

Are You
In Love
with a
Vampire?

*"... a remarkable journey of discovery
and healing ... I encourage
everyone who has experienced pain
in relationship to read this book."*

— Jack Canfield

Co-author, Chicken Soup for the Woman's Soul

Healing the
Relationship Drain Game

HELAINÉ Z. HARRIS

Are You In Love with a *Vampire?* Healing the Relationship Drain Game

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Are You In Love
with a
Vampire?

Healing the Relationship Drain Game

Helaine Z. Harris

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Introduction

GETTING THE MOST FROM THIS BOOK

VAMPIRE! The word itself raises conflicting emotions, from fascination and curiosity to horror and terror. Thanks to Eastern European myths and folk tales, the blood-sucking creature of the night has become an integral part of the modern psyche. As such, the vampire is the representation of intense sensations and feelings that both confuse and entice the ego. The current vampire craze has drawn so much attention that we can consider it an emerging archetype, a symbol of modern society's attempt to integrate the good and the evil in us all.

The mesmerizing enticement of romantic eroticism, superhuman power, and magical immortality surrounds the vampire mystique and draws us to explore the dark side of human nature.

Millions in our culture are drawn to movies such as *Interview with the Vampire*, *Dracula*, and *Sleeping with a Vampire*, as well as books like *The Vampire Lestat*. Whereas, vampires were once perceived as hideous, pale creatures with pointed teeth and emaciated bodies, today they are more likely to be well-built, fair-skinned and handsome, with an exquisite and seductive sensuality. As portrayed by some of Hollywood's most striking young men and women, this new image presents the vampire as more of an ideal than a monster, a significant image in our culture. The vampire is both immortal and irresistible. He always gets his way and time never runs out.

Aging baby boomers are increasingly feeling their mortality; as are younger people who experience the death of friends from gang violence and AIDS. It's little wonder that immortality is such a lure.

In my view, the vampire mystique also relates to spiritual issues. In shamanic traditions, the death of the personal self leads to an opening of the immortal, transpersonal Self. This process is sometimes referred to as a shamanic death or an ego death; it is not a physical departure, but the surrender of the personality to spirit. It is a death of old ways, old belief systems, old patterns that no longer apply.

The vampire archetype represents a death /rebirth into a new way of being. Its healthy integration requires a willingness to embrace the totality of our being, to own this shadow aspect and understand our part in the creation of darkness in our relationships and in the world. Thus we transcend the duality of light and dark.

The Vampire Relationship Pattern, VRP, as I call it, is the stealing of one person's psychic energy, or life force in a dysfunctional relationship. As a result of experiences in my own life and those of my clients, I was compelled to write this book as a guide for those, like me, who have found themselves in relationships that have drained them dry.

As bizarre as it sounds, the Vampire Relationship Pattern is not that uncommon in our day-to-day lives. Many people have experiences of being in relationship with a person who takes and demands all their energy. For example, you may know someone who is always going through crisis and expects you to rescue them. Perhaps you recognize this pattern in your partner, or a friend.

LEVELS OF ENERGY VAMPIRISM

It is important to understand that the different levels of psychic energy vampirism are usually unconscious or buried deep in the subconscious. This shadow aspect in relationships often underlies codependency.

As I see it, there are three levels of psychic energy vampiring.

Level one relates to the Devouring Mother archetype. This archetype describes any parent who, out of emptiness and neediness, unconsciously feeds on her child's energy, leaving the child drained and needy. To this mothering adult it may seem as though she is giving love and nurturing, while in reality she is sucking the child's energy for herself.

Level two is related to the Incestuous Father archetype. This describes any adult in an ongoing family relationship where trust is violated. Here the draining of the child's energy results from the adult physically or energetically acting in an inappropriate sexual way with the younger person. The adult may "only" undress the child with his eyes or imagine being sexual with the child. It will still be felt by the child. Because of the position of authority, this vampire dynamic is characterized by a relationship of dominance. In these situations, the adult is aware of his sexual feelings and/or behavior, but may be unconscious of pulling on the child energetically.

