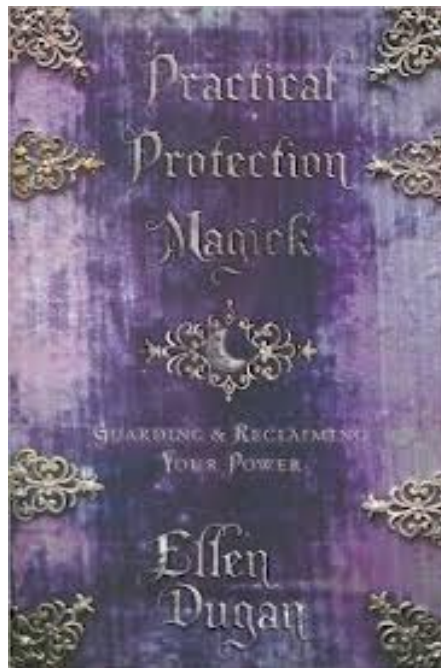




Practical Protection Magick: Guarding & Reclaiming Your Power

Ellen Dugan

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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.

Practical Protection Magick: Guarding & Reclaiming Your Power Details

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From Reader Review Practical Protection Magick: Guarding & Reclaiming Your Power for online ebook

AnandaTashie says

"... many folks think the answer is to send love and light in any situation. Well, good luck with that. Love is fine; but if someone is trying to physically assault you, are you going to send them love and light, or are you going to fight back and try to kick them hard in the groin or go for their eyes so that you can escape?"

Not really the tone or approach I personally prefer, but interesting to read / skim through.

Leanne24 says

i thought that this was a very good book
it had a lot of interesting information and tips
i think that every witch needs to read this book

Melissa says

Initial Impressions

I'm still working my way through this book, but, as I've noticed about some of Ellen Dugan's other books, I'm becoming a bit skittish.

There are a lot of parallels between her works and Silver RavenWolf's- and many of the aren't good. Silver RavenWolf has the tendency to state her beliefs as fact, which is something many readers have noticed, especially in regards to her books about Wicca. I'm noticing that about Ellen too. This being a book about protection, she gives helpful information on astral attack, emotional and psychic vampires, and curses.

In the chapter on curses, she speaks about what she perceives are the personalities of said casters of negative magic. I don't agree with them. One of the biggest problems I see in the Pagan community is the tendency to spread out many Wiccan concepts and apply them to all Pagans, which I see as crippling. Paganism is extremely diverse, and when we pull out the "No true Scotsman" fallacy, stating that no Pagan would ever _____ we alienate those who do such practices and completely neglect to see the diversity that exists within the Pagan community.

Silas says

I just can't recommend this book. It's a book on practical protection magic, and the only mention of shielding it has is to mock people for relying on it. It's protection magic 101. It deserves more than that. Beyond that oversight, the rest of the book has a haughty tone whereby the author paints herself as awesome and the reader as ignorant. This despite the fact that the book doesn't cover anything particularly revolutionary, and neither does the author seem to put much effort into making anything but the barest, most basic of

incantations. If you have no concept of how to protect yourself with magic, perhaps this would help you somewhat (though I would be concerned about what else you might get from reading this). Personally, I wish I hadn't bothered, and think you would do well to seek out a different source for your protection magic needs.

Denise says

Good combination of wit, psychology, self help, common sense, and witchcraft...and the spells are fun and helpful too! I have loved all of her books. Her writing style reads like she is sitting next to me with a cup of coffee and telling it like it is.

Hunter R. says

I didn't know they were writing my mums bio when they spoke of emo-vamps.

Felicia says

This book came in handy to me from day one. It helped me recognize some harmful things that were happening in my life and taught me what to do to not only dispel these things but also ward them away from happening again. This book is an absolute must-have in any Witch's library!

K.S. Thompson says

This is an excellent book for those looking to empower themselves in all aspects of their lives. Read my review here :
<http://kuhleecreative.wordpress.com/2...>

Raven Tiger {Paint me like one of your 19th century gothic heroines!} says

There has to be better protection manuals out there is my tl;dr review for this.

Not only was the author condescending and patronizing to the reader, it was reaching Silver RavenWolf's levels. I was offended as a reader, I would be really offended if I was a fan of her works. Also her attitude towards anyone who curses, regardless of reasons, was just ugh. There are valid reasons for cursing people. *shakes fist* There was so much bitterness seeping through the pages, I feel like I have to cleanse my kindle app. :P

Also her chapter about physical fitness is just wrong and offensive. I could buy maybe taking martial arts or a self-defense course, but everything else was just not a good look. I say this as someone who works out, but is still plus sized (and I'm not bothered by that fact).

There was nothing really new here, and there were a few things that I did love, mostly a spell or a ritual here and there.

There were more personal stories than actual how-to, which is not always a bad thing, but it irritated the fuck out of me while reading.

Received this book for free, ethically, from tuebl.

ETA on 2/23/15: I can't find a nice way to say this, but the way she writes about the one true pagan witch(TM) is such full of special snowflake syndrome, that it is actually infuriating. I get such bad vibes from this book that I'm glad I don't have a physical copy to taint my bookshelf. Is it just me? I know some of my fave pagan authors do this, (Ly de Angeles, I'm looking at you), but it's just her whole package of this book is a general turn-off. BLAH.

Effie says

Alrighty, so I'm not completely sold on Dugan yet. This book does have its helpful points but I was expecting more... maybe because the cover is just so darn pretty hahaha however... this book mostly encompasses Dugan talking about herself and her situation(s) in excess... and lacking actual practical components...

Generally I enjoy when authors share their personal experiences in this style of book...I just found it incredibly excessive in this one... almost to where I could feel her bitterness through the pages... so as a "how to" it failed for me.
I'm in the process of re-reading this so maybe it'll be better the second time around?

Lauren says

Some of the personal stories were a bit overdone to me but I really liked the spells and the correspondence charts.
