

Paranormal “U”

Energy Vampires

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When some hear the word Energy Vampires, they immediately imagine a vampire sucking the energy or life from you. That is not far off of what Energy Vampires actually do. Energy Vampires are normal people that have the ability to suck the energy or some say life force from another individual. Most are unaware of what they are doing to others around them. If you are around an Energy Vampire and are not shielded from them, you may feel tired or exhausted, stressed out, worthless, depressed, disoriented and out of sorts, even sick.

Energy Vampires fit in several categories. There is the “Woe is me” type, the one who is always the victim. Who feels like the whole world is against them. They remember every horrible thing that has happened to them, and they love to wallow in misery. The Drama Queen, the person who lives in extremes of emotion. The Bully, or Angry people, the one who makes you feel worthless and can't do anything right. Who is constantly putting others down. We have the “center of attention” people. People who constantly steal the attention away from others. Who steer the conversation to themselves. Everything is about them. The Negative people, or the “Nay” Sayers. They are always complaining. Never have anything good to say about anyone or any situation. The Paranoid Type, they are the conspiracy theorist types, they worry about almost everything. The Blamers, they will never admit fault, they point their fingers at everyone else other than themselves and have an excuse for everything. Then we have the ones on the opposite end of the spectrum, the Perky ones. They are full of energy. Just being around them is exhausting. There are plenty of other types of Energy Vampires. They can be [manipulative](#), devious, cunning, and power-hungry people from all walks of life. Just about anyone who makes you feel drained or not quite your usual self can be an energy vampire. Usually, Vampirism occurs when two people are unequal in some way.

Identifying them is the first step; recognize the signs of when you are being drained. Do you feel tired, exhausted, “slimed” or unclean, disoriented or out of sorts, or have a headache, stressed out, depressed? The second step is dealing with them. If you can, avoid them. Cut all ties to them off or simply ignore them. Reduce your contact with them. If that is next to impossible, there are a few things you can do to help you deal with them and protect yourself. First, take a deep breath and let it go. Don't let their actions and words upset you. Keep positive. Concentrate on your breathing. Relax and let things roll off of you. Try to put distance between you two. Take a few steps away from them (if you can). Create a buffer zone where negative influences can dissipate. Visualize a protective white light around you: an energy shield. You can still see and hear the person but they will not effect you as much anymore. Keep in control of your life and emotions. Keep telling yourself that this person has no ability to harm or control you. Some say that wearing the color purple can help. Purple is associated with psychic protection. Try to hang out in groups of 3 or more. The energy vampire's attention becomes divided between the others in the group and you won't get the full brunt of the drain. Stick to light topics and stay positive.

Energy Vampires are everywhere, and all walks of life from the very poor to the very rich. Learn to recognize them, but do not fear them. Avoid them whenever you can, and learn how to deal with them and protect yourself when you can not avoid them. Most of all, stay positive.