysis, and emotional instability.**

Astral Hostage Situations: When Your Astral Body Is Controlled by External Forces

An **astral hostage situation** occurs when your **astral body is captured or controlled by an external force** – either a **person** (such as a **black magic practitioner**) or an **entity**. This type of **binding** can cause **serious spiritual consequences**, as the **astral body becomes disconnected from its natural flow**, leading to **emotional, mental, and physical issues** in the waking life.

Common Astral Hostage Scenarios:

Scenario	Description
Black Magic Rituals	A practitioner binds your astral body to control your actions in the physical realm.
Entity Possession	Negative entities latch onto the astral body and drain spiritual energy .
Past-Life Contracts	Unresolved karmic contracts can hold your astral body hostage in lower realms .

Symptoms of Astral Hostage Situations:

- 1. Recurring Nightmares:**
 - Dreams of being **chased, trapped, or imprisoned.**
- 2. Sleep Paralysis:**
 - Waking up **unable to move or speak**, often feeling a **heavy presence in the room.**
- 3. Feeling Drained After Sleep:**
 - Waking up **more tired** than before you went to bed.
- 4. Mental Confusion and Emotional Instability:**

- Experiencing **brain fog, anxiety, and emotional outbursts** without a clear cause.
5. **Disconnected from Spiritual Practices:**
- Feeling **blocked** during **meditation, prayer, or energy healing**.

How to Identify Astral Body Bindings

If you suspect that your **astral body** has been **bound or hijacked**, here are some ways to **identify the signs**:

Self-Reflection Questions:

1. Do you experience **recurring nightmares** about being **trapped, chased, or imprisoned**?
2. Do you wake up feeling **exhausted or disoriented**, even after a full night's sleep?
3. Do you feel **mentally blocked** or **disconnected from your intuition**?
4. Have you experienced **sleep paralysis** or a **sense of being watched** during sleep?
5. Do you feel **emotionally unstable** or **anxious** without a clear reason?

If you answered **yes** to several of these questions, you may be dealing with an **astral body binding**.

The Impact of Astral Bindings on Your Waking Life

When the **astral body** is **bound or hijacked**, it directly impacts your **physical and emotional state** in the **waking world**. Here's how:

Impact on Waking Life	Description
Emotional Imbalances	Feeling anxious, depressed, or emotionally unstable.
Mental Fog and Confusion	Experiencing difficulty focusing, forgetfulness, or confusion.
Fatigue and Lethargy	Feeling drained and tired , even after rest.
Spiritual Disconnection	Feeling disconnected from spiritual practices and intuitive guidance.

✂ How to Break Astral Body Bindings

1. **Perform Cord-Cutting Rituals:**
 - Use **Reiki symbols** like **Sei He Ki** and **Cho Ku Rei** to **cut energetic cords** and **release bindings.**
2. **Chant Protective Mantras:**
 - Recite the **Maha Mrityunjaya Mantra** or **Hanuman Chalisa** to **break astral bindings.**
3. **Aura Cleansing:**
 - Cleanse your **aura** using **salt baths, sage smudging, or sound healing.**
4. **Astral Protection Techniques:**
 - Visualize a **protective shield of white light** around your **astral body** before sleep.

🔑 Key Takeaways:

1. The **astral body** is a **spiritual vehicle** that allows **travel between realms.**
2. The **astral body** can be **bound by black magic, entities, or karmic ties.**

3. **Astral hostage situations** occur when your **astral body is controlled by external forces**.
4. **Symptoms of astral bindings** include **nightmares, sleep paralysis, emotional instability, and mental confusion**.
5. To **break astral bindings**, use **cord-cutting rituals, protective mantras, and aura-cleansing techniques**.

Chapter Fifteen



How to Identify Spiritual Blockages in Yourself

Spiritual blockages can significantly impact your **physical, emotional, mental, and spiritual well-being**. These blockages often result from **Tantra Badha (external spiritual attack)**, **Tantra Bandhan (energetic binding)**, or **Mantra Bandhan (spiritual restrictions through mantras)**. Identifying these blockages within yourself is a crucial first step toward **breaking free from their influence** and restoring **balance to your energy system**.

In this chapter, we will explore **how to detect spiritual blockages** in your **aura, chakras, and astral body** using **intuitive techniques, Reiki practices, and self-diagnosis methods**. You will also learn how to recognize **the symptoms of different types of spiritual blockages** and perform **energy scans** to determine where you are being affected.

■ Understanding Spiritual Blockages

A **spiritual blockage** occurs when **negative energy**—whether from **external sources, emotional trauma, or karmic influences**—disrupts the **natural flow of energy** in your **aura and chakras**. These blockages can manifest as **physical symptoms, emotional instability, recurring life problems, or spiritual disconnection**.

There are three key types of spiritual blockages we will focus on:

Type of Blockage	Cause	Effect
Tantra Badha	External attack (black magic, curses)	Creates obstacles, confusion, and failures in life
Tantra Bandhan	Energetic bindings (karmic ties, ancestral patterns)	Causes stagnation, emotional pain, and repetitive patterns
Mantra Bandhan	Mantra misuse (intentional or unintentional)	Restricts spiritual growth and creates mental confusion

🔍 How to Detect Tantra Badha (External Attack) in Your Energy Field

Tantra Badha refers to an external spiritual attack that disrupts your energy field through black magic, curses, or evil eye. It typically comes from jealousy, revenge, or negative intentions directed toward you.

☐ Signs of Tantra Badha:

1. **Recurring obstacles in life** despite your best efforts.
2. **Sudden financial losses or career setbacks.**
3. **Unexplained health issues** that don't respond to medical treatment.
4. **Emotional instability or mood swings** without any logical cause.
5. **Nightmares or disturbed sleep patterns.**
6. **Feeling of being watched or followed.**
7. **Objects breaking or plants wilting** in your home without explanation.

✂ Self-Diagnosis Exercise for Tantra Badha:

1. **Sit in a quiet space** where you won't be disturbed.
2. **Close your eyes** and focus on your **breathing**.
3. **Visualize your aura** as a glowing light around your body.
4. Ask yourself, **"Is my energy field being attacked by an external force?"**
5. **Pay attention to your intuition**. If you feel **heaviness, darkness, or pressure** around your body, it could indicate **Tantra Badha**.

Reiki Technique:

If you are attuned to **Reiki**, use the **Sei He Ki symbol** to scan your **aura** for **dark spots or heavy energy**. If you feel **cold spots, resistance, or tingling**, it may indicate **spiritual interference**.

How to Detect Tantra Bandhan (Energetic Binding) in Your Energy Field

Tantra Bandhan refers to **energetic bindings** that restrict your **freedom and spiritual progress**. These bindings can be caused by **karmic ties, ancestral patterns, or negative thought forms**.

Signs of Tantra Bandhan:

1. **Feeling stuck or trapped** in life.
2. **Repetitive negative patterns** in relationships, finances, or health.
3. **Emotional pain or guilt** that seems to have no clear cause.
4. **Attraction to toxic relationships or situations**.
5. **Feeling mentally or emotionally blocked**.
6. **Loss of motivation or willpower**.

Self-Diagnosis Exercise for Tantra Bandhan:

1. **Sit in a comfortable position** with your hands over your **heart chakra**.
2. **Close your eyes** and take a few deep breaths.
3. Ask yourself, **“Am I energetically bound by someone or something?”**
4. Pay attention to your **intuitive responses**. If you feel **heaviness** in your **heart or solar plexus chakra**, it may indicate **Tantra Bandhan**.

Cord-Scanning Exercise:

Imagine **energetic cords** connecting you to **people, places, or situations**. If you see **dark, thick cords** that feel **heavy or painful**, you may have **energetic bindings** that need to be **cut and released**.

How to Detect Mantra Bandhan (Spiritual Restrictions through Mantras) in Your Energy Field

Mantra Bandhan occurs when **mantras** are **misused** to **bind someone’s energy**. This can happen when a **black magic practitioner** uses **mantras** to control someone, or when a person **unknowingly binds themselves** through **negative affirmations or vows**.

Signs of Mantra Bandhan:

1. **Mental confusion** or **difficulty focusing**.
2. **Recurring failures** despite your efforts to succeed.
3. **Feeling spiritually blocked** or **disconnected from your intuition**.
4. **Loss of free will**—feeling like you are **being controlled by someone else’s energy**.
5. **Difficulty meditating** or **connecting to higher realms**.

✂ Self-Diagnosis Exercise for Mantra Bandhan:

1. **Sit in a quiet place and focus on your Third Eye Chakra (Ajna).**
2. Ask yourself, **“Am I bound by a mantra or spell?”**
3. Pay attention to your **inner vision**. If you see **chains, cages, or dark symbols**, it may indicate **Mantra Bandhan**.
4. Use the **Cho Ku Rei symbol** to visualize **breaking chains or removing dark symbols** from your **energy field**.

🌟 How to Perform an Energy Field Scan (Full Body Check for Blockages)

Step 1: Prepare Your Space

- Find a **quiet place** where you won't be disturbed.
- **Light a candle** or **burn sage** to cleanse the space.

Step 2: Ground Yourself

- Sit with your **feet flat on the ground** and **hands resting on your knees**.
- Take a few **deep breaths** and **visualize roots growing from your feet into the earth**.

Step 3: Scan Your Energy Field

- **Close your eyes** and **imagine a white light** moving from the **top of your head** to the **bottom of your feet**.
- Pay attention to **any sensations** you feel—such as **heaviness, cold spots, or tingling**.

Step 4: Ask for Guidance

- Ask your **higher self** or **spiritual guides**, **“Where am I holding blockages?”**

- Be open to **intuitive messages** or **images** that appear in your mind.

 **Key Questions to Ask During Self-Diagnosis:**

1. **Do I feel blocked in any area of my life?**
2. **Do I feel drained after being around certain people?**
3. **Am I experiencing recurring failures or emotional instability?**
4. **Do I feel disconnected from my spiritual practices?**

If you answered **yes** to any of these questions, it's a strong indicator that you have **spiritual blockages** that need to be addressed.

 **Key Takeaways:**

1. **Tantra Badha** is an **external spiritual attack** that creates **obstacles and confusion**.
2. **Tantra Bandhan** is an **internal or external binding** that causes **emotional pain and stagnation**.
3. **Mantra Bandhan** is a **spiritual restriction** caused by **misusing mantras** or **negative affirmations**.
4. You can detect spiritual blockages through **self-diagnosis exercises**, **energy scans**, and **Reiki techniques**.
5. **Identifying blockages** is the first step to **breaking free** and **restoring balance to your energy field**.

Chapter Sixteen



How to Identify Spiritual Blockages in Yourself - Tools for Diagnosis: Aura Scanning

One of the most effective tools for **identifying spiritual blockages** in your **energy field** is **aura scanning**. Your **aura** is the **energetic field** that surrounds your body, acting as a **protective shield** and **reflecting your overall well-being**. When you experience **Tantra Badha**, **Tantra Bandhan**, or **Mantra Bandhan**, these spiritual blockages often manifest as **distortions or dark spots** in your **aura**. In this chapter, we will explore **what aura scanning** is, how to **perform aura scanning** on yourself, and **tools and techniques** to detect **spiritual blockages** in your energy field.

■ What Is Aura Scanning?

Aura scanning is a technique used to **detect energetic blockages, imbalances, and distortions** in the **aura**. It involves **using your hands, intuition, or energy tools** to **feel or sense disturbances** in the **energy field** around your body.

When there is a **spiritual blockage** in your life—such as **Tantra Badha (external spiritual attack)** or **Tantra Bandhan (energetic binding)**—it often shows up as **dense or dark energy** in your **aura**. These blockages can cause **emotional instability, physical ailments, and mental confusion**.