While all acts of incest will leave victims emotionally wounded and impact their adult relationships, when the vampiring dynamic is added to incest, the victim will be much more drawn to abusive or incestuous partners in adult relationships.

Children who have had their energy drained in either of these ways, are part of a multi-generational pattern. In their adult relationships, these individuals will attract mates who are vampiric or will become psychic energy vampires themselves, or both.

Level three of psychic vampirism is characterized by psychic attack. In these cases, the vampire is clearly conscious of what he is doing and is usually working with dark magic or the occult. This type of vampire drains or consciously dominates others to accumulate power. To such people, power is a narcotic. They are addicted to it and don't want to give it up. Only rarely will they seek therapy. In order for healing to occur, there must be an "attack of conscience" and/or a drastic shift in the way they experience life.

This form of psychic vampiring is not part of a multi-generational continuum and is therefore not part of the Vampire Relationship Pattern. This is not to say that those who are accustomed to a vampiring parent may not be prey for a third level psychic vampire. Indeed, they are more likely to be this sort of vampire's victim than one not vampired in their family of origin.

It's not uncommon for someone who experiences third level psychic vampirism to become very weak or ill and in extreme cases even die from this kind of attack.

Though more extreme than most, a potent example of third level psychic vampirism is the case of Dion Fortune, a renowned magician in England's ceremonial magic circle. She was a victim of psychic vampirism and, after observing others like herself, wrote *Psychic Self-Defense*.

At the age of 20, Dion took a job working for a woman who controlled her staff by mental manipulations. Many of the employees suffered unusual and mysterious breakdowns. On two occasions Fortune's boss attempted to get her to give false testimony against fellow employees. Both incidents left her "dazed and exhausted." On two other occasions, Dion witnessed the devastating effects her employer's manipulations had on other employees, one of which she

helped escape.

When Dion attempted to leave her job, she was detained by her employer who said, “‘Before you go you have got to admit that you are incompetent and have no self-confidence. . .’ She resumed her old trick of fixing me with an intent gaze, and said: ‘You are incompetent, and you know it. You have no self-confidence, and you have got to admit it. . . .’ She kept on with these two statements repeated like the responses of a litany.” After four hours her boss felt confident that Dion had been broken, and she was finally allowed to leave the room. “I entered it a strong and healthy girl. I left it a mental and physical wreck and was ill for three years.”

Even though third level vampirism is not part of the Vampire Relationship Pattern, there does seem to be a link between being psychically vampired and some types of illness. Several of my clients who were involved in the Vampire Relationship Pattern suffer from chronic fatigue syndrome and many others complain of being drained and confused. Some are too exhausted to continue work or even drive a car. While chronic fatigue syndrome is most often encountered in the workplace, Dr. Daniel Lapin, Ph.D., author of *The Vampire, Dracula and Incest* also found this connection with some of his incest clients.

In cases like this, I have found it necessary to deal with the energy drain and explore what draws the client to stay with an employer, wife, or husband. The vampire victim, after all, is also a codependent.

While there are similarities in the ways the victim responds in all three levels of psychic energy vampiring, there are differences in the degree to which the vampire is conscious of the process. This book will deal mainly with the first two levels as they relate to the dysfunctional family dynamic of the Vampire Relationship Pattern.

RECOGNIZING THE PATTERN

As a shadow aspect of relationship, psychic energy vampiring often underlies codependency. The shadow is the part of us that follows behind. Others may see our shadow, but we seldom do. It is the part of us that doesn’t fit the image of who we think we are. So, as a shadow aspect of relationship, psychic energy vampiring is insidious and very difficult to see. Yet it is quite common.

The vampire is attempting to feed himself or herself, fill the emptiness inside, and/or gain power. And like other things in life that fill the void, this mode of behavior becomes addictive. It often accompanies other addictions, and, in the healing of codependency, psychic energy vampiring may surface when one looks deeply into behavior and relationship patterns.

