



## Digital Rituals, Charms, and Herbs for Protecting Yourself from the Evil Eye

If the internet were just a place for listening to your favorite song, there wouldn't be much need for passwords. But the internet is where you save private pictures of yourself, organize events, and pay your bills.

When you think about all of your “virtual valuables” that are shared over the internet and stored on your devices, why wouldn't you keep them as secure as your wallet or keys?

In this guide, you will find simple steps you can take right now to take care of yourself and others online.

Let's start!



### Rituals for private devices

Having any lock on your device gives you more protection than no lock at all. And just like the different types of locks you might put on your doors, some screen locks are stronger than others. It might surprise you, but eight-character-or-longer passwords with letters, numbers, and special characters are more or less

The most secure way to lock your computer or phone. That is, provided you don't reuse passwords, don't use password patterns which are easy to guess and don't use common names, dictionary words, dates, etc. which may be on password lists circulated by hackers. And don't share the password with others.

### More tips :

- Turn on 2-factor authentication (2FA) on websites and apps where it is available.
- Strengthen your passwords: Your passwords should be long, unique, and random.



### Charms for private communications

Some chat apps (like WhatsApp and Signal) allow you to set “disappearing messages” in chats—this means the app will automatically erase the messages from sight after a set period of time for both the sender and recipients. But don't get too comfortable—the other person could still take a screenshot of your message and show it to others within the timeframe without your knowledge.



## More tips:

- Turn off message previews: when your phone is locked, you want to make sure that your messages are hidden as well.
- Lock extra sensitive apps with passcodes to keep them safe even if someone gets into your phone.



## SECRET LANGUAGES FOR DEVICES

When looking at your options for chat apps, it's important to realize that they're not all created equal. A few key questions you'll want to consider are :

### • Is it end-to-end encrypted?

This means outside of you and the other person, the message is scrambled up and only when opened by either of you is when it can be clearly seen. While this may help prevent the message from being circumvented by a third-party, you still run the risk that the other person can show it to someone else or take a screenshot of the conversation.

### • What does the company collect and store about you?

Even if your messaging app is end-to-end encrypted, if your messages are backed up to company servers, while convenient to reload your message history on a new device, this means there is the possibility for someone to request message records.

The less a chat app collects about you, the less they can divulge about you.

## More tips :

- Use a secure messaging app like Signal or Wire in order to communicate with your friends and family members.
- Give private nicknames and less obvious group names to some of your chats and contacts saved in your phone and apps, if that's right for you

## Herbs for healing: self care

Risk and safety are shared, so remember that you are not alone in this. Talk to trusted friends and family about these digital rituals, charms, and herbs in order to help them stay more private from the Evil Eye—maybe they have some great tips to share with you as well.

If you'd like to learn more tips and dive deeper, visit

[datadetoxkit.org/ar/](https://datadetoxkit.org/ar/).

