

ENERGY VAMPIRES

Some people bring unexpected lightness and comfort to your life. They're bursting with loving energy, practically electrify you with their presence.

And then there are those who leave you feeling completely drained with feelings of guilt or sadness or simply feeling exhausted down to your very core. You were feeling great and then started talking to someone and before you knew it, they drained the life right out of you.

I call them energy vampires, and obnoxious or meek, they come in all forms. There are those that always consider themselves victims and believe that the world is always against them. They'll go on and on about every terrible situation that happened to them and wallow in every gruesome detail

On the other end of the spectrum, there is the charmer who is a constant talker or joke-teller who has to be the center of attention. There also is the blamer who dishes out endless servings of guilt. And then there's the drama queen, the co-worker who claims she almost died from a high fever or the neighbor who lives in extremes of emotion - life is unbelievably good or horrifically bad.

You can often recognize them from what they are saying to you:

Negative comments: "Did I tell you how much I hate my life and work? Did I tell you what so and so did to me? Did I tell you how my life stinks? Did I tell you why nothing goes right?"

Dream snatching: "You can't do that. How are you ever going to do that? Are you living in a fantasy world? Get back to the real world. You should do this instead."

Shrinking devices: "What is wrong with you? Can you do anything right? You are just the worst at that. I hate working with you."

In other situations the words may be less harsh but the result ends up being the same. Once an Energy Vampire starts sucking the life out of you, it's difficult to break free.

No matter which type of energy vampire you're dealing with, you're allowed to walk away. Many of us find this really hard to do. We're afraid of being thought of as impolite; we don't want to offend people. But there are plenty of ways to remove yourself from a killing conversation. When leaving isn't an option, you can still maintain your energy level by making a few minor adjustments.

Recognize the Signs

One of the first things to do is to recognize when you're being drained, and that

begins with tuning in to your physical reactions. Is there a tightening in your chest when a certain person enters the conversation? Do you feel tired when you hang up the phone after speaking with someone? Does your head ache, or do you feel "slimed" when another guest at a gathering starts talking to you?

You're an energy being so be conscious of the change in your energy field. For those that took the Beyond Master's course, use the same technique you used to determine whether the item in the envelope was good for you or not. If you feel that push away from a person, protect yourself!

Take a Deep Breath and Ground Yourself

The moment you feel zapped take a breath and then ground yourself. No, it's just not something to do in the morning. Breathing is a wonderful way to center yourself. Just follow the breath and tell yourself that you know what's happening and you can deal with it. Send those roots deep into the earth and draw up that great energy to stabilize yourself.

Shield Yourself

Visualize a protective white light around you: an energy shield. You can still hear the person who's yelling at you or blaming you or pushing herself into your sphere, but she won't cut into you so viscerally anymore. You've created a buffer zone, where her negative influences can dissipate. You may also wish to circle yourself with mirrors so that the negative intent, conscious or otherwise, bounces away from you.

Set Boundaries

Setting boundaries is another way of protecting yourself; you draw a line saying, for instance, "This is what I can do for you, and this is what I can't." You don't have to convince the vampire of the rightness of your stance. Getting defensive simply adds to the negative charge of the encounter. You want to remain neutral. When someone starts pushing your buttons and you start sizzling inside, you've got to make the decision not to react.

Sometimes, people just need to go through the pain so don't try to fix them. An integral part of the process of revealing Light is facing the pain and walking through it, as difficult as it may be. When you look back on some of your greatest achievements in life, they probably all required you to get intimate with the feeling of pain. While you probably didn't like it while it was happening, looking back you know that it had to happen because it taught you valuable lessons.

Step Back and Learn

Maybe you don't want to face this but if you're attracting a lot of energy vampires, you may be sending out the wrong signals. It relates to that law of energy: we attract what we haven't yet worked out in ourselves. For example, you can see that at work. If you are down, you tend to draw depressed people to you. If you're angry then it seems everyone around you is complaining about something

By paying attention to the people who seem so draining, you might discover something you need to address. You may find that once you've worked through a particular issue, you're no longer worn out by that kind of energy vampire. And the vampires, robbed of a source, move on to more easily drainable audiences.