As I was healing from codependency, a teacher pointed out that I was involved with a vampire. I recognized that this was true—I was sexually addicted to someone drawing energy from me in a certain way. As I stepped back and observed the pattern, I realized that underlying my sexual addiction was a much greater addiction—an addiction to intensity.

I first recognized the Vampire Relationship Pattern in its Devouring Mother aspect. She is the oppressive, smothering mother who suppresses and squelches her child in the guise of love. Though she is often unaware of her emotional incest, she can seriously damage the child’s individuality and aliveness.

Later, I noticed some clients who were victims of incest and also vampired by the offender. This was my introduction to the Incestuous Father archetype. However, with the Incestuous Father, the desire to be filled—i.e., satisfied sexually—is mixed with a need for power and dominance. Often, alcohol is part of this pattern. The alcohol clouds the mind, and distinctions

between wife or girlfriend and daughter, granddaughter, etc., become hazy and the taboo against incest fades.

Sometimes these dynamics reverse; there can be a Devouring Father and a vampiring Incestuous Mother—although in my experience these are less frequent forms of the Vampire Relationship Pattern.

Any of these parenting types creates a vampire-child. This child, once “bitten” and drained, becomes the adult vampire—reproducing and perpetuating the drain game.

The vampire pattern arises from our need to heal the wounded feminine aspect of our psyche. The dynamics of both the Devouring Mother and the Incestuous Father are connected to this wounded feminine consciousness—the need to be fed and nurtured.

With the vampiring Incestuous Father dynamic, the pattern manifests as anger and rage at women and the need to maintain control over them, since this vampire sees women as his source of life-force energy and nourishment.

The vampire, as an archetype, is emerging now in our collective consciousness, offering us all the opportunity to heal the split in the psyche between masculine and feminine, love and power, light and dark, good and evil.

Psychic energy can be felt, seen, and tracked. One of the main focuses in my PsychoShamanism™ training is the development of tracking skills. Once a healer or therapist has learned how to track the energy, their ability to assist clients is greatly enhanced.

The most important thing to remember is that

The Vampire Relationship Pattern can be healed.

HEALING THE VAMPIRE RELATIONSHIP PATTERN

The healing process begins with recognizing the pattern in yourself, and the ways in which you have been vampired and/or vampire. The next phase involves releasing the repressed emotions and getting to the core wound.

This is followed by either releasing the internalized parent, or repelling, staking and killing the vampire. Repelling the vampire means recognizing and protecting yourself from it. The staking in the heart and killing of it means owning and embracing the vampire part in us and knowing how it functions. As we fed the parent and gave it what it wanted in order for us to feel loved, we often internalized it unconsciously.

Another part of the healing process involves learning to generate “blood,” or life energy and maintaining it without compulsively allowing ourselves to be drained. Feeding our own hunger from within is critical. By opening to the core energy of love inside, which is connected to the Universal Energy Flow, we can always be filled and never need to take another’s energy or power again. The main key is the recognition that

*There is plenty of energy, plenty of life blood,
for everyone when we tap into the Universal Source.*

When we are in touch with this limitless supply and then connect with another person who is full and complete within, love is very different. Relationship becomes more of a partnership—a shared co-creation. Healthy interdependency can then occur.

The next level of healing is accomplished by bringing the vampire out of the shadows and

into the light of consciousness so we can release its hold on us. The integration of all our light and dark aspects allows us to transcend duality, thus freeing the vampire into the light of love, allowing it to return home to the Oneness.

MY JOURNEY

I first became interested in the phenomenon of energy vampirism through the process of healing my own codependency, sexual addiction, and addiction to drama and intensity.

Because of the black hole inside that had taken over my being, I was determined to find LOVE to fill the void. But, as the song goes, I was “looking for love in all the wrong places.” How was I to know that every man I had been seriously involved with was a vampire of one type or another? How was I to know that I only felt love when I was being vampired? What drew me—and many of my clients—to mates that sucked us dry?