👉 How Does the Aura Work?

The **aura** consists of **multiple layers** that correspond to your **physical, emotional, mental, and spiritual states**. Each layer

interacts with your **chakras** and reflects your **inner health** and **spiritual condition**.

Aura Layer	Description	Impact of Blockage
Physical Layer	Closest to the body, connected to physical health	Physical ailments, fatigue, body pain
Emotional Layer	Reflects emotional state	Mood swings, anxiety, emotional pain
Mental Layer	Governs thoughts and beliefs	Mental confusion, negative thought patterns
Spiritual Layer	Connects to higher consciousness and spiritual growth	Feeling disconnected from spiritual practices

If there is a **blockage** in any of these layers, it can **affect your overall well-being**.

How to Perform Aura Scanning on Yourself

You don't need to be a **Reiki master** or a **spiritual healer** to perform **aura scanning**. With **focused intention** and **practice**, you can learn to **sense your own energy field** and **identify blockages**.

Step 1: Prepare Your Space

Before starting the **aura scan**, make sure you are in a **quiet, undisturbed space**. Cleanse the space by **burning sage, palo santo, or incense** to **remove any negative energy**.

What You'll Need:

- **A quiet room**
- **Candle or incense (optional)**
- **Crystals** (such as black tourmaline or clear quartz) for protection
- **Journal** to record your findings

🌟 Step 2: Ground Yourself

Before scanning your aura, it's important to **ground yourself** to ensure you are **centered and balanced**.

Grounding Exercise:

1. Sit or stand with your **feet flat on the ground**.
2. **Close your eyes and take deep breaths**.
3. Visualize **roots growing from your feet** into the **earth**, anchoring you to **Mother Earth**.
4. Affirm:
"I am grounded. I am protected. I am open to sensing my energy field."

🌟 Step 3: Scan Your Aura with Your Hands

Hand Scanning Technique:

1. **Hold your hands a few inches away from your body**.
2. Slowly **move your hands around your body**, starting from the **top of your head** and moving **down to your feet**.
3. As you move your hands, **pay attention to any sensations** you feel—such as **warmth, tingling, cold spots, or resistance**.

What to Look For:

Sensation	Possible Meaning
Warmth or heat	Energy is flowing smoothly.
Cold spots	Indicate blockages or stagnant energy .
Tingling or heaviness	Presence of negative energy or external influence .
Resistance or tension	Tantra Bandhan or energetic cords may be present.

🌟 Step 4: Use Your Intuition

As you scan your aura, trust your **intuition**. You may **see images, hear messages, or feel emotions** that provide clues about blockages.

Questions to Ask During the Scan:


1. **Do I feel any heaviness or resistance in my energy field?**
2. **Do I sense any dark spots or cords attached to my aura?**
3. **Is there a specific part of my body that feels blocked?**
4. **Am I picking up on any emotions or thoughts that don't feel like my own?**

 **Step 5: Journal Your Findings**

After completing your **aura scan**, take a few minutes to **journal your findings**.

Questions to Reflect On:

- **What did you feel or sense during the scan?**
- **Did you notice any blockages in specific areas?**
- **Did any images or messages come to mind?**

 **How to Detect Tantra Badha, Tantra Bandhan, and Mantra Bandhan Through Aura Scanning**

Type of Blockage	What to Look for in the Aura
Tantra Badha	Cold spots, dark patches, heaviness around the head, shoulders, or chest. May feel like a pressure or weight.
Tantra Bandhan	Energetic cords or chains attached to specific chakras, especially the Heart Chakra and Solar Plexus Chakra.
Mantra Bandhan	Mental fog, confusion, or symbols or sigils appearing in your mind's eye during the scan.

Alternative Aura Scanning Methods

□ 1. Mirror Technique:

1. Stand in front of a **mirror** in a **dimly lit room**.
2. Focus on the **space around your body**.
3. Look for **dark patches, distortions, or irregularities** in your **aura**.

□ 2. Pendulum Technique:

1. Hold a **pendulum** over your **chakras**.
2. Observe the **movement of the pendulum**.
 - If it moves **smoothly in circles**, the energy is balanced.
 - If it **stops, swings erratically, or doesn't move**, there may be a **blockage**.

□ 3. Intuitive Visualization:

1. **Close your eyes** and visualize your **aura** as a **field of light** surrounding your body.
2. Look for **any dark spots, tears, or cords** in your **visualization**.
3. Use **Reiki symbols** or **mantras** to **remove blockages** as you see them.

Key Signs of a Blocked Aura:

Symptom	Possible Cause
Feeling drained	Energy siphoning or psychic vampirism.
Mental confusion	Mantra Bandhan or astral interference.

Emotional instability	Tantra Bandhan or emotional cords.
Recurring failures	Tantra Badha or karmic blockages.

Next Steps: What to Do If You Identify Blockages

Once you've identified **spiritual blockages** in your **aura**, the next step is to **cleanse and release them**. In the next chapter, we will cover **practical techniques** for **removing spiritual blockages** using **Reiki, mantras, and protective rituals**.

Key Takeaways:

1. **Aura scanning** is a powerful tool for **detecting spiritual blockages** in your **energy field**.
2. **Tantra Badha** manifests as **cold spots, dark patches, or heaviness** in the **aura**.
3. **Tantra Bandhan** often shows up as **energetic cords or chains** in the **Heart and Solar Plexus Chakras**.
4. **Mantra Bandhan** can appear as **mental fog, confusion, or symbols in the mind's eye**.
5. Use **hand scanning, mirror techniques, pendulums, or intuitive visualization** to **identify blockages** in your **aura**.

Chapter Seventeen



How to Identify Spiritual Blockages in Yourself – Tools for Diagnosis: Chakra Assessment

Your **chakras** are **energy centers** within your body that regulate your **physical, emotional, mental, and spiritual well-being**. When **spiritual blockages** occur—whether from **Tantra Badha, Tantra Bandhan, or Mantra Bandhan**—these blockages often manifest in specific **chakras**, disrupting their **energy flow** and causing **physical symptoms, emotional instability, and mental confusion**.

In this chapter, we will explore **how to perform a chakra assessment** to detect **spiritual blockages** in your **energy centers**. You'll learn about the **seven primary chakras**, the **common symptoms of chakra blockages**, and **techniques for diagnosing imbalances** using **Reiki, pendulums, and intuitive scanning**.

What Are Chakras?

The word “**chakra**” comes from Sanskrit, meaning “**wheel**” or “**disk**”. Chakras are **energy centers** within the body that **spin** and **regulate the flow of life force energy** (prana). When **chakras are balanced**, energy flows smoothly, and you feel **physically healthy, emotionally stable, mentally clear, and spiritually connected**. However, when a **chakra is blocked or overactive**, it can create **physical, emotional, and spiritual issues**.

☉ The Seven Primary Chakras and Their Functions

Chakra	Location	Function	Associated Issues When Blocked
Root Chakra (Muladhara)	Base of the spine	Grounding, security, survival	Fear, anxiety, financial instability
Sacral Chakra (Svadhithana)	Below the navel	Creativity, sexuality, emotional expression	Emotional instability, lack of creativity, guilt
Solar Plexus Chakra (Manipura)	Upper abdomen	Personal power, confidence, willpower	Lack of confidence, feeling powerless, anxiety
Heart Chakra (Anahata)	Center of the chest	Love, compassion, emotional balance	Emotional pain, resentment, relationship issues
Throat Chakra (Vishuddha)	Throat	Communication, self-expression, truth	Difficulty expressing yourself, fear of speaking up
Third Eye Chakra (Ajna)	Forehead between eyes	Intuition, insight, spiritual connection	Mental fog, confusion, disconnection from intuition
Crown Chakra (Sahasrara)	Top of the head	Spiritual connection, higher consciousness	Feeling spiritually disconnected, lack of purpose

🔍 Why Chakra Assessment Is Important for Detecting Spiritual Blockages

Spiritual blockages often show up as **imbalances in specific chakras**. For example:

- **Tantra Badha** (external attack) typically blocks the **Root Chakra**, making you feel **unsafe and anxious**.
- **Tantra Bandhan** (energetic binding) can manifest as **emotional pain** in the **Heart Chakra** or **mental confusion** in the **Third Eye Chakra**.
- **Mantra Bandhan** (spiritual restrictions) may block the **Throat Chakra**, making it hard to **express yourself** or **connect to your spiritual truth**.

By performing a **chakra assessment**, you can identify **where the blockage is located** and **understand how it's affecting your life**.

🔧 How to Perform a Chakra Assessment

There are several tools and techniques you can use to **diagnose chakra blockages**, including **intuitive scanning**, **pendulums**, and **Reiki techniques**. Let's explore each method in detail.

🌈 1. Intuitive Chakra Scanning

Intuitive scanning involves using your **hands and intuition** to sense **energy imbalances** in your chakras.


How to Perform an Intuitive Scan:


1. **Sit in a quiet space** where you won't be disturbed.
2. **Close your eyes** and **take a few deep breaths** to center yourself.
3. Place your **dominant hand** a few inches above your **Root Chakra** (base of the spine).

4. Slowly **move your hand upward**, hovering over each chakra.
5. **Pay attention to any sensations** you feel—such as **heat, cold, tingling, or resistance**.

What to Look For:

Sensation	Possible Meaning
Heat or warmth	Energy is flowing smoothly.
Cold spots	Blocked or stagnant energy.
Tingling or heaviness	Presence of spiritual interference or external influence.
Resistance or tension	Energetic cord or binding in that chakra.

 **Tip:** If you feel **heaviness or resistance** around a particular chakra, it may indicate a **spiritual blockage** that needs to be cleansed or released.

 **2. Using a Pendulum for Chakra Diagnosis**

A **pendulum** is a powerful tool for **detecting energy imbalances** in the **chakras**. It works by **responding to the energy flow** in your energy centers.

How to Use a Pendulum for Chakra Scanning:

1. Hold the **pendulum** over each chakra, starting at the **Root Chakra**.
2. Observe the **movement of the pendulum**.

Interpreting Pendulum Movements:

Pendulum Movement	Meaning
Smooth, clockwise circle	Chakra is balanced and energy is flowing freely.
No movement	Blocked chakra or stagnant energy.

Erratic movement	Chakra is overactive or affected by external forces.
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💡 **Tip:** If the **pendulum doesn't move** over a chakra or **swings erratically**, it's a sign of **blockage** or **spiritual interference** in that area.

🧘 3. Reiki Technique for Chakra Assessment

If you are attuned to **Reiki**, you can use **Reiki symbols** to **scan and diagnose chakra blockages**.

Steps for Chakra Scanning with Reiki:

1. **Activate the Cho Ku Rei symbol** (power symbol) to **amplify your energy**.
2. **Place your hands** over each chakra, starting from the **Root Chakra**.
3. Ask yourself, **“Is this chakra balanced?”**
4. **Pay attention to any sensations** you feel.

💡 **Tip:** If you feel **cold spots**, **resistance**, or **tingling**, it may indicate a **spiritual blockage** that needs to be cleared.

🙏 Signs of Blockages in Specific Chakras

Chakra	Signs of Blockage	Possible Cause
Root Chakra	Fear, anxiety, financial instability	Tantra Badha, ancestral curses
Sacral Chakra	Emotional instability, creative blocks	Emotional Bandhan, past trauma
Solar Plexus Chakra	Lack of confidence, feeling powerless	Mantra Bandhan, psychic attack
Heart Chakra	Emotional pain, relationship issues	Energetic cords, toxic relationships

Throat Chakra	Difficulty expressing yourself, fear of speaking up	Mantra misuse, suppressed emotions
Third Eye Chakra	Mental fog, confusion, disconnection from intuition	Astral interference, karmic ties
Crown Chakra	Feeling spiritually disconnected, lack of purpose	Spiritual blockages, karmic debt

Next Steps: What to Do If You Detect a Blockage

Once you've identified a **chakra blockage**, it's essential to **cleanse and balance the affected chakra** to restore **energetic flow**. In the next chapter, we will explore **practical techniques to cleanse and release spiritual blockages** using **Reiki, mantras, visualization, and cord-cutting rituals**.

