Getting Back in touch with the paranormal

Posted by azg4 - 10 May 2011 16:56

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Hello I am fairly new here and am looking to get back in touch wit my paranormal side. I am a bit of an empath. I want to get back in touch with that side but am hesitant because I now have a 22 month old son. I don't want to open that door anaccidently let something in that could hurt him. Can anyone give me advice on how to get back in touch wit that side without risking my son?

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Re: Getting Back in touch with the paranormal

Posted by sixsense - 10 May 2011 17:17

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You can try meditating. The first thing you should do is say the prayer of St. Michael, he will help protect you. Meditating would be the safest way to in touch with your abilities with out any dangers. Here is the prayer:

Saint Michael the Archangel,

defend us in battle.

Be our protection against the wickedness and snares of the devil.

May God rebuke him, we humbly pray;

and do Thou, O Prince of the Heavenly Host -

by the Divine Power of God -

cast into hell, satan and all the evil spirits,

who roam throughout the world seeking the ruin of souls.

Amen.

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