I became increasingly aware that this was a very common dynamic. Yet, with the exception of some information on the occult form of psychic vampirism, I found nothing written on this dynamic when I began lecturing on it in 1993. A year later, I began teaching classes on Healing the Vampire Relationship Pattern and wrote my first article on the subject.

As I began compiling the material for this book, I searched again for relevant literature and still found very little on the subject.¹

YOUR JOURNEY

In reading my story of how I fell in love with a vampire, and some of the case histories in this book, you may see similarities to your own life. Don't be alarmed. You're not alone and you're not doomed to live forever as the undead. Believe it or not, at one time or another, most people have experienced at least mild cases of energy vampiring.

Are You In Love with a Vampire? Healing the Relationship Drain Game, is intended to help you begin to heal this pattern. This book is not a substitute for professional therapy, but it can help you to recognize the problem and begin to work with it.

Throughout much of this book I often refer to the vampire as “he.” This was done because the vampire that revealed this pattern to me is male, not because only men are vampires. I assure you, relationship vampires come in both sexes. It seemed awkward to go back and forth in each chapter from “he” to “she” so I chose to simplify for reading ease.

This is an important journey to take—especially if relationship is often draining for you or your partners. As with any new concept, you may encounter some resistance to the ideas in this book. Just put the ideas that don't fit for you now aside, and allow yourself to receive the gift of what *is* relevant and helpful.

While reading this book, you may experience strong physical sensations and reactions, such as nausea, stomach tightness or intestinal discomfort. Frequently such reactions stem from feelings that you are wanting to block—you cannot “stomach” these feelings. When these emerging feelings meet resistance, they create turmoil in your abdominal region. This is a sure sign you need to explore the material in this book.

At certain points, for no apparent reason you may suddenly get sleepy. Usually this relates to denial, a desire to push away from the material at hand, to go unconscious and remain among the “undead.” Fantastic! You're beginning to develop the awareness necessary for healing. Do ten jumping jacks or take a few vigorous deep breaths to stay alert and then keep on

reading!

You may become lightheaded and spacey while reading. This is often an indication that you should take in the material more slowly. In this case, rereading the sections you “spaced out” on would assist you. Or you may want to mark the passages in the book you easily grasp with one color marker, and the sections where you become spacey with another color.

Perhaps part of you is leaving your body to avoid recognizing something of great significance. This is a form of denial, a sign that something is trying to get through and you’re resisting it.

Some of you may find your throat tightening at certain points. You’re probably reading words you’ve been afraid to say yourself. Or perhaps tears are beginning to form as you read sections.

These awarenesses can be important steps for you in healing. Do continue reading. Perhaps you need to read only a page or two at a time. Take your time, but do continue.

Whatever may come up when you think of vampires—whether it be horror, disgust, disdain, curiosity or an erotic excitement, my hope is that this book will help in moving the feelings and illuminating the darkness.

VAMPIRE LOVE

Give me, give me, give me
Love to make me whole.

Fill me, fill me, fill me.
Fill my empty soul.

Need me, need me, need me
Never set me free.

Want me, want me, want me
Touch my misery.

Tell me, tell me, tell me
None can take my place.

Touch me, touch me, touch me
Stroke my trembling face.

Hold me, hold me, hold me
Hold me with delight.

Kiss me, kiss me, kiss me
In the dark of night.

Pull me, pull me, pull me
Pull me at the core.

Drain me, drain me, drain me
Make me beg for more.

Tell me, tell me, tell me
What I need to do.

'Til you've gone to someone else

And I've become like you.

Chapter 2

LIFE ENERGY: VAMPIRE FOOD

Although my ability to sense energy began in childhood, it has continued to develop through many experiences as an adult. One particular series of events stands out in my mind.