Key Takeaways:

1. **Chakra assessment** is a powerful tool for **diagnosing spiritual blockages** in your **energy field**.
2. **Tantra Badha, Tantra Bandhan, and Mantra Bandhan** often manifest as **chakra imbalances**.
3. Use **intuitive scanning, pendulums, and Reiki techniques** to detect **blockages in specific chakras**.
4. **Blocked chakras** can cause **emotional instability, mental confusion, and physical symptoms**.
5. Once you've identified a blockage, the next step is to **cleanse and heal your energy field for spiritual liberation**.

Chapter Eighteen



Tools for Diagnosis: The Lemon Test

The **lemon test** is one of the most **ancient and traditional methods** used to detect **negative energies** and **spiritual blockages**. It is commonly practiced in **spiritual and esoteric traditions** to identify the presence of **Tantra Badha** (external spiritual attacks), **Tantra Bandhan** (energetic bindings), and **Mantra Bandhan** (spiritual restrictions caused by mantras).

The **lemon test** is **simple yet powerful**, using the **lemon's natural energy-absorbing properties** to detect **negative vibrations** in a person's **energy field, home, or environment**. In this chapter, we'll explore **how the lemon test works, when to use it, and how to interpret the results**.

What Is the Lemon Test?

The **lemon test** involves placing a **fresh lemon** in your **living space, under your pillow, or on your altar** and observing how it **reacts over time**. The **lemon acts as a natural energy sponge**, absorbing **energetic vibrations** from its surroundings. If there is **negative energy** present—whether from **spiritual blockages, psychic attacks, or curses**—the lemon will show **visible changes** such as **shriveling, rotting, or discoloration**.

The **lemon test** can be used to:

- Detect **negative energies** in your **aura or energy field**.

- Identify **spiritual attacks** such as **black magic, evil eye, or curses**.
- Assess whether your **home** or **workspace** is affected by **energetic disturbances**.
- Confirm the presence of **Tantra Badha, Tantra Bandhan, or Mantra Bandhan**.

🍋 Why Does the Lemon Test Work?

The **lemon** is a **highly sensitive natural object** that can **absorb and reflect energy vibrations**. Its **acidic nature** and **high water content** make it **receptive to both positive and negative energies**.

When exposed to **negative energy**, the **lemon deteriorates quickly**, showing signs of **decay, dark spots, or mold**. On the other hand, if there is **positive energy** in the space, the **lemon remains fresh** for a longer period.

□ How to Perform the Lemon Test

The **lemon test** can be performed in several ways, depending on whether you want to check for **spiritual blockages in yourself, your home, or your environment**.

🍋 Method 1: Lemon Test for Personal Energy Blockages

This method helps you detect **negative energies or spiritual blockages** in your **aura and chakras**.

Steps to Perform:

1. Take a **fresh, whole lemon**.
2. **Hold the lemon** in your hands and **set your intention** by saying:
"If there is any negative energy or spiritual blockage in me, let this lemon absorb it and show me the signs."

3. Place the **lemon under your pillow** or **next to your bed** overnight.
4. The next morning, **observe the lemon's condition**.

Method 2: Lemon Test for Your Home or Workspace

This method helps you check for **negative energies** in your **living space** or **workspace**.

Steps to Perform:

1. Place a **fresh lemon** in the **center of the room** or **near the entrance**.
2. Leave it there for **24 to 48 hours**.
3. After the time has passed, **check the lemon's condition** for any **signs of decay or discoloration**.

Method 3: Lemon Water Bowl Test

This method involves using **lemon slices in a bowl of water** to detect **spiritual interference**.

Steps to Perform:

1. Fill a **glass bowl** with **clean water**.
2. Cut a **lemon into slices** and **place the slices in the bowl**.
3. Place the bowl **in a prominent location** (like an altar, desk, or nightstand).
4. Check the **bowl and lemon slices** after **24 hours**.

How to Interpret the Results of the Lemon Test

The **condition of the lemon** after the test provides **clues about the presence of spiritual blockages**. Here's how to interpret the results:

Lemon Condition	Interpretation
Fresh and unchanged	There is no negative energy or spiritual blockage present.
Shriveled or wrinkled	Indicates negative energy or spiritual interference affecting your aura.
Discolored or dark spots	Suggests the presence of Tantra Badha , evil eye , or black magic .
Moldy or rotten	Confirms a severe spiritual attack or negative influence in your life.
Burst or leaking	Indicates intense energy drain or psychic vampirism .

💡 Common Results and What They Mean:

1. **Lemon Turns Black or Dark:**
 - This indicates **strong negative energy** in your **aura** or **environment**. It could be a sign of **Tantra Badha** or **Mantra Bandhan**.
2. **Lemon Shrivels Overnight:**
 - This suggests the presence of **psychic attacks** or **negative emotions** directed toward you.
3. **Lemon Develops Mold Quickly:**
 - This indicates **severe spiritual interference**, possibly from **black magic** or a **curse**.
4. **Lemon Stays Fresh for Days:**
 - This means your **energy field is clear**, and there are no **spiritual blockages** present.

⚠️ When to Use the Lemon Test

You can perform the **lemon test** whenever you feel:

- **Mentally foggy** or **emotionally drained**.
- **Blocked in your career, finances, or relationships**.

- **Disconnected from spiritual practices.**
- **Anxious or fearful** without any clear reason.
- **Suspicious of psychic attacks, black magic, or curses.**

What to Do If the Lemon Test Shows Negative Results

If the **lemon test confirms** the presence of **negative energy** or **spiritual blockages**, it's important to **take immediate action** to **cleanse your aura and energy field**.

Recommended Steps:

1. **Perform a Cord-Cutting Ritual:**
 - Use **Reiki symbols** like **Cho Ku Rei** and **Sei He Ki** to **cut negative cords**.
2. **Cleanse Your Space:**
 - Burn **sage, palo santo, or incense** to **remove negative energies** from your home.
3. **Chant Protective Mantras:**
 - Recite the **Maha Mrityunjaya Mantra** or **Hanuman Chalisa** to **remove spiritual blockages**.
4. **Take a Salt Bath:**
 - **Salt baths** are highly effective in **cleansing your aura** and **removing negative vibrations**.

Real-Life Example of the Lemon Test:

A woman named Meera suspected she was the target of **negative energy** from a **jealous colleague**. She performed the **lemon test** by placing a lemon under her pillow for three nights. On the third night, the lemon **turned black and shriveled**, confirming the presence of **negative energy**. After performing a **cleansing ritual**

and **chanting protective mantras**, Meera felt **lighter and more balanced**, and her obstacles gradually disappeared.

 **Key Takeaways:**

1. The **lemon test** is a **traditional diagnostic tool** to detect **negative energies** and **spiritual blockages**.
2. A **fresh and unchanged lemon** indicates **no negative energy**, while a **shriveling or discolored lemon** suggests **spiritual interference**.
3. The **lemon test** can help identify the presence of **Tantra Badha**, **Tantra Bandhan**, or **Mantra Bandhan**.
4. If the **lemon test confirms blockages**, perform **aura cleansing rituals**, **cord-cutting**, and **protective mantras** to remove negative influences.

Chapter Nineteen



Using Reiki to Cut Cords, Remove Blockages, and Free the Astral Body

Reiki is one of the most powerful and versatile spiritual tools available for clearing energetic blockages, cutting unhealthy cords, and releasing the astral body from spiritual bindings. It works by channeling universal life force energy to cleanse and balance the aura, chakras, and astral body, allowing you to break free from spiritual restrictions such as Tantra Badha, Tantra Bandhan, and Mantra Bandhan.

In this chapter, we will explore:

- How Reiki energy works in the context of spiritual blockages.
- Step-by-step Reiki techniques to cut cords, remove blockages, and free the astral body.
- The use of Reiki symbols like Cho Ku Rei, Sei He Ki, and Hon Sha Ze Sho Nen for spiritual liberation.

How Reiki Works to Remove Spiritual Blockages

Reiki energy flows through your chakras, aura, and astral body, clearing negative energies and dissolving blockages that may have been caused by external spiritual attacks or self-imposed bindings. It helps you:

1. Release stagnant energy from your chakras and aura.

2. **Cut negative cords** that bind you to people, places, or situations.
3. **Remove astral bindings** created through **black magic**, **karmic ties**, or **mantra misuse**.
4. **Protect your energy field** from future psychic attacks and spiritual interference.

Reiki not only **clears negative energy** but also **raises your vibrational frequency**, making you **less vulnerable** to **low-vibrational entities** and **psychic vampires**.

Understanding Energy Cords and How They Create Blockages

Energy cords are **invisible energetic connections** that form between you and **other people, places, situations, or entities**. While some cords are **positive and supportive**, others are **toxic and draining**. These **negative cords** can:

- **Drain your energy.**
- **Create emotional pain and mental confusion.**
- **Keep you trapped in unhealthy relationships or situations.**
- **Prevent you from moving forward in life.**

Cord-cutting with Reiki is essential for **releasing these attachments** and **freeing your astral body** from **spiritual bindings**.

Step 1: Reiki Cord-Cutting Technique

The **cord-cutting technique** is used to **sever unhealthy energetic ties** between you and **people, places, or entities** that are **draining your energy**.

What You'll Need:

- A **quiet space**.
- A **candle** (optional).
- Your **Reiki-attuned hands**.
- **Visualization skills**.
- **Reiki symbols**:
 - **Cho Ku Rei** (Power symbol).
 - **Sei He Ki** (Emotional and mental healing symbol).
 - **Hon Sha Ze Sho Nen** (Distance healing symbol).

Cord-Cutting Ritual with Reiki:

1. **Find a quiet space** where you won't be disturbed.
2. **Ground yourself** by visualizing **roots growing from your feet into the Earth**.
3. **Activate the Cho Ku Rei symbol** on your palms to **enhance your energy flow**.
4. **Close your eyes** and **visualize the cord** you want to cut.
 - It may look like a **rope, chain, or thread** connecting you to another person, place, or situation.
5. **Use your hands to sweep through your aura**, imagining yourself **cutting the cord** with a **sword of light**.
6. **Chant the Cho Ku Rei mantra** mentally or out loud as you cut the cord:
"Cho Ku Rei, Cho Ku Rei, Cho Ku Rei. I release this cord and reclaim my energy."
7. Once the cord is **severed**, visualize the **Sei He Ki symbol** over the cut area to **heal and seal** your aura.
8. **Finish by placing your hands on your heart chakra** and **affirming your freedom**:

"I am free. I reclaim my power. I am whole and complete."

🌀 Step 2: Using Reiki to Remove Chakra Blockages

Spiritual blockages often **manifest in the chakras**, causing **emotional pain, mental confusion, and physical symptoms**. **Reiki energy** can be used to **clear these blockages** and **restore the natural flow of energy**.

🌺 Chakra Cleansing with Reiki:

1. **Start with the Root Chakra** and work your way up to the **Crown Chakra**.
2. **Place your hands over each chakra**, activating the **Cho Ku Rei** symbol to **enhance energy flow**.
3. Use the **Sei He Ki** symbol to **release emotional pain and trauma** stored in the chakra.
4. If you feel **heaviness or resistance**, visualize **dark energy being pulled out** of the chakra and replaced with **white light**.
5. **Repeat the process** for each chakra, paying extra attention to areas where you feel **blocked energy**.

