

PSYCHIC PROTECTION 101

How to Feel Completely Safe Connecting with Spirit



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DEDICATION

**This ebook is dedicated to Margaret McCormick
who has taught me so much about how to protect myself
and about how to teach my students to protect themselves.
I am forever grateful for your friendship, guidance, and support!**

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The ideas presented in this document are those of this author alone and do not necessarily represent the ideas of others either inside or outside the metaphysical and healing arts community. You are strongly encouraged to search until you find answers that “feel right” to you.



Institute for Mediumship, Psychic, Astrological, & Reiki Training

im part (v.): to bestow sacred knowledge upon

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Introduction to IMPART Educational Material

im part (v.): to bestow sacred knowledge upon

Welcome to the IMPART family! Whether you are just starting out on your metaphysical journey or you would like to explore a specific topic or skill in more depth, the staff at IMPART is here to provide you with information, training, and support as you develop your abilities to connect with Spirit.

It is very likely you have questions, and we hope to provide you with the answers! Just a few of the questions you might be asking yourself include:

- How do I know if I'm psychic, a medium, and/or a healer?
- How do I learn how to connect with God/Source/Spirit, my guides, angels, archangels, ascended masters (e.g., Jesus, Mother Mary, Buddha), and/or deceased loved ones?
- How do I use a specific divination tool (e.g., cards, runes)?
- How do I learn how to be a healer?
- How can I use my abilities to help others?

To address your questions, we have created a series of educational products (e.g., ebooks, audio recordings) that are designed to meet the following standards:

- **Organized:** We always endeavor to provide a detailed Index and/or Table of Contents that will help you find the information that you need.
- **Clearly Communicated:** We always strive to make complex information as understandable as possible. Additionally, we do our best to stay away from obscure words or convoluted wording. We do not believe that a dictionary should be required when reading IMPART material.
- **Concise:** We, here at IMPART, understand that most of you are trying to fit your metaphysical studies around jobs, relationships, families, and various other responsibilities. Therefore, we do our best to provide you with information that is accurate, thorough, and concise.
- **Helpful to Beginners (as well as those who are more advanced):** We all were new to specific topics at one time, and we always strive to create educational materials that would have been helpful to us when we first started out. We want to provide you with a good foundation for each of the topics in our educational series.

IMPART's overall goal is to provide you with high quality training programs and educational material that will help you whether you are brand new to the field of metaphysics or you are more experienced but want to learn more about a specific topic. Through the use of these products and on-going support, our goal for you is to . . .

- Develop a wonderful new sense of confidence in your ability to connect with Spirit/Source/God through the development of a set of tools and skills that will allow you to have access to spiritual guidance and support on a daily basis.
- Connect with like-minded others that provide a support system through IMPART classes and workshops. You never need to feel alone on your spiritual journey. We are here for you!
- Feel exhilarated by your deepening connection with God/Source/Spirit.
- Feel significantly better about all areas of your life, including your health, relationships, work satisfaction, and emotional well-being.
- Experience a new sense of peace and well-being about your day-to-day life.

To learn more about IMPART training programs or educational material, be sure to join our on-line community at www.AnneReith.com.

Again, welcome to the IMPART family, and many blessings on your journey toward enlightenment!

IMPART Teachers, Authors, & Staff Members

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IMPART PRODUCTS

Audio Recordings (*available online at www.AnneReith.com/store*)

Guided Meditation for Reiki Attunements
Lives Between Lives Guided Meditation
Past Lives Guided Meditation
Psychic Development: Guided Meditation
Trip to the Akashic Records: Guided Meditation

eBooks & Audio Recordings (*available online at www.AnneReith.com/store*)

Basic Definitions of Terms for Psychics, Mediums, & Healers (**FREE**)
Channeling 101
Psychic Protection 101: How to Feel Completely Safe Connecting with Spirit

eBooks & Audio Recordings (*upcoming*)

Business 101: Learn How to Create & Run Your Own Profitable Business
Connecting with Your Angels & Guides
Dream Interpretation 101
Emotional Freedom Techniques: Basics of Meridian Tapping for the 21st Century
How to Use Metaphysical Tools (e.g., Cards, Runes)
Karuna Reiki® Manuals: Karuna Reiki® I Practitioner, Karuna Reiki® II Practitioner, &
Karuna Reiki® I & II Master/Teacher
Lives Between Lives
Mediumship 101
Metaphysical Meanings of Over 200 Crystals and Stones
Past Lives 101
Pendulums 101
Psychic Development: An Essential Primer!
Psychic Development 101: “The Clairs”
Reiki Manuals: Reiki I, Reiki II, Reiki III/Advanced Reiki Training, Reiki Master/Teacher
Runes 101
Symptoms of the Ascension Process: You Aren’t Going Crazy!
Tarot 101

Rune Products & Manuals (*upcoming*)

ColoRunes®
ColoRunes®: A Divination System Based on the Metaphysical Meanings of Colors
NumeRunes®
NumeRunes®: A Divination System Based on Numerology
Runes (*only available at the **Impart Wisdom & Wellness Center***)
Runes: An Ancient Divination Technique with Modern Applications

About the Author

Dr. Anne Reith is the Founder and Director of IMPART (the Institute for Mediumship, Psychic, Astrological, and Reiki Training), which she began in 2002. She is also the Founder and Director of the Impart Wisdom and Wellness Center (IWWC), which opened its doors in 2012.

Anne is an internationally known psychic, medium, astrologer, dedicated teacher, and spiritual coach. She is an author who has written on a wide range of topics, including Reiki, Karuna Reiki®, tarot, runes, astrology, pendulums, past lives, lives between lives, mediumship, and the Law of Attraction. Anne has recorded several meditation CD's and has also developed several highly effective divination tools, including NumeRunes® and ColoRunes®. She is a Reiki Master/Teacher and Karuna Reiki® Master/Teacher, DivinePeaceHealing® Practitioner, and Sai Maa Diksha Practitioner.

Previous to Anne's work in the metaphysical and spiritual fields, she earned her doctorate in Counseling Psychology from the University of California, Santa Barbara. She worked for over 30 years in university settings as a Psychologist and tenured faculty member. She currently lives in Orange County, California, and is the proud Auntie Anne to seven nieces and nephews.