



Laura
powers
Supernatural Survival Guide

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Tis the season for spectres, ghouls, vampires, werewolves, zombies and things that go bump in the night. There is a reason we celebrate Halloween at the end of October and not the beginning of May. The veil between the world of the living and the world of the dead is the thinnest in late October and early November in the northern hemisphere. Cultures all over the world celebrate this. In the United States, we celebrate this as Halloween and other celebrations include Samhain, All Souls Day, and Dia de Los Muertos (Day of the Dead), amongst others. This can be a wonderfully spooky time of year that can bring fun and laughter but chills and fear as well.

This is the perfect time to share some practical tips for what to do if you encounter a spirit or something supernatural during this very magical and mysterious part of the year. Some of the creatures and beings that I talk about are considered myth or make-believe. I am here to tell you that some of them are not. I am not telling you this to scare you or make you nervous. There truly is a struggle between the light and dark forces in the world. It is happening in the world all around us and one of the main weapons the dark side uses is fear. By learning how to handle something, we can reduce or eliminate our fear and improve our chances of survival and success. The same is true in the physical world. When you encounter a mountain lion, there are certain tactics that work better than others. Understanding these tactics can help you survive. Those uneducated about Mountain Lion Encounters might turn around and run, thereby engaging the animal's chase instinct, a sure-fire way to get attacked. Those knowledgeable will make themselves as large looking as possible (arms in the air and stand up tall) while simultaneously backing away. The difference between these two reactions can mean the difference between life and death. While you are unlikely to be actually killed by anything I discuss here, some of these beings can make your life tougher and less pleasant. Besides, even though some of this stuff sounds scary, wouldn't you rather be a part of the magic world than the muggle world? The magical world has much to offer. Yes there are dementors and "he who shall not be named", but also there are unicorns, dragons, and house gnomes. While the muggle world can be safe, I much prefer the excitement of the world of magic. Whatever your preference. Remembering these tools and tips could help you when you are in a bind, even if you prefer the muggle world, and the magical world and the mundane world often intermingle.

So read this tips as entertainment or read them for practical use. I come by my knowledge from life experience and professional experience as a psychic medium, ghost whisperer, demon clearer, and general adventurer. I have loved, been friends with, fought with, and been terrified by some of these beings myself. I won't be sharing

the details here but let's just say the stories are juicy. Below I share general explanations of each type of being and suggestions of how to protect yourself and tips.

Angels are beings made of light and love, they are not animal or human and though our loved ones can act as our angels, generally speaking, people are people and angels are angels. Angels are tasked by the creator with protecting and assisting humanity, animals, and other life forces. They do through guiding us, providing loving support, and intervening when we are off our path and need help. There are many types of angels from angels the size of galaxies to relatively small angels that help us. Though they are made of energy, they can also manifest and create matter and physical form which includes their own bodies, or whatever else they might need. They can change circumstances and affect others around you or even your luck. So call on the angels to have more lucky days. I am listing angels first because they are your first line of defense and protection against anything or anyone that wants to harm you. They can also help banish your fear and make you stronger so you won't be as impacted by any dark beings you come across.

How to Protect Yourself: In this case, the angels are your key to protection for you and dark forces. Yes they are sweet and loving but they are also powerful warriors. You can think of them like your personal elite guard. Though demons may be powerful, there is nothing as powerful as the light. If you are smart, you want them in your life. Invite them into your life and watch the magical changes happen. The angels are of the light which means you need to invite them in, in order for them to work on your behalf. They will always guide us though, even when we are not asking them to.

Tips: If there is one angel to call on, it is Archangel Michael. He is kind of like the commander of armies of angels so he's well connected, and very powerful. Also he is an excellent warrior and protector so he is perfect to call on for help with anything dark or if you are scared or need protection for any reason. The spiritual realm is a telepathic one so you can simply think (or say), "Archangel Michael, help me, protect me, (fill in the blank)." Angels aren't limited by time and space the way we are so they can help multiple people.

Fallen Angels unfortunately do exist. This is too bad since they are very powerful and all that energy used in a negative way can do major damage. In the movie "The Seventh Son," Master Gregory's character says, "You can't fight darkness without getting a little dark yourself." And while I do not agree with the statement completely, some



angels, when dealing with the darkest of the dark, sometimes get poisoned and become dark themselves. Thankfully they are very rare and it is unlikely that anyone reading this will come into contact with one. Just like angels, they can manifest matter, and change circumstances though in this case those impacted by fallen angels will have bad luck rather than good. Fallen angels are in anger, pain, frustration, sadness etc. so rather than the energy that they spread with others.