👁️ Step 3: Freeing the Astral Body with Reiki

The **astral body** can become **trapped or bound** in the **lower realms** due to **spiritual bindings** or **entity attachments**. Using **Reiki energy**, you can **free the astral body** from these bindings and **restore its freedom** to travel and explore **higher realms**.

🌺 Astral Body Liberation Technique with Reiki:

1. **Sit or lie down** in a comfortable position.

2. **Visualize your astral body** as a **glowing light body** within your physical body.
3. Activate the **Hon Sha Ze Sho Nen** symbol to **connect to your astral body across time and space**.
4. Visualize any **chains, ropes, or cages** binding your astral body.
5. **Use your hands to sweep through your energy field**, imagining yourself **breaking the chains or unlocking the cage**.
6. **Chant the Sei He Ki** symbol to **heal any damage** done to the astral body.
7. Finish by **visualizing your astral body expanding and glowing** with **white light**, free from all restrictions.

Step 4: Using Reiki Symbols for Protection

Once you've **cut cords, removed blockages, and freed your astral body**, it's essential to **protect your energy field** from future **spiritual attacks**.

Protective Reiki Symbols:

- **Cho Ku Rei:** Creates a **protective shield** around your aura.
- **Sei He Ki:** **Cleanses negative emotions** and **protects your mental state**.
- **Hon Sha Ze Sho Nen:** Provides **distance protection** and connects you to **higher spiritual realms**.

Daily Reiki Protection Ritual:

1. **Ground yourself** by visualizing **roots growing into the Earth**.

2. **Activate the Cho Ku Rei symbol and visualize a white light shield** around your body.
3. **Chant protective mantras** like the **Maha Mrityunjaya Mantra** or **Hanuman Chalisa**.
4. **Affirm your protection:**

"I am divinely protected. No negative energy can enter my field."

Benefits of Using Reiki for Spiritual Blockages

Benefit	Description
Cord Cutting	Releases unhealthy attachments to people, places, or entities.
Chakra Clearing	Removes blockages from the chakras , restoring energy flow .
Astral Body Freedom	Frees the astral body from bindings and negative influences .
Energy Protection	Creates a protective shield to prevent future attacks .
Emotional and Mental Healing	Clears emotional pain and mental confusion caused by spiritual blockages .

Key Takeaways:

1. **Reiki energy** can be used to **cut negative cords**, **remove spiritual blockages**, and **free the astral body**.
2. Use **Reiki symbols** like **Cho Ku Rei**, **Sei He Ki**, and **Hon Sha Ze Sho Nen** to **enhance your energy-clearing practices**.
3. Perform **cord-cutting rituals** to **release attachments** to **toxic people, places, or entities**.
4. **Cleanse and balance your chakras** to restore **emotional and spiritual well-being**.

5. **Protect your energy field with Reiki shielding techniques to prevent future spiritual attacks.**

Chapter Twenty



The Importance of Mantras in Spiritual Liberation

In the process of **spiritual healing and liberation**, **mantras** play a vital role. **Mantras are sacred sound vibrations** that carry **divine energy** and have the power to **cleans negative energies**, **remove spiritual blockages**, and **break bindings** caused by **Tantra Badha**, **Tantra Bandhan**, and **Mantra Bandhan**.

In this chapter, we will explore:

- The **importance of mantras** in achieving **spiritual freedom**.
- How **mantras work to break spiritual bindings** and **protect your energy field**.
- Detailed explanations of **powerful mantras** that can be used to **remove spiritual blockages** and **shield yourself from psychic attacks**.

■ What Is a Mantra and Why Is It Important for Spiritual Liberation?

A **mantra** is a **sacred syllable, word, or phrase** that is **repeated to invoke divine energy** and **transform your vibrational frequency**. The sound vibrations of a **mantra** resonate with **spiritual forces**, helping to:

1. **Remove negative energies** from your **aura and chakras**.
2. **Break energetic cords and bindings**.

3. **Protect against psychic attacks, black magic, and evil eye.**
4. **Elevate your consciousness and connect to higher realms.**
5. **Release karmic debts and ancestral curses.**

In spiritual healing, **mantras act as tools for liberation**, cutting through **spiritual bindings** and **freeing the astral body** from **negative influences**.

🪄 How Mantras Work to Break Spiritual Bindings

Spiritual bindings can be caused by **external forces** (such as **Tantra Badha**) or **internal patterns** (such as **negative thought forms or karmic ties**). When you **chant mantras**, you **disrupt negative energy patterns** and **replace them with divine vibrations**, which can:

- **Cut energetic cords** that bind you to **toxic people or situations**.
- **Dissolve dark entities** or **negative thought-forms** attached to your aura.
- **Break curses, hexes, or black magic spells**.
- **Clear karmic imprints** from **past lives** or **ancestral lineage**.

By repeating mantras regularly, you **strengthen your energy field**, making it **less susceptible** to **spiritual attacks** and **negative influences**.

🪄 How to Chant Mantras for Maximum Effect

1. **Choose a quiet space** where you won't be disturbed.
2. **Light a candle or incense** to create a **sacred atmosphere**.
3. **Sit comfortably** with your **back straight** and **hands in a mudra** (prayer pose or resting on your knees).

4. **Close your eyes** and focus on your **breath**.
5. **Repeat the mantra** out loud or mentally, with **full focus and intention**.
6. **Chant the mantra in sets of 108 repetitions** using a **mala (prayer beads)** for best results.

🌟 Powerful Mantras for Breaking Spiritual Bindings

Below are some of the **most powerful mantras** used in **spiritual liberation**, along with their **meanings, benefits, and how to use them**.

ॐ 1. Maha Mrityunjaya Mantra – The Mantra of Liberation from Death

The **Maha Mrityunjaya Mantra** is one of the most **powerful protective mantras** in Hinduism. It is also known as the **“Death Conquering Mantra”**, as it helps to **remove fear, break spiritual bindings, and liberate the soul from negative forces**.

Mantra:

*“Om Tryambakam Yajamahe Sugandhim Pushtivardhanam,
Urvarukamiva Bandhanan Mrityor Mukshiya Maamritat.”*

Translation:

*“We meditate on the three-eyed one, who nourishes and sustains all life.
May he liberate us from bondage and death, granting us immortality.”*

Benefits:

- **Breaks spiritual bindings** caused by **black magic** and **negative energies**.
- **Protects against fear, illness, and death**.
- **Liberates the soul from karmic ties and ancestral curses**.

- Restores balance in the chakras and aura.

How to Use:

- Chant the mantra **108 times daily**, ideally during **early morning** or **before bedtime**.
- Visualize **cutting cords and breaking chains** as you chant.
- Place your hands on your **Heart Chakra** to **absorb the mantra's protective energy**.

 **2. Durga Kavach - The Protective Shield of Goddess Durga**

The **Durga Kavach** is a **protective chant** that invokes **Goddess Durga**, the **Divine Mother and Warrior Goddess**, to **shield you from negative energies** and **remove spiritual blockages**.

Key Verse:

*"Sarva Swaroupe Sarveshe, Sarva Shakti Samanvite,
Bhayebhyastraahi No Devi Durge Devi Namostute."*

Translation:

*"O Divine Mother Durga, who embodies all forms and powers,
Protect us from all fears. We bow to you."*

Benefits:

- Creates a **powerful protective shield** around your aura.
- **Breaks curses, hexes, and black magic spells**.
- **Repels negative entities and low-vibrational energies**.
- **Empowers you with courage and strength**.

How to Use:

- Chant the **Durga Kavach** daily for **protection and strength**.
- Visualize **Goddess Durga's divine light** surrounding you and **cutting through all bindings**.

🕉️ 3. Hanuman Chalisa - The Mantra of Strength and Protection

The **Hanuman Chalisa** is a **40-verse hymn** dedicated to **Lord Hanuman**, known for his **strength, courage, and devotion**. It is a **powerful tool for breaking spiritual bindings and removing negative influences**.

Key Verse:

*"Bhoot Pishaach Nikat Nahi Aave,
Mahaveer Jab Naam Sunave."*

Translation:

*"Evil spirits and negative entities cannot come near,
When the mighty Lord Hanuman's name is chanted."*

Benefits:

- **Removes spiritual bindings** caused by **black magic** or **psychic attacks**.
- **Protects against negative entities** and **evil spirits**.
- **Gives strength, courage, and resilience** to overcome obstacles.
- **Cuts energetic cords** that drain your energy.

How to Use:

- Chant the **Hanuman Chalisa** every Tuesday and Saturday, or whenever you feel **spiritually attacked**.
- Visualize **Lord Hanuman's divine energy** protecting you from **all harm**.

☀️ 4. Gayatri Mantra - The Mantra of Divine Light and Liberation

The **Gayatri Mantra** is one of the **oldest and most sacred mantras** in the Vedic tradition. It invokes **divine light** to **illuminate your mind, clear spiritual blockages, and break karmic bindings.**

Mantra:

*“Om Bhur Bhuvah Svah,
Tat Savitur Varenyam,
Bhargo Devasya Dhimahi,
Dhiyo Yo Nah Prachodayat.”*

Translation:

*“We meditate on the divine light of the Supreme Creator,
May it illuminate our minds and guide us to liberation.”*

Benefits:

- **Breaks karmic bindings and ancestral curses.**
- **Clears mental confusion and removes spiritual blockages.**
- **Elevates your consciousness and connects you to divine wisdom.**
- **Protects your aura and strengthens your spiritual shield.**

How to Use:

- Chant the **Gayatri Mantra** every morning to **cleanse and protect your energy field.**
- Visualize **divine light** flowing into your **crown chakra** and **removing all blockages.**

 **Final Ritual: Combining Mantras for Spiritual Liberation**

To maximize the **effectiveness of mantras**, you can **combine multiple mantras** into a **daily practice** for **spiritual protection and energy cleansing.**

Suggested Practice:

1. **Start with the Maha Mrityunjaya Mantra for cutting cords and breaking bindings.**
2. **Chant the Durga Kavach for protection.**
3. **Recite the Hanuman Chalisa for strength and resilience.**
4. **End with the Gayatri Mantra to elevate your consciousness and connect to divine wisdom.**

 **Key Takeaways:**

1. **Mantras are powerful tools for breaking spiritual bindings and removing negative energies.**
2. **The Maha Mrityunjaya Mantra helps to break bindings and protect against death and fear.**
3. **The Durga Kavach creates a protective shield against negative forces.**
4. **The Hanuman Chalisa removes evil entities and strengthens your energy field.**
5. **The Gayatri Mantra clears spiritual blockages and connects you to divine light.**

Chapter Twenty-One



A Step-by-Step Guide to Performing a Cord-Cutting Ritual Using Reiki and Visualization

One of the most effective ways to **free yourself from spiritual bindings** and **remove toxic energetic attachments** is through a **cord-cutting ritual**. This practice helps to **sever energetic cords** that connect you to **people, situations, past experiences**, or **negative entities** that **drain your energy** and **hold you back**. By using **Reiki energy, symbols, and visualization**, you can **identify, cut, and release these cords**, allowing you to **regain your personal power and freedom**.

In this chapter, we will cover:

- A **step-by-step guide** to performing a **cord-cutting ritual**.
- How to use **Reiki symbols** to **identify and cut energetic cords**.
- **Affirmations and visualization exercises** to assist in **releasing blockages** and **healing your energy field**.

What Are Energetic Cords?

Energetic cords are **invisible connections** between you and **other people, places, or situations**. These cords form during **interactions**, especially in **close relationships**, and can be **positive or negative**.

