**Dealing with Ghosts for Teens**

These are somethings you can do to stop ghost interference (bothering you at night, or anytime, really; touching, poking you, etc.)

1. Establish boundaries. This sets limits – ones that YOU enforce – to if ghosts can speak or appear to you or when, if you choose to interact with them. You never have to interact with them if you do not want to.
   1. Write your boundaries down on a piece of paper. You can even hang this up.
   2. Speak the boundaries, forcefully (as in get mad!) if you have to. Speak them out loud as much as you need to. Even “Yo! Leave me the frig alone!”. That is a boundary.
2. Use salt. Regular salt in a paper canister from any grocery store will do. Put a bit of the salt in some kind of container, like a jelly jar, old coffee cup or even paper cups. One cup on each side of the doorway to the bedroom and also one cup at each corner of the bed. That helps keep ghosts and other things away. If it gets yucky from our humid weather then just change it out. The salt creates a protective barrier and only works while it’s there. Salt works on any kind of negativity, too.
3. Ask for angelic help. I’d suggest Archangel Michael. He likes to protect people. Specifically ask him, as well as any personal guardians (you don’t need to know who they are just ask for “my guardians”) to stay with you and protect you.
4. Put “Not available” or “nope” in your energy field. You can do this by imagining the actual words surrounding you, floating in a field of blue light (think Blue Man Group blue). If I see something/someone I don’t want to deal with right at that moment, or ever, I will think about the blue light around me with the words “nope”, “no” or, actually “f-word no”, then feel that “no” (think of the feeling you get when you are NOT going to eat that vegetable: strong, with a bit of anger. Like, how dare you make me eat this kale?! NO WAY). That feeling comes from the belly – bring it up and feel that. Sometimes I even do those things while I’m putting a hand up and say out loud “Nope. Leave me alone”.
5. Green lights in a nightlight can help, too. Green old-style Christmas bulbs that fit into a nightlight socket will work.
6. Black tourmaline worn on the body and also put on a nightstand helps.
7. Other things to put on a nightstand that will help: salt in a cup (yup, again); a tablespoon or two of Florida water in a cup; parsley, either fresh or dried, in a cup.
8. Herbs that can be put in a little pouch and put in a pocket to help repel ghosts: parsley, bay leaf, basil.