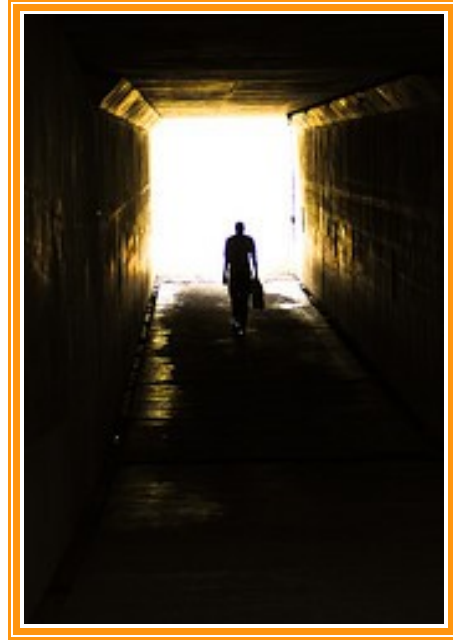


From Ghoulies and Ghosties



[Photo by Chris Willis](#)

**FROM
GHOULIES
AND GHOSTIES**

Created by

**Barbara Burgess
1st E-Book Edition 2010**

From Ghoulies and Ghosties

From Ghoulies and Ghosties

© Barbara Burgess 2010

This E-Book Published By Crowfoot Publishing

50, Chartwell Road,

Kirkby in Ashfield,

Nottingham,

Nottinghamshire,

NH17 7HZ

United Kingdom

From Ghoulies and Ghosties

Dedication

To My Family

With Love

From Ghoulies and Ghosties

From Ghoulies and Ghosties

**And long-leggedy beasties
And things that go bump in the night,
Good Lord, deliver us!
*Scottish Saying***

How To Protect Yourself From Ghosts, Negative Spirits And Entities

From Ghoulies and Ghosties

Index:

Introduction.....	6
What Are Negative Spirits, Ghosts And Entities?.....	7
Are They Ghosts? Are They Evil?.....	8
Are There Good And Bad Energies?.....	10
The Ouija Board.....	11
What You Can Do In Your Home.....	12
Flowers.....	12
Feng Shui.....	12
Eating and Food.....	13
Alcahol And Drugs.....	14
Clothing And Jewellery.....	15
Bless Your Items.....	16
What You Can Do In The Workplace.....	16
What You Can Do For Others.....	17
Your Car.....	18
Other People's Cars, Driving and Travelling.....	18
Hotels And Holidays.....	19
What To Do Each Day.....	20
How To Connect To The Earth's Energies And Become Grounded.....	20
Everyday.....	21
Prayers.....	22
Go To The Light.....	22
A Word Of Warning Here.....	23
And To Finish.....	24
About Barbara.....	24
Qualifications.....	25
Resources.....	26

From Ghoulies and Ghosties

Introduction

Welcome to From Ghoulies And Ghosties!

How to Protect Yourself From Ghosts, Negative Spirits And Entities.

As a Psychic Medium I have had many clients who have told me that they can either sense, see, hear or feel an entity around them. Some of these clients knew that the entity was nasty or mischievous whilst others were not aware of this.

My client may have come to me for a reading because they were feeling very low or because their life had been turned upside down. I would then explain to them it was because they had a negative attachment with them, if this is what I had sensed psychically.

Some clients also knew they had an entity in their home and they may have been curious as to who it was or what it wanted or what it was doing there. Whilst other people may have come to ask me to remove the entity because it either frightened them or caused them problems.

It does not matter really who or what the entity is so long as it can be dealt with in a positive way and a positive conclusion for all concerned.

Please remember that help is at hand for these type of 'possessions'. Get help if necessary from a church, a spiritualist church or a psychic medium.

I am sure this ebook will be off assistance to you.

[Http://www.yourbeautifulmind.com](http://www.yourbeautifulmind.com)

barbara@yourbeautifulmind.com