While **positive cords** offer **supportive energy** (such as those between loved ones), **negative cords** can:

- **Drain your energy.**
- **Create emotional and mental instability.**
- **Keep you stuck in toxic patterns.**
- **Prevent spiritual growth.**

If you've experienced **trauma, toxic relationships, or spiritual attacks**, you may have **negative energetic cords** that need to be **cut and released**.

Signs You Need a Cord-Cutting Ritual

You may need to perform a **cord-cutting ritual** if you experience:

- **Recurring thoughts about a person or situation** that no longer serves you.
- **Feeling drained** after interacting with someone.
- **Emotional pain or guilt** that won't go away.
- **Inability to move forward** in life.
- **Repetitive negative patterns** in relationships, finances, or health.
- **Feeling controlled or manipulated** by someone's energy.

Step-by-Step Guide to Performing a Cord-Cutting Ritual Using Reiki and Visualization

This ritual will help you **identify, cut, and release negative energetic cords** using **Reiki symbols** and **visualization techniques**.

What You'll Need:

- A **quiet space** where you won't be disturbed.

- A **candle** (optional) to create a sacred atmosphere.
- Your **Reiki-attuned hands**.
- **Mala beads** or a **timer** to help track your mantra repetitions (optional).
- A **journal** to record your experience.

🌀 Step 1: Prepare Your Space and Ground Yourself

1. **Find a quiet place** to perform the ritual.
2. **Light a candle or incense** to cleanse the space.
3. **Sit comfortably** with your **feet flat on the ground**.
4. **Close your eyes** and **take a few deep breaths** to center yourself.
5. **Visualize roots growing from your feet into the Earth**, grounding you and connecting you to **Mother Earth's energy**.

Affirmation for Grounding:

"I am grounded. I am protected. I am connected to divine energy."

🌀 Step 2: Activate the Reiki Symbols

Activate the following **Reiki symbols** to **enhance your energy flow** and **focus your intention**:

- **Cho Ku Rei** (Power Symbol): To **amplify your energy** and **protect your space**.
- **Sei He Ki** (Emotional and Mental Healing Symbol): To **release emotional attachments** and **clear mental blockages**.
- **Hon Sha Ze Sho Nen** (Distance Healing Symbol): To **cut cords across time and space**.

Steps to Activate Symbols:

1. **Draw the Cho Ku Rei symbol** in front of you.
2. **Draw the Sei He Ki symbol** over your **Heart Chakra**.
3. **Draw the Hon Sha Ze Sho Nen symbol** above your **head**, connecting to **past lives** and **ancestral ties**.

Affirmation for Activation:

"I call upon divine energy to help me cut and release all negative cords. I reclaim my power and freedom."

🌀 Step 3: Visualize the Energetic Cord

1. **Close your eyes** and **visualize the person, situation, or entity** you are cutting the cord from.
2. **See a cord connecting you** to that person or situation. The cord may appear as **a rope, chain, or thread** attached to your body.
3. Pay attention to **where the cord is attached**—it may be connected to your **Heart Chakra, Solar Plexus Chakra**, or another energy center.

Affirmation for Visualization:

"I see the cord that binds me. I am ready to release it for my highest good."

🌀 Step 4: Cut the Cord with Reiki and Visualization

1. **Visualize a sword of light** in your hand.
2. **Use the sword to cut the cord**, imagining it **severing completely**.
3. As the cord is cut, **visualize white light filling the space** where the cord was attached.

4. **Chant the Cho Ku Rei mantra** as you cut the cord:
“Cho Ku Rei, Cho Ku Rei, Cho Ku Rei. I release this cord and reclaim my energy.”

Repeat the cutting process until you feel the **cord is fully severed**.

🌀 **Step 5: Seal Your Aura with Reiki Symbols**

After cutting the cord, it's essential to **seal your aura** to **prevent new cords from forming**.

1. **Draw the Sei He Ki symbol** over your **Heart Chakra** to **heal emotional wounds**.
2. **Visualize a protective shield of white light** surrounding your body.
3. **Draw the Cho Ku Rei symbol** over your entire aura to **seal your energy field**.

Affirmation for Sealing:

“My energy field is whole and protected. No negative energy can enter my space.”

🌀 **Step 6: Release and Express Gratitude**

1. **Place your hands in prayer position** and express **gratitude** to the divine energy for assisting you in the ritual.
2. **Thank the person or situation** you've released for the **lessons they brought** into your life.
3. **Blow out the candle** (if used) and **record your experience** in your journal.

Affirmation for Closure:

“I release with love and gratitude. I am free. I am whole. I am complete.”

Affirmations for Cord-Cutting and Releasing Blockages

Use these affirmations during your cord-cutting ritual to **strengthen your intention and reclaim your energy**:

1. *"I release all negative cords and attachments that no longer serve me."*
2. *"I reclaim my power and energy from all people, places, and situations."*
3. *"I forgive and release anyone who has hurt me. I am free."*
4. *"My aura is whole, my energy is protected, and I am at peace."*
5. *"I cut the cords of fear, doubt, and control. I reclaim my sovereignty."*

Visualization Exercise: White Light Shield

After cutting cords, it's essential to **protect your energy field** with a **white light shield**.

How to Visualize the Shield:

1. **Close your eyes and imagine white light** descending from **above your head**.
2. The light **wraps around your body**, creating a **protective bubble**.
3. **Chant the Gayatri Mantra** or **Maha Mrityunjaya Mantra** to **strengthen the shield**.

Affirmation for Protection:

"I am surrounded by divine light. No negative energy can penetrate my shield."

 **Key Takeaways:**

1. **Energetic cords** are **invisible attachments** that can **drain your energy** and **hold you back**.
2. **Cord-cutting rituals** using **Reiki symbols** help to **sever toxic connections** and **restore your freedom**.
3. Use **Cho Ku Rei** to **amplify energy**, **Sei He Ki** to **heal emotional wounds**, and **Hon Sha Ze Sho Nen** to **release past-life and ancestral bindings**.
4. **Affirmations and visualization exercises** enhance the **effectiveness of cord-cutting rituals**.
5. Regularly perform **cord-cutting rituals** to **maintain your energy field** and **prevent future spiritual blockages**.

Chapter Twenty-Two



Astral Body Retrieval and Protection

Your **astral body** is the **spiritual counterpart** of your physical body, capable of **traveling to other realms** during **dreams, meditation, and spiritual practices**. However, the **astral body** can become **trapped, fragmented, or hijacked** due to **spiritual bindings, psychic attacks, or trauma**. When this happens, you may feel **disconnected, emotionally unstable, or spiritually blocked**.

In this chapter, we will explore:

- **How to retrieve a trapped astral body.**
- **Meditation techniques for astral body healing.**
- **Protective practices to keep your astral body safe** during spiritual work.

■ What Happens When the Astral Body Gets Trapped?

The **astral body** can become **trapped or fragmented** in the following ways:

1. **Psychic Attacks:** Negative entities or **black magic practitioners** can **trap the astral body in lower realms**, preventing spiritual growth.
2. **Emotional Trauma:** Unresolved **trauma or emotional pain** can cause the **astral body to fragment**, leaving pieces of it stuck in the **lower astral plane**.

3. **Astral Attachments:** During **astral travel**, the astral body can pick up **entities** or **attachments** that **weigh it down** or **hijack control**.
4. **Spiritual Bindings:** **Tantra Badha** and **Tantra Bandhan** rituals can **bind the astral body** to **lower vibrations**, making it difficult to access **higher spiritual realms**.

When the **astral body** is **trapped**, it causes **disruptions in your waking life**, including:

- **Fatigue and exhaustion** (even after sleep).
- **Mental confusion and brain fog**.
- **Emotional instability**.
- **Recurring nightmares or sleep paralysis**.
- **Feeling disconnected from spiritual practices**.

🔗 **How to Retrieve a Trapped Astral Body**

Retrieving your **astral body** involves **calling back fragmented pieces** from **lower realms** and **reintegrating them into your energy field**. This process can be achieved through **Reiki**, **visualization**, and **guided meditation**.

🔧 **Step 1: Prepare Your Space**

Before beginning any **astral retrieval work**, ensure you have a **sacred and protected space**.

1. **Cleanse your space** using **sage, palo santo, or incense**.
2. Light a **white candle** for **protection and clarity**.
3. **Place crystals** like **black tourmaline** or **amethyst** around you to **absorb negative energies**.
4. Play **calming music** or **Reiki healing frequencies** to create a **peaceful atmosphere**.

Affirmation for Protection:

"I call upon divine light to protect me during this healing session. My space is sacred, and I am safe."

✂ Step 2: Call Back Your Astral Body Using Visualization

1. **Sit or lie down** in a comfortable position.
2. **Close your eyes** and **take deep breaths** to center yourself.
3. **Visualize a glowing light** in the center of your chest (Heart Chakra).
4. **Mentally call out to your astral body** by saying:
"I call back all parts of my astral body that are lost, trapped, or fragmented. Return to me now for my highest good."
5. Imagine **pieces of your astral body** returning to you as **light fragments**. These fragments **merge into your heart**, making you **whole and complete**.

Affirmation for Retrieval:

"I reclaim all parts of my astral body. I am whole, complete, and free."

✂ Step 3: Use Reiki Symbols to Heal the Astral Body

Once you've called back your astral body, use **Reiki symbols** to **heal and protect** it.

1. **Draw the Sei He Ki symbol** over your heart to **heal emotional wounds**.
2. **Draw the Cho Ku Rei symbol** over your entire body to **amplify energy and seal your aura**.
3. **Visualize the Hon Sha Ze Sho Nen symbol** connecting you to **higher realms and divine protection**.

✂ Step 4: Seal Your Energy Field with a White Light Shield

After retrieving your **astral body**, it's essential to **protect your energy field** to prevent future attacks.

1. **Visualize a bubble of white light** surrounding your entire body.
2. Chant the **Maha Mrityunjaya Mantra** to **strengthen the shield**.

Mantra:

*"Om Tryambakam Yajamahe Sugandhim Pushtivardhanam,
Urvarukamiva Bandhanan Mrityor Mukshiya Maamritat."*

Affirmation for Protection:

*"I am surrounded by divine light. No negative energy can enter my space.
My astral body is safe and protected."*

🧘 Meditation Techniques for Astral Body Healing

Meditation can help you **heal and reintegrate your astral body**, allowing you to **release trauma, cut negative cords, and restore balance**.

🧘 Guided Meditation for Astral Body Retrieval

Step 1: Ground Yourself

1. Sit comfortably and **imagine roots growing from your feet** into the Earth.
2. Take a few deep breaths, grounding yourself in the present moment.

Step 2: Visualize Your Astral Body

1. Imagine your **astral body as a light version of yourself** floating above your physical body.

2. Scan your astral body for any chains, cords, or dark spots.
3. Cut any cords you see using a sword of light.

Step 3: Heal and Reintegrate Your Astral Body

1. Visualize your astral body merging with your physical body.
2. Imagine white light filling your entire being, healing any wounds or cracks in your energy field.

Affirmation for Healing:

"I am whole. I am healed. My astral body is fully integrated and free."

🌺 Chakra Healing Meditation for Astral Body Protection

Since the **chakras** are gateways to **higher realms**, it's essential to **balance and protect them** to keep your **astral body safe**.

Steps:

1. Focus on each chakra, starting with the **Root Chakra** and moving upward to the **Crown Chakra**.
2. Use **Reiki symbols** or **mantras** to clear any blockages.
3. **Visualize each chakra glowing with bright light**, sealing your energy field.

🛡️ Protective Practices to Keep Your Astral Body Safe

1. **Daily Aura Cleansing:**
 - Use **Reiki** or **smudging** to cleanse your aura.
2. **Chant Protective Mantras:**
 - **Hanuman Chalisa** for protection from entities.
 - **Durga Kavach** for creating a spiritual shield.
3. **Use Crystals for Protection:**

- **Black tourmaline, amethyst, and selenite** are powerful protective stones.
4. **Avoid Low-Vibrational Spaces:**
- Stay away from **negative environments** or **toxic people** who may drain your energy.