How to Protect Yourself: You can ask Archangel Michael and the angels to watch over and protect you. Ask the angels to escort the Fallen Angel into the light for healing. Ask the angels to heal any damage done to you or loved ones and to clear away any negative energy residue left by the fallen angel.

Tips: There is some confusion regarding the difference between a fallen angel and a demon. An angel was light in its purest form and then became dark whereas a demon was dark to begin with. In many ways they are handled the same however. In my experience fallen angels are more powerful and more intelligent so if you have to deal with them, they are a force to be reckoned with.

Demons are beings that feed on and create darkness. They usually have creature-like qualities but I suspect that there are as many different types and forms as there are species on the planet. They attack humans and act as energetic parasites feeding on energies like fear, anger, frustration, depression, malaise, discontent, sadness, etc. They can impact a person emotionally, physically or psychologically. If you get psychically attacked by one of these beings, you may experience one or more of the following symptoms: Emotional changes or mood-swings, headache, nausea, unexplained pain, feeling woozy or out of body sensations, brain fog or trouble concentrating, and bad dreams, visions, or impulses.

How to Protect Yourself: Ask Archangel Michael and the angels to protect you and clear any beings that are not of the light and take them permanently away from you. Ask for healing for any damage done to your energy field or body. If you do not feel any improvement and you do not feel that the being has been removed, you can call in professional help from someone who specializes in clearing these beings. Do your research and make sure you find some reputable. Burning sage can help dissipate the energies from these beings but it is often not enough to clear the being themselves and may even anger them. If you are prone to these types of attacks, there is likely a reason whether it is behaviors that draw them in, that you have a light soul that these beings want to attack, or that you have a life purpose that involves clearing them (until

you get training they will not leave you alone in this case).

Tips: There are different types of demons that feed on different sensations or emotions. There are lust demons, demons that feed on pain, and those that feed on depression and sadness. If you struggle with a history of depression for example, it is likely that you have one of these beings attached to you and influencing you. The spiritual realm is telepathic so they will plant negative thoughts and ideas into people's minds in order to negatively influence them. Just because something sounds like it is your thought, doesn't mean that it is, particularly if it has a different tone than your thoughts normally do.

Devils are incarnated dark beings and are very much master-minds of the dark. They have a more human-like quality than demons typically and are less likely to simply spontaneously attack than to make long, well-thought out plans to ensnare individuals in darkness. They command and work together with demons.

How to Protect Yourself: Devils are very powerful and full of trickery. Watch for alluring offers from the dark. Devil will tempt you with whatever they know will have appeal for you in particular. Ask Archangel Michael for help, clearing and protection and ask also for help with clearing and help releasing any openings or vulnerabilities to the dark. Devils are very clever and will try to turn you against the light using logic and temptations in the physical world.

Tips: Inviting demons or devils into your life will only lead to trouble in the end. Demons and devils never make a deal that is not in their favor.

Ghosts are simply a person (or animal or other incarnated form) whose body has died but whose spirit has stayed on the earth plane and not crossed into the light on the other side. This means that they have only the perspective from their most recent life and do not have the greater perspective and understanding they receive when they cross into the light and remember other lives, soul mission and purpose, etc. Most ghosts are inherently sad, angry, or frustrated which is why they didn't cross to begin with. Being around a ghost is kind of like being around an upset invisible person who is lost or confused. Some ghosts have awareness they are dead and others do not.

How to Protect Yourself: Ask the angels to protect you and honor your boundaries. If a ghost is in your home, tell them they must leave or go into the light and then ask the angels to help them cross. If the ghost precedes you in the space, they may be stubborn about leaving (after all they were there first). If the ghost tries to get in



your body, tell them no and ask the angels for clearing and protection. Ghosts will sometimes do this to have a physical experience or to manifest an addiction like drinking.

Tips: Signs a ghost is around can include lights flickering, electrical problems, objects moving on their own, plumbing problems, unexplained noises, apparitions, or cold spots. Sage can dispel any energies left behind by ghosts but is usually not enough to actually get them to leave or cross over.

Witches are individuals who practice witchcraft. Some think of witches as wiccans but there are many types of witches. There are wiccans, and those who practice ceremonial magic, there are dark witches and light witches. Witches can be extremely broad and varied in terms of their perspectives, practices, and beliefs.

How to Protect Yourself: You will not need to protect yourself from a light witch however if a witch who uses dark magic sets his or her sights on you, use shielding, protecting and clearing techniques and by all means ask the angels for assistance. I do not recommend counter attack as it will likely backfire on you or lead to escalation. The law of karma is very real so anyone who sends something negative your way will suffer for it in the end, there is no need to get involved personally and then have your own nasty karma to deal with.

