



# Practical Protection Magick: Guarding & Reclaiming Your Power

*Ellen Dugan*

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# Practical Protection Magick: Guarding & Reclaiming Your Power

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## Practical Protection Magick: Guarding & Reclaiming Your Power Ellen Dugan

Embrace your innate warrior skills?knowledge, balance, and wisdom?and amp up your personal power. This helpful handbook is chock-full of protection witchery and psychic self-defense techniques you can use to keep yourself and your home strong, secure, and protected.

With her trademark humor and candor, best-selling author Ellen Dugan teaches how to weave safe and sensible protection magick into your Craft practice and daily life. This unique practical guide reveals how to pinpoint your psychic strengths, set boundaries, diagnose a problem with divination, and maintain health on physical, psychic, and magickal levels. You'll also find precise and potent spells, rituals, and warding techniques to defend against psychic attacks, emotional and psychic vampires, hexes, unwanted ghosts, and other forms of negativity threatening your home and your well-being.



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