 **Key Takeaways:**

1. The **astral body** can become **trapped or fragmented** due to **psychic attacks, trauma, or spiritual bindings**.
2. **Astral body retrieval** involves **calling back fragmented pieces** and **reintegrating them into your energy field**.
3. Use **Reiki symbols** like **Cho Ku Rei, Sei He Ki, and Hon Sha Ze Sho Nen** to **heal and protect your astral body**.
4. **Meditation techniques** help to **release trauma, cut cords, and restore balance** to your **spiritual body**.
5. Practice **daily protection rituals** to keep your **astral body safe** from **future attacks**.

Chapter Twenty-Three



Shielding and Protection – Creating Spiritual Armor Using Reiki Symbols

As you progress in your **spiritual journey**, maintaining a **strong protective shield** is essential to ensure **negative energies, entities, or psychic attacks** do not penetrate your **energy field**. Creating a **spiritual armor** using **Reiki symbols** and **sealing your aura** ensures that you are **protected from future spiritual interference** and that **blockages you've cleared do not return**.

In this chapter, we will explore:

- How to **create a spiritual shield** using **Reiki symbols**.
- **Techniques for sealing the aura** to **prevent negative energy from re-entering**.
- **Daily protection practices** to **maintain your spiritual armor**.
- **Affirmations and visualizations** for **strengthening your energy field**.

■ Why Shielding and Protection Are Essential

Your **aura** is your **first line of defense** against **external energies**. It acts as a **spiritual shield** that protects you from **low-vibrational influences, psychic attacks, and emotional energy drains**.

However, the **aura can weaken** due to:

- **Negative interactions** with toxic people.

- **Psychic attacks and black magic.**
- **Trauma, emotional pain, or stress.**
- **Astral attachments from lower realms.**
- **Tantra Badha and Tantra Bandhan.**

When the aura is **weak or damaged**, you become **vulnerable to spiritual interference**. Strengthening your **spiritual shield** and **sealing your aura** ensures that **your energy field remains intact**, keeping **negative influences** at bay.

Creating a Spiritual Armor Using Reiki Symbols

In Reiki, **symbols** are powerful tools for **amplifying energy**, **clearing blockages**, and **creating protection**. Below are the **three primary Reiki symbols** used for **shielding and protection**:

1. Cho Ku Rei (The Power Symbol)

The **Cho Ku Rei symbol** is used to **amplify energy** and **create a protective shield** around your aura. It is often called the **“light switch” symbol** because it **turns on divine energy**, creating a **barrier of light** that keeps **negative forces out**.

How to Use:

1. **Draw the Cho Ku Rei symbol** in front of you with your dominant hand.
2. **Visualize the symbol expanding**, surrounding your entire body with **white light**.
3. Chant **“Cho Ku Rei, Cho Ku Rei, Cho Ku Rei”** to **activate the shield**.

Affirmation for Cho Ku Rei:

“I activate the light of divine protection. My aura is sealed, and I am safe.”

🌀 2. Sei He Ki (The Mental and Emotional Healing Symbol)

The **Sei He Ki** symbol is used to **heal emotional wounds** and **protect against mental attacks**. It can **repel negative thoughts**, **psychic attacks**, and **emotional manipulation**.

How to Use:

1. **Draw the Sei He Ki symbol** over your **Heart Chakra** and **Solar Plexus Chakra**.
2. **Visualize the symbol forming a protective layer** around your **emotional and mental body**.
3. Chant **“Sei He Ki”** as you feel the **protective shield strengthening**.

Affirmation for Sei He Ki:

“I am emotionally and mentally protected. No negative thoughts or energies can harm me.”

🌀 3. Hon Sha Ze Sho Nen (The Distance Healing Symbol)

The **Hon Sha Ze Sho Nen** symbol is used to **connect to higher realms** and **offer protection across time and space**. It's particularly effective in **cutting past-life cords** and **ancestral bindings** that may still affect your energy.

How to Use:

1. **Draw the Hon Sha Ze Sho Nen symbol** above your head.
2. **Visualize the symbol forming a shield around your aura**, **connecting you to divine protection**.
3. Chant **“Hon Sha Ze Sho Nen”** to **invoke the protection of higher realms**.

Affirmation for Hon Sha Ze Sho Nen:

"I am protected across time and space. Past, present, and future, I am safe."

🌀 **Step-by-Step Guide: Creating a Spiritual Shield Using Reiki Symbols**

Follow this guide to **create a powerful spiritual armor** using **Reiki symbols** and **visualization techniques**.

🙏 **Step 1: Ground Yourself**

1. Sit comfortably with your **feet flat on the ground**.
2. **Visualize roots** growing from your feet into **Mother Earth**, grounding you.
3. **Take deep breaths**, feeling **centered and calm**.

Affirmation:

"I am grounded. I am connected to the Earth's protective energy."

🙏 **Step 2: Activate the Reiki Symbols**

1. **Draw the Cho Ku Rei symbol** in front of you.
2. **Draw the Sei He Ki symbol** over your **Heart Chakra** and **Solar Plexus Chakra**.
3. **Draw the Hon Sha Ze Sho Nen symbol** above your head.
4. Visualize **each symbol forming a protective layer** around you.

Chant each symbol's mantra three times to activate the shield.

🙏 **Step 3: Visualize Your Spiritual Armor**

1. **Close your eyes** and **visualize a suit of armor made of white light** covering your body.

2. The armor is **impenetrable**, protecting your **aura and chakras**.
3. **See yourself surrounded by a bubble of white light**, glowing with **divine energy**.

Affirmation:

"I am surrounded by divine light. No negative energy can enter my field."

 **Step 4: Seal the Aura**

After creating your **spiritual shield**, it's essential to **seal your aura** to ensure **negative energies do not return**.

How to Seal the Aura:

1. **Draw the Cho Ku Rei symbol** over your entire body.
2. **Visualize your aura closing like a zipper**, ensuring **no openings are left**.
3. **Imagine white light filling any cracks or holes** in your aura.
4. Chant:

"Cho Ku Rei. My aura is sealed. I am safe and protected."

 **Daily Protection Practice: Maintaining Your Spiritual Armor**

To keep your **spiritual shield strong**, perform this **daily protection practice**:

1. **Morning Practice:**
 - **Draw the Cho Ku Rei symbol** and visualize your **white light shield** forming around you.
 - **Chant the Maha Mrityunjaya Mantra** for protection.
 - **Affirm:** *"I am divinely protected throughout the day."*

2. Evening Practice:

- **Cleanse your aura with sage or palo santo.**
- **Draw the Sei He Ki symbol** over your Heart Chakra to release **any emotional burdens** from the day.
- **Visualize sealing your aura with the Cho Ku Rei symbol.**

Affirmations for Shielding and Protection

Use these affirmations during your **shielding and protection practice**:

1. *"I am surrounded by divine light. No negative energy can penetrate my shield."*
2. *"My aura is whole, sealed, and protected."*
3. *"I am emotionally and mentally protected from all harm."*
4. *"I release all fear and replace it with divine protection."*
5. *"I reclaim my energy and seal my aura with love and light."*

Key Takeaways:

1. **Shielding and protection** are essential to keep **negative energies** and **spiritual attacks** from affecting your **energy field**.
2. Use **Reiki symbols** like **Cho Ku Rei**, **Sei He Ki**, and **Hon Sha Ze Sho Nen** to create a **spiritual shield** and **seal your aura**.
3. **Daily protection practices** help **maintain your spiritual armor** and **prevent future blockages**.

4. Use **affirmations and visualization exercises** to **strengthen your energy field and reclaim your power.**

Chapter Twenty-Four



Daily Spiritual Protection Practices

Your **energy field** is constantly interacting with **people, places, and environments**. While some interactions are **positive and uplifting**, others can **drain your energy** or leave you **vulnerable to negative influences**. To maintain your **spiritual health**, it's essential to establish **daily protection rituals** that keep your **aura clear, chakras balanced, and astral body safe**.

In this chapter, we'll explore:

- **Why daily spiritual protection is essential.**
- **Morning rituals to start your day with protection and clarity.**
- **Evening rituals to cleanse your energy field before sleep.**
- **Quick protection practices to use throughout the day.**
- **Affirmations and mantras to strengthen your spiritual shield.**

🌟 Why Daily Spiritual Protection Is Essential

Just as you **shower daily** to cleanse your **physical body**, your **spiritual body** also needs **regular cleansing and protection**. Throughout the day, you encounter **energetic debris** from:

- **Negative interactions with people.**
- **Crowded or chaotic environments.**
- **Emotional energy from others.**

- **Psychic attacks or energetic attachments.**

Without proper **spiritual protection**, this **energetic debris** can accumulate in your **aura**, causing **fatigue, emotional instability, and mental fog**. Establishing **daily protection practices** ensures that your **energy field remains clear and strong**, preventing **negative influences** from affecting your **well-being**.

Morning Rituals for Spiritual Protection

Starting your day with **spiritual protection rituals** helps you **create a strong shield** that **repels negative energy** and keeps you **centered and grounded** throughout the day.

Step 1: Morning Grounding and Shielding Meditation

1. **Sit in a comfortable position.**
2. **Close your eyes** and **take a few deep breaths**, focusing on your **inhalation and exhalation**.
3. **Visualize roots growing from your feet** into the **Earth**, grounding you.
4. **Imagine a white light** descending from above, surrounding your entire body in a **protective bubble of light**.
5. **Chant the Cho Ku Rei symbol** to **activate your spiritual shield**.

Affirmation:

"I am grounded, protected, and surrounded by divine light. No negative energy can enter my space."

Step 2: Aura Cleansing with Water and Reiki Symbols

Water is a **natural energy cleanser**. Incorporating **Reiki symbols** into your **morning shower** can help **cleanse your aura** and **remove any residual negative energy**.

How to Perform Aura Cleansing in the Shower:

1. As the water flows over you, **visualize it washing away any energetic debris**.
2. Draw the **Sei He Ki symbol** on your **heart** and **third eye** to cleanse **emotional and mental energy**.
3. **Repeat the mantra:**
“Sei He Ki, Sei He Ki, Sei He Ki. I cleanse my aura and release all negativity.”

Step 3: Protective Shield Activation

Before leaving your home, **activate your protective shield** to ensure you are **protected throughout the day**.

How to Create a Protective Shield:

1. **Draw the Cho Ku Rei symbol** in front of you.
2. **Visualize a golden bubble of light** surrounding your body.
3. Chant the **Maha Mrityunjaya Mantra** for **divine protection**.

Maha Mrityunjaya Mantra:

*“Om Tryambakam Yajamahe Sugandhim Pushtivardhanam,
Urvarukamiva Bandhanan Mrityor Mukshiya Maamritat.”*

Evening Rituals for Cleansing and Protection

At the end of the day, it's important to **cleanse your energy field** to remove any **negative energy** you may have absorbed. **Evening**

rituals help you release energetic burdens, cut cords, and prepare for restful sleep.

Step 1: Evening Cord-Cutting Ritual

Throughout the day, you may form **energetic cords** with people, places, or situations. **Cutting these cords** ensures that you don't carry **unwanted energy** into your sleep.

How to Perform a Cord-Cutting Ritual:

1. **Sit quietly** in your bedroom.
2. **Visualize cords** connecting you to **people or situations** from the day.
3. Use your hands to **cut the cords** while chanting:
"I release all cords that no longer serve me. I reclaim my energy."
4. **Seal your aura** with the **Cho Ku Rei symbol**.

Step 2: Salt Bath or Foot Soak

A **salt bath** is a powerful way to **cleanse your aura** and **release energetic attachments**.

How to Take a Salt Bath:

1. Add **1-2 cups of sea salt** or **Epsom salt** to your bathwater.
2. **Visualize the water absorbing** any **negative energy**.
3. **Repeat the Gayatri Mantra** as you soak:
"Om Bhur Bhuvah Svah, Tat Savitur Varenyam, Bhargo Devasya Dhimahi, Dhiyo Yo Nah Prachodayat."

Step 3: Aura Sealing Meditation

Before going to bed, perform an **aura-sealing meditation** to **close any energy leaks** and **protect yourself during sleep**.

How to Seal Your Aura:

1. **Sit or lie down** in a comfortable position.
2. **Visualize a zipper** running from your **Root Chakra** to your **Crown Chakra**.
3. **Imagine zipping your aura shut**, sealing any **holes or cracks**.
4. **Draw the Sei He Ki symbol** over your **entire body**.

Affirmation:

"My aura is sealed and protected. I release all that no longer serves me."

 **Quick Protection Practices for the Day**

If you feel **drained or vulnerable** during the day, try these **quick protection practices**:

 **Hand Shielding Technique:**

1. Place your **hands over your Heart Chakra**.
2. **Visualize a shield of white light** forming in front of you.
3. Chant: *"Cho Ku Rei. I am protected."*

 **Crystal Protection:**

Carry **protective crystals** such as:

- **Black Tourmaline** – Protects against **psychic attacks**.
- **Amethyst** – Provides **spiritual protection and clarity**.
- **Selenite** – Clears **negative energy** and **raises your vibration**.

 **Daily Affirmations for Protection:**

Use these affirmations to **maintain your spiritual armor**:

1. *"I am protected by divine light. No negative energy can harm me."*

2. *“My aura is strong, sealed, and protected.”*
3. *“I release all that does not serve me and reclaim my power.”*
4. *“I walk through life with confidence, peace, and protection.”*

Mantras for Daily Protection:

Incorporate **mantras** into your **daily rituals** to enhance your **spiritual protection**.

Mantra	Purpose	When to Use
Maha Mrityunjaya Mantra	Divine protection from negativity	Morning and evening
Durga Kavach	Creates a protective shield	Before entering negative spaces
Hanuman Chalisa	Protection from entities and harm	Tuesday and Saturday
Gayatri Mantra	Cleanses and raises your vibration	During cleansing rituals

Key Takeaways:

1. **Daily spiritual protection practices** help keep your **energy field clear and protected**.
2. **Morning rituals** like grounding, shielding, and aura cleansing **prepare you for the day**.
3. **Evening rituals** such as **cord-cutting** and **aura sealing** help you **release negative energy** before sleep.
4. **Quick protection techniques** can be used throughout the day to **maintain your spiritual armor**.
5. **Affirmations and mantras** strengthen your **energy field** and **prevent spiritual interference**.

Chapter Twenty-Five



Embracing Spiritual Freedom and Mastering Your Energy

You have now completed a transformative journey through the **realms of energy healing, spiritual protection, and liberation**. By understanding the concepts of **Tantra Badha, Tantra Bandhan, Mantra Bandhan**, and the **importance of Reiki and mantras**, you have empowered yourself to **break free from spiritual bindings and reclaim your energy field**. The knowledge shared in this book is not just a collection of rituals and techniques—it is a **call to awaken your spiritual power** and become the **master of your own destiny**.

In this final chapter, we will explore how to:

- **Embrace spiritual freedom and live without fear of spiritual interference.**
- **Integrate daily spiritual practices** into your life for ongoing protection and growth.
- **Connect with your higher self** and maintain **energetic sovereignty**.
- **Step into your spiritual purpose** with confidence and clarity.

The Path to Spiritual Freedom

True **spiritual freedom** comes from **knowing who you are** at a **soul level** and **taking responsibility for your energy field**. You are not a victim of **negative energies** or **external forces**—you are a **sovereign being** with the power to **protect, heal, and elevate yourself**.

The rituals and techniques you've learned in this book have given you the tools to:

- **Cut energetic cords and release toxic attachments.**
- **Heal your chakras and aura** to maintain **balance and clarity**.
- **Shield yourself** from **spiritual attacks** and **negative influences**.
- **Protect your astral body** and **navigate spiritual realms safely**.

By applying these practices consistently, you will experience a **profound shift** in your energy field. You will feel **lighter, stronger, and more connected** to your **divine essence**.

Daily Integration: Living as a Spiritually Empowered Being

To maintain your **spiritual freedom**, it's important to **integrate daily practices** that keep your **energy field clear and protected**. Here's how to live as a **spiritually empowered being**:

Morning Practice: Setting Your Energy Field for the Day

1. **Ground yourself** with a brief meditation.
2. **Activate your spiritual shield** using the **Cho Ku Rei symbol**.
3. **Affirm your intention** for the day:

"I am protected, grounded, and aligned with divine energy. I walk through this day with clarity, peace, and strength."

🌙 Evening Practice: Releasing Energies from the Day

1. **Cleanse your aura** with **sage, palo santo, or a salt bath**.
2. **Perform a cord-cutting ritual** to release any **negative attachments** from the day.
3. **Seal your aura** using **Reiki symbols** and **visualization**.
4. **Express gratitude** for your protection and guidance.

Affirmation:

"I release all that no longer serves me. My energy is clear, and I am at peace."

💬 Affirmations to Maintain Spiritual Freedom

Incorporate these **affirmations** into your daily life to **strengthen your energy field** and **maintain spiritual protection**:

1. *"I reclaim my energy and power. I am whole and complete."*
2. *"I release all spiritual bindings and walk in divine freedom."*
3. *"I am divinely protected. No negative energy can enter my field."*
4. *"I connect with my higher self and follow my spiritual path with confidence."*

🧘 Connecting with Your Higher Self

Your **higher self** is your **inner guide** and **divine essence**. It is the part of you that is **always connected to universal wisdom** and **divine protection**. By **strengthening your connection to your higher self**, you can:

- **Receive intuitive guidance** on how to navigate life's challenges.
- **Access spiritual wisdom** to help you grow and evolve.

- **Maintain spiritual sovereignty** by making decisions from a place of **inner power**.

🌀 Higher Self Meditation

1. Sit in a quiet space and **close your eyes**.
2. **Visualize a golden light** descending from above, entering your **Crown Chakra**.
3. See this light **flowing down to your heart**, connecting you to your **higher self**.
4. Ask your higher self:
“What do I need to know to maintain my spiritual freedom?”
5. **Listen to the guidance** you receive.

Affirmation:

“I am connected to my higher self. I trust my intuition and walk my spiritual path with confidence.”

🌺 Stepping into Your Spiritual Purpose

Breaking free from **spiritual bindings** isn't just about **protection**—it's about **liberating yourself** so you can **step into your spiritual purpose**. You are here for a reason. You have **gifts to share**, **wisdom to offer**, and a **unique path to walk**.

☐ **How to Discover Your Spiritual Purpose**

1. **Reflect on your journey:**
 - What lessons have you learned from your spiritual challenges?
 - How can you use your experiences to help others?
2. **Listen to your intuition:**
 - Your **inner voice** will guide you toward your **true calling**.

3. **Take inspired action:**

- Use your **gifts to heal, inspire, and uplift** others.

✨ **A Final Ritual: Anchoring Your Spiritual Freedom**

To complete your journey through this book, perform this **final ritual to anchor your spiritual freedom.**

🌸 **Spiritual Freedom Ritual**

1. **Light a white candle** to symbolize **divine light and protection.**
2. **Place your hands over your heart** and **close your eyes.**
3. **Draw the Cho Ku Rei symbol** to **amplify your energy.**
4. Chant the **Maha Mrityunjaya Mantra:**
*“Om Tryambakam Yajamahe Sugandhim Pushtivardhanam,
Urvarukamiva Bandhanan Mrityor Mukshiya Maamritat.”*
5. **Affirm your spiritual freedom:**
*“I am free. I am whole. I am protected. I walk my spiritual path
with clarity and confidence.”*

🔑 **Key Takeaways:**

1. **Spiritual freedom** is achieved by **releasing spiritual bindings** and **taking control of your energy field.**
2. **Daily protection practices** keep your **energy clear** and **prevent future spiritual interference.**
3. **Connecting with your higher self** helps you **receive guidance** and **maintain spiritual sovereignty.**
4. **Your spiritual purpose** is revealed through your **life experiences** and **inner wisdom.**

5. **Affirmations and rituals** are powerful tools to **anchor your spiritual freedom** and **step into your true power**.

🌟 Final Words

Your **spiritual journey** is a lifelong process of **growth, healing, and transformation**. By applying the practices shared in this book, you have taken a **significant step toward reclaiming your spiritual freedom** and **mastering your energy field**. Remember, you are a **divine being** with the power to **protect yourself, heal yourself, and walk your spiritual path with confidence and clarity**.

May you walk in light, love, and freedom.
May you always be protected and guided by divine energy.
And may your spiritual journey continue to unfold with grace and wisdom.

Namaste.

Om Shanti Shanti Shanti.



Your journey has just begun. ✨

Chapter 11:11



About the Author



Rishi Rohit Sharma is a **visionary leader, healer, and mentor** in the realms of **Astrology, Metaphysics, and Reiki**, recognized globally for his **profound spiritual insights and innovative energy systems**. His journey is one of **dedication, knowledge, and transformation**, touching the lives of countless

individuals seeking **guidance, healing, and spiritual empowerment**.

As a **doctorate of metaphysical sciences**, Rishi Rohit Sharma bridges the gap between **ancient wisdom and modern practices**, offering **unique solutions** that help people align with their **true purpose** and **unlock the secrets of the universe**. His ability to blend **science, spirituality, and practical application** makes his work **revolutionary and accessible to seekers at all levels**.

🌟 A LEGACY ROOTED IN ANCIENT WISDOM

Born into a prestigious **Brahmin lineage**, Rishi Rohit Sharma's **ancestral roots trace back** to the illustrious **Maharishi Sankhyana**, a revered scholar in **ancient Indian wisdom**. This rich heritage has

deeply influenced his spiritual path, equipping him with **esoteric knowledge** that he integrates into his **modern teachings**.

From an early age, he exhibited an **insatiable curiosity** for the **mysteries of the universe**, leading him to explore **spiritual practices, astrology, and energy healing**. His profound understanding of **ancient texts** and **universal laws** forms the foundation of his work, which continues to **inspire and enlighten seekers worldwide**.

DOCTOR OF METAPHYSICS AND MASTER OF TECHNOLOGY

Rishi Rohit Sharma's **intellectual journey** is as impressive as his **spiritual path**. With **two master's degrees in engineering** from **prestigious institutions** in India and Australia, his expertise spans **Information Technology, Electronics, and Computer Engineering**.

His quest for **higher knowledge** led him to earn the **Doctor of Metaphysics** title, marking his **deep exploration** into the **nature of reality** and the **intricate connection between the physical and spiritual realms**. This unique blend of **scientific understanding** and **spiritual insight** allows him to present **complex concepts** in a way that is both **logical** and **spiritually profound**.

KEY INSIGHT:

Rishi Rohit Sharma's work embodies a **harmonious balance** between **technology and spirituality**, making him a **modern-day sage** who understands both the **material world** and the **unseen forces that shape it**.

INNOVATOR OF TRANSFORMATIVE REIKI SYSTEMS

Rishi Rohit Sharma has pioneered several **groundbreaking Reiki systems** that are celebrated for their **transformative power** and


profound spiritual impact. Some of his most renowned creations include:

 **1. Orb of Om**


A system that connects practitioners to the **universal energy of divine harmony**, facilitating **inner peace** and **spiritual alignment**.

 **2. Holy Ganga**

A system that channels the **purifying energy** of the sacred **Ganga River**, promoting **deep cleansing** and **spiritual renewal**.


 **3. Angel Wings**

A system that opens pathways to **angelic guidance and protection**, allowing practitioners to **access higher realms** and connect with **celestial beings**.

 **Testimonials from students and practitioners highlight the life-changing effects** of these systems, with many reporting **seamless connections** to the **divine white light** and **profound spiritual transformations**.

 **LITERARY GENIUS: NAZM E JYOTISH**

Among his many contributions to **astrological wisdom**, **Nazm E Jyotish** stands out as a **literary masterpiece**. This **revolutionary work** presents **astrological predictions** in **rhyming couplets**, blending **poetic beauty** with **profound insight**.

 **Nazm E Jyotish** is more than just a book; it's an **artistic fusion** of **celestial knowledge** and **poetic expression**, reflecting the **harmony between the cosmos and human experience**.

His **unique style** has inspired many astrologers to **adopt his poetic approach**, revolutionizing the way **astrological predictions** are delivered.

MENTOR AND GUIDE



Rishi Rohit Sharma generously shares his knowledge through **online courses**, leveraging platforms like **YouTube, Facebook,** and **WhatsApp** to reach **spiritual seekers worldwide**. His organization, **VAYOM**, encompasses a wide range of **disciplines** including:

- **Vastu**
- **Astrology**
- **Yoga**
- **Occultism**
- **Meditation**

Through these **platforms**, he helps individuals **unlock their potential** and embark on a journey of **self-discovery** and **spiritual growth**.

POPULAR BOOKS BY RISHI ROHIT SHARMA

His **literary contributions** have left an **indelible mark** on readers, with **bestselling books** such as:

-  **Nazm E Jyotish**
-  **Grahon ki Nishaniyan**
-  **How To Meditate**
-  **Easy Vastu**
-  **Easy Numerology**
-  **Easy Faladesh**
-  **Past Life & Karmic Astrology**

These books offer **deep insights** into **astrology, self-awareness,** and **spiritual practices**, helping readers achieve **inner peace** and **spiritual enlightenment**.

🌟 A UNIQUE APPROACH TO ASTROLOGY

Rishi Rohit Sharma believes that **every human** comes with a **personal manual**—their **horoscope**. By understanding this **cosmic blueprint**, individuals can:

- **Identify their strengths.**
- **Make informed life choices.**
- **Align with their highest potential.**

His **astrological predictions** are **highly accurate**, and many **professional astrologers** have adopted his **techniques** to enhance their own practices.

🌟 HIS MISSION: TO EMPOWER SOULS AND GUIDE THEM TO THEIR HIGHEST POTENTIAL

Rishi Rohit Sharma's **core mission** is to **empower individuals** to **unlock their true potential** and **live with confidence and purpose**. He believes that **every person is born with a unique cosmic blueprint**—a **horoscope** that reveals their **hidden gifts, life lessons, and divine purpose**.

By helping people **understand their horoscopes** and **connect with their guardian angels**, he guides them toward **greater self-awareness, emotional balance, and spiritual awakening**.

🌟 A MAN OF COMPASSION, WISDOM, AND VISION

Beyond his **intellectual brilliance** and **spiritual knowledge**, those who meet Mr. Sharma are struck by his **humility, warmth, and compassion**.

He is a man who:

- **Listens deeply** and offers **insightful advice**.
- **Speaks with clarity and confidence**, making even the most **esoteric concepts** easy to understand.

- **Empowers others**, encouraging them to take charge of their **spiritual journey**.
- **Leads by example**, showing how to **live with integrity, peace, and purpose**.

His students often describe him as a **mentor who truly cares**, someone who is **dedicated to their success**—not just in spiritual practices, but in **life as a whole**.

💡 **KEY INSIGHT:**

Mr. Sharma doesn't just teach **energy healing** and **astrology**—he **embodies** the teachings. His **calm presence, wise counsel, and profound insights** make him a **true spiritual guide** for those seeking to **transform their lives**.

✨ **MENTOR OF THOUSANDS ACROSS THE GLOBE**

Through his **online courses, social media platforms, and personal guidance**, Dr. Rishi Rohit Sharma has touched the lives of **thousands of people** across the world.

His **YouTube channel, Facebook groups, and WhatsApp mentorship circles** are **vibrant communities** where seekers gather to **learn, grow, and connect** under his guidance.

Many of his students have gone on to **become healers themselves**, spreading his **teachings and carrying his legacy forward**.

🌟 **BELIEF IN GUARDIAN ANGELS AND DIVINE LIGHT**

Rishi Rohit Sharma teaches that **every individual** has a **guardian angel** and the **right to connect with divine light**. By forming this **connection**, one can navigate life's path with **confidence and clarity**, always being guided toward their **highest good**.

📞 **Contact Information**

For **personal guidance** or to **learn more about his teachings**, you can reach Rishi Rohit Sharma through the following channels:

📞 **Phone:** (+61) 452 033 333

✉️ **Email:** omkarhealer@gmail.com

🌐 **Website:** www.vayom.com.au

Follow him on social media for **insights, courses, and spiritual wisdom:**

- 🌐 **Facebook:** www.facebook.com/vayomss
- 📷 **Instagram:** www.instagram.com/rishirohitsharma
- 🐦 **Twitter:** www.twitter.com/rishirohits
- 🎥 **YouTube:** www.youtube.com/TheModernGuru

🌟 FINAL WORDS

Rishi Rohit Sharma's **mission** is to **empower individuals** to **realize their full potential** through **spiritual wisdom, metaphysical insights, and practical guidance.**

His teachings offer **profound clarity** on **life's mysteries**, helping seekers to:

- **Connect with their higher selves.**
- **Unlock cosmic truths.**
- **Achieve lasting peace and spiritual growth.**

Through his **transformative courses, Reiki systems, and astrological works**, Rishi Rohit Sharma continues to **inspire and uplift** those who seek a **deeper understanding of existence.**

🌟 *"The stars are not just distant lights in the sky. They are part of your cosmic blueprint, guiding you toward your highest self."* 🌟

- Rishi Rohit Sharma

Chapter 12:12



List of Energy Healing Systems

- Chaya Protection Reiki
- Apsara Reiki
- Supermoon Reiki
- The Golden Light of Buddha
- Revenge Reiki
- Brain Enlightenment
- Blessings of Mata Hinglaj Bhavani
- Love from Pluto
- 1008 Cosmic Chakras
- Ice Reiki
- Spirit of Dragon Reiki
- Scars on My Soul
- Archangel Chamuel's Green Pen
- Koi Fish Reiki
- Spiritual Parrot
- Cross Angels Healing Reiki
- Soul Healing Reiki
- Holographic Healing
- The God's Plan
- Mountain Reiki

- Rainbow Light
- Twin Flame Rainbow Reiki
- The Ultimate Protection and Cleanse by Rahu Dev
- Pashupatinath Reiki
- Archangel Uriel's Blessings & Shield
- Magickal Neem Soap
- Rainbow Rose Reiki
- The Sacred Wisdom of Brahma
- The Golden Mayura
- White Sacred Snake
- Lungs Clear
- Rainbow Eucalyptus
- Shree Ganesh
- Kali Kavach
- Peer Nigahe Wala
- Lady Luck
- I am Blessed
- The Golden Aura
- Chakshushi Vidya
- M.E.N.T.A.L Wellness
- Blessings of Rahu Dev
- The Golden Key
- Light Filter
- Fight for the Right
- The Power of Ram
- Flower of Hibiscus

- I AM THE KING
- Saptrishi Reiki
- Surya Kavach
- Tree of Life
- Dreamcatcher
- White Dragon
- Mirror Reiki
- Krishna Reiki
- Magical Mermaid
- The Feet of Laxmi
- The Axe of Parashurama
- The White Gold Flower
- Time Reiki
- The Golden Skull
- The White Dove
- Kundalini Fire Reiki Upgrade 2024
- Magical Pentagram
- The Lotus of Life Reiki
- Mystical Blue Ocean
- Mystical Prashar Lake
- Panchmukhi Hanuman
- Golden DNA
- Adi Shakti
- Love
- Heart of Jesus
- Mystical Black Cat

- Feather of an Owl
- The white Light
- The Pitru Crow
- Blessings of Kubera
- The White Rose
- Lottery Blessings
- Wish Me Luck
- Blessings of Hadimba Devi
- Binary Reiki
- The White Candle
- Mystical Blue Lion
- Mystical Guardian Dog
- Blessings of Guru Gorakh Nath Ji
- Blood of Jesus
- The Holy Cross
- Golden Flame Reiki
- The Lamb of Jesus
- Blessings of Sai Baba Ji
- Blessings of Baba Balak Nath Ji
- The Sword of Maa Kali
- Turtle Back
- Chakra Shakti
- Nandi - The Bull of Shiva
- Kundalini Fire Reiki
- The Sword of Archangel Michael
- The Rat of Ganesha

- The Eye of Jupiter
- Infinity Reiki
- Blue Lilies
- Pearl of Ocean
- Male Sexual Boost
- Blue Flame Reiki
- Blessings of Maa Baglamukhi
- Laughing Buddha
- Heart Wall Clearing Reiki
- The Gada of Hanuman
- Spiritual Dreadlocks
- Pink Reiki
- The Power of Tulsi
- Parrot of Kamadeva
- The Power of 786
- Essence of Mahashivratri
- Blessings of Baba Murad Shah Ji
- Eagle of Eternity
- Kaal Bhairav Kavach
- Blessings of Shani Dev
- The Lion of Durga
- The Blue Rose
- Reiki Bomb
- Reiki Sparkles
- The Holy Rudraksha
- The 7 Chillies & The Lime

- Orb of Om
- Angel Wings
- The Holy Saffron
- The Holy Ganga

Chapter 777



Books by Rishi Rohit Sharma

Rishi Rohit Sharma is a renowned spiritual author, astrologer, and metaphysical guide whose works have inspired thousands of seekers across the globe. His profound insights into astrology, numerology, vastu, and spiritual growth have made him a cornerstone figure in the mystical sciences. With an impeccable understanding of ancient traditions, he has successfully translated complex spiritual concepts into practical tools for modern seekers.

His books are more than just manuals—they are gateways to wisdom, offering readers unique techniques to unlock hidden truths, decode karmic patterns, and achieve spiritual empowerment.

WHY RISHI ROHIT SHARMA'S BOOKS STAND OUT

Rishi Rohit Sharma's literary contributions are revolutionary in the field of astrology and spiritual sciences. His innovative techniques, such as poetic astrological predictions (Nazms) and practical numerological insights, have reshaped the way people approach divination and spiritual healing.

His work is widely respected among professional astrologers, vastu consultants, and spiritual enthusiasts. Unfortunately, many of his original ideas and predictions have been copied by content creators, astrologers, and YouTubers without giving him due credit. Despite this, his authenticity, depth of knowledge, and

unique approach continue to set him apart as a **true pioneer** in the mystical sciences.

🌟 **WHY CHOOSE RISHI ROHIT SHARMA'S BOOKS?**

- **Unique insights** into **mystical sciences**
- **Practical tools** for **self-discovery**
- **Simplified techniques** for **astrology, numerology, and vastu**
- **Proven methods** adopted by **astrologers worldwide**

📖 **ORDER NOW ON AMAZON.IN**

Embark on a **journey of self-discovery and spiritual awakening** with **Rishi Rohit Sharma's books**. Start your **transformation today** by ordering these **profound works** on **Amazon**.

Let his **wisdom guide you** toward **understanding the mysteries of the universe** and **unlocking your highest potential**. 😊🌟