Tips: Most witches I have met look remarkably normal so don't go looking around for a hook-nosed old woman riding a broom.

Werewolves are in my opinion not accurately named as these beings who have a human form can also transform into another form but it is not a wolf exactly. Portrayals of werewolves in media that show them looking exactly like real-life wolves annoy me because that isn't what they look like at all in my experience.

How to Protect Yourself: Don't mess with a werewolf and they will likely not mess with you either. There are some werewolves who attack humans and others that stick to animals. Avoid walking alone at night by yourself and of course ask for angelic protection when outside alone, particularly at night. There are lone wolves and those who hunt in packs as well.

Tips: They can transform at will and the full moon has nothing to do with it really though they too might be wilder on the full moon just like humans are.

Shape-shifters rarely interact with humans. There are many kinds of shape-shifters. Even the werewolf is

a type of shifter with two forms. There are shape-shifters that can shift into virtually any form. If you come into contact with a shifter, you are not likely to ever find out.

How to Protect Yourself: There is nothing special that I know of to do to protect yourself from a shape-shifter. Though they rarely do get involved in human affairs, they have been known to take the appearance of a particular human and then take over their life. That begs the question, what happened to the human? It isn't normally a pretty picture. Like any supernatural creature, you can ask the angels for protection if you suspect you are in any danger.

Tips: Some shape-shifters leave a sort of residue or slime as evidence of their transformation. Other types don't leave any evidence.

Faeries are a type of highly magical creature that reside in parallel plane to us on the earth but are known from time to time to pop over and intermingle with us here in the human world. Those with the sight may be blessed enough to see them which is rare, they normally steer clear of us as we are thought of as dangerous and at the very least careless. Faeries are elemental creatures and are very connected with one of the elements (earth, air, water, and fire). Just like witches, or humans for that matter, they can be light or dark.

How to Protect Yourself: Generally speaking if you don't mess with them, they don't mess with you. However they can be mischievous with humans out alone in nature. They also don't take kindly to abuse of nature or the planet. If they witness you abusing mother nature, they may make some trouble for you. If you find yourself being attacked or opposed by some dark faeries, do ask the angels for protection and to clear any magick they may have cast on you.

Tips: There are some very playful faeries that are lovely to have around. You can make your home or garden more welcome to them by leaving them offerings of candy, jewelry your shiny objects. They love flowers and gardens of a less ordered and more wild variety. They love to party and have fun and if you are lucky, you might observe them having a faery party. Those that to are rare and some have so much fun, they get enchanted with the experience and never come back to the human world.

Dragons have a very strong reputation in our world and stereotypically we tend to think of them as a large scaly creature that lives in a mountain, breathes fire and loves gold, just like in the Hobbit. This is just one of the many types of dragons and since they come from the faery plane, they are associated with one of the elements.





A water dragon is going to be very different than an earth-based dragon.

How to Protect Yourself: You are highly unlikely to come into a contact with a dragon. In the event that you do, do not try to take anything that belongs to them. Bad things will happen.

Tips: Dragon can have a lot of pride so it is inadvisable to insult them or push their temper. Even dragons that are generally pretty light can be quick to anger. Dragons are very wise and have very powerful magic.

Zombies are actually the one creature here that may strike the most terror but are not currently real in the supernatural sense as far as I am aware. Yes it is possible through certain herbs and plants to create a zombie (as some voodoo queens have been known to do), this is not a supernatural effect but rather a side effect of certain substances. That said, this is the type of creature that I have the least amount of personal experience with.

How to Protect Yourself: Ask the angels for protection and run as fast as you can away from them.

Tips: In the event of a zombie apocalypse, it seems to me that the soul is either not in charge or is completely absent. Be wary of anything without an empathy response. It is unclear what happens to the soul if someone becomes a zombie. It feels that it's highly likely the soul wanders, similar to a ghost but with a body that is technically alive but not an appropriate vehicle for a soul any longer.

As you get through this extra wonderful and magical time of the year, remember that many supernatural creatures are just as frightened of us as we are of them. That said, supernatural creatures are real and deserve your respect and a healthy caution. I believe that the form does not necessarily dictate the nature of the individual, you can have vampires living a light life or dark faeries just as humans can be light or dark. Keep an open mind, ask the angels for protection and safety, and of course, have fun.

PS Halloween is wonderful because it gives many non-human creatures the opportunity to hide in plain sight. Don't be too surprised if some of the exceptional costumes you see during Halloween season, are not costumes at all.

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