After our first daughter was born, Ted and I were in therapy working through marital difficulties. One evening we were watching television, feeling connected, open, loving and vulnerable. Much to my surprise, the next night, even though everything appeared the same, I sensed a cold, angry wall between us.

For me, the second evening was so horrible I wanted to run out of the room and cry. Ted felt hostile to me, and I was feeling the same way toward him. Yet, neither of us had done anything different from the previous night. What was going on? What was the difference?

As I tried to describe this event to my therapist, I found myself fumbling for words. Unbeknownst to me, I had experienced the differences in the energy between us on those two evenings. This experience haunted me and drove me to understand the “unseeable” energetic aspect of relationships.

Another event happened many years later. I was divorced and dating, spending a romantic evening with a man I was seeing at the time. While making love, I began to see dotted lines, shifting and changing, moving between my partner and me. They were flowing, dancing in midair. I felt soft, relaxed, and loving. Suddenly, in the middle of this experience, an image of an impenetrable block wall popped before my eyes. I immediately stopped our love-making. I had no idea what my experience meant, but I knew I could no longer be sexual with this man. The relationship ended.

Following this experience, I often saw colorful, moving lines while making love. Confused by these visions, I began discussing them in therapy. None of my friends had similar experiences. My therapist couldn't help. I was afraid I was going crazy. Other experiences I didn't understand followed.

On a beautiful spring day, a friend and I were hiking in the mountains. The air smelled fresh and felt tingly on my skin. A gentle breeze was blowing, and I could hear leaves rustling and birds overhead. I caught a glimpse of the tops of the mountains and noticed wavy lines moving as they came off the tops of the trees. As I gazed around me, I noticed that everything seemed to emanate these wavy lines in various patterns. The image that comes closest to capturing this scene is Van Gogh's painting *Starry Night*. As I experienced more events like these, wonder and curiosity filled me.

Some time later I met a new friend. As we became close, I hesitantly began telling him about these experiences. I felt quite vulnerable revealing them. He commented, “Oh, you're seeing energy move. You're not going crazy.” He made it sound so simple! That was the first time I could name what I had been seeing and sensing for years. What a relief!

WHAT IS ENERGY?

Everything in the universe is made of whirling energy, vibrating at different frequencies and speeds. This energy can be neither created nor destroyed, only transformed. It is in all things, surrounds all things, and connects everything and everyone. In bringing all things together, energy creates an ever-expanding tapestry that evolves multi-dimensionally through time and space. This is the Web of Life.

We too are made up of this energy and are a part of these energy movements.

In his book, *Ageless Body, Timeless Mind: The Quantum Alternative To Growing Old*, Deepak Chopra tells us, "The essential stuff of the universe, including your body, is non-stuff, but it isn't ordinary non-stuff. It is thinking non-stuff. The void inside every atom is pulsating with unseen intelligence." Chopra states that this intelligence is Prana (or life force) which we can increase and decrease at will.

Energy tends to equalize between objects or people. It will automatically flow from a stronger source to a weaker one. This is why when we are around strong, robust people, we tend to feel better.

Each person has a unique energy pattern. Although there are similar groups, like fingerprints, no two are exactly alike. However, unlike fingerprints—which are set and never change—energy signatures are much more like a river bed which changes with the flow of the river. We interact with and respond to energy waves emanating from other people, objects, and even situations. Sometimes we expand our energy and at other times we contract it depending on what has occurred.

Most importantly: we can move and change our energy. Our energy changes our thoughts and our thoughts change our energy.

THE UNIVERSAL ENERGY FLOW

The Universal Energy Flow is all around us. It is part of the creative force and follows natural pathways in our bodies. When this energy is flowing freely, we are in a state of optimal health and well being and we can use this energy to assist others in healing.

However, a person's energy flow can become weakened or restricted, like a damned river. Physical or emotional stress from unhealed wounds and ongoing problems creates energy holding patterns that block the natural flow of energy. Sometimes a person is even born with blocks in their personal