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Recipes and formulas for
Spiritual Protection

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Warning

These formulas work as they are. Don't improvise, don't substitute one ingredient for another just because it seems equivalent. Folk magic is precise precisely because it has been refined over generations. Someone who improvises without knowing what they're doing isn't being creative.

They're throwing the work in the trash — and sometimes something more.

Personal Protection

Glass of water at the head of the bed

Before going to sleep, fill a glass with water and place it at head height while you sleep. It's not for drinking. It's a receiver. During sleep the energetic field is more open and vulnerable to interference: influence from people who have a bond with you, astral parasites, environmental charges picked up during the day. The water receives them and holds them.

In the morning, empty the glass into the toilet, rinse it three times and flush that water away. Whatever was in the glass goes with it.

The ritual is the emptying, not the filling. Do it every night.

If sleep remains irregular, add a piece of camphor no bigger than a matchhead. Camphor is volatile and its dispersal dissolves thought-forms. More doesn't improve the result.

Red cord with seven knots

A natural red wool cord, tied around the left wrist or waist, with seven knots. Found in Kabbalistic tradition, Mediterranean folklore and several branches of Hinduism. The knots represent the closing and containment of your own energy so it can't be drained or accessed without permission. Basic protection against energetic vampirism and minor evil eye.

When the cord breaks, it has done its job. Discard it and replace it.

Alum stone

Carrying a piece of alum in your pocket is a traditional protection from Afro-Caribbean and Mediterranean cultures. It works as an absorber of charges directed at the carrier's solar plexus.

When the stone turns cloudy or breaks, it has taken a hit that was meant for you. It doesn't regenerate: discard it and replace it. A stone that broke doing its job already did what it was supposed to do.

Black tourmaline

Unlike alum, which works mainly against directed charges, black tourmaline absorbs negative vibrational patterns from environments and people. Useful when you frequent places with high emotional density or deal with people who leave you drained for no obvious reason.

Carry it on you, in contact with the body or in a pocket. Clean it periodically under running water. If it breaks, same rule as the alum: it did its job.

Herbal baths

Herbal baths are regular maintenance, not emergency response. Use them periodically to keep your field clean and reinforce your natural layer of protection. The most documented combinations:

Rosemary, rue and sea salt. Strong infusion of the herbs, added to the bathwater or poured over the body from the neck down. Rosemary cleanses and activates; rue repels; salt anchors and neutralizes.

Basil and Florida Water. For cleansing after particularly charged environments or contact with difficult people. Pour over the body, don't rinse off.

Hyssop. Present in the biblical tradition and in Anglo-Saxon folk magic. Cleanses crossed conditions and charges that aren't yours. Infusion added to the bathwater.

Prayers and invocations: the Psalms

The Psalms work in practically any cultural context, not because they require faith or religious adherence, but because they carry centuries of accumulated use in real protection contexts and have developed a charge of their own that works regardless of who uses them.

Psalm 91. The most widely used for general protection. Recite it before sleep or before entering a hostile environment.

Psalm 90. For protection of the space and home. Recite it aloud in each room.

Psalm 23. For protection in moments of extreme vulnerability and immediate danger.

Psalm 121. For travel and journeys.

Psalm 71. For sustained protection when a situation drags on over time.

Beyond the Psalms, every tradition has its own formulas. A spirit from your own cultural and geographical background responds faster and better than one you have no connection to. Look in your own tradition.

The gorgon, the evil eye, the Hand of Fatima

Three amulets with centuries of real use behind them, designed for the same purpose: protection against the evil eye and the negative projections of everyday life.

The gorgon. The least known today and the most used for centuries. Its mechanism is reflection, not absorption: it sends back what is sent to it. For anyone who needs protection against hostile environments or people with a lot of projection, it's the amulet with the most documented track record.

The evil eye and the Hand of Fatima. General protection against the evil eye and deflection of negative intentions. They can be worn on the body or placed at the entrance of the home, in windows, at the threshold. The Hand of Fatima with fingers pointing down is the traditional form of protection. Fingers pointing up, and its function changes.

Home Protection

Glasses of water with salt and vinegar in the corners

Place a glass with water, salt and a splash of vinegar in each interior corner of the home. If you don't have vinegar, water with salt works just as well. Corners are the points where energy accumulates and stagnates. This simple element acts as a receiver and neutralizer of that accumulation.

Empty and replace every week, or sooner if you notice the water clouding quickly. Cloudy water has been working. It means there was something to collect.

Sea salt in the sheets and in the corners of the room

A pinch of sea salt between the sheets protects the sleeping space from external influences. A pinch in each corner of the room reinforces the space as protected territory.

Consecrated salt works better. Ordinary sea salt works too. Never refined table salt.

Sealing with consecrated oil on the door frames

With virgin olive oil to which a pinch of salt has been added and which has been consecrated with clear intention, mark small crosses or dots at the four corners of every door and window frame that faces the outside.

It comes from the Solomonic and Western esoteric tradition. It creates a network of intention that defines the space. Renew it when it feels necessary or when something justifies it: a move, a difficult visit, a period of sustained tension.

Ammonia and salt for mopping

Add a quarter cup of household ammonia and a teaspoon of sea salt to your mop water. Mop from the back of the house toward the front door, not the other way around. This mix dissolves accumulated negative thought-forms, especially those left behind after arguments or periods of sustained tension at home.

Do not mix ammonia and bleach in the same bucket. The combination produces a corrosive gas that is dangerous to your health.

Iron nails in the corners

Four forged iron nails, buried in the four corners of the property or placed in the corner pots if you live in a flat, create an anchoring perimeter. Iron has a long history in Celtic and Germanic folklore as a material that non-physical entities cannot cross or touch.

The nails go pointing down, buried or hammered in, not hanging.

Thorny plants at exterior windows

Thorny plants outside the windows act as dispersers of aggressive energy. Their spines break up and fragment directed charges before they cross the threshold. It's a passive, low-maintenance protection.

Rue is the best known in the Mediterranean and Latin American area for repelling certain types of spirits. Salt scattered across the exterior threshold reinforces the perimeter.

Runes on the door jambs

Certain Norse runes carved or painted on the jambs of the front door have a documented protective function in the runic tradition.

Algiz (Y): symbol of protection and shield. The most widely used for this purpose.

Thurisaz (Þ): works as an active barrier. It dissuades and repels.

For them to work properly they need to be consecrated with the right intention. Painting them on without more doesn't do much. The procedure matters.

Amulets on doors and windows

The evil eye, the Hand of Fatima and the gorgon, beyond being worn on the body, can be placed at the entrance of the home and in the windows. In this case their function is the same but applied to the space: deflecting what is directed toward it from outside.

The gorgon facing outward at the entrance is one of the home protections with the longest documented historical track record.

Everything here is maintenance and first-level work. If there's a real attack, if the situation doesn't improve with these measures, or if what's there is beyond what any home remedy can handle, the answer isn't more candles or more salt. The answer is a professional who knows how to look at what's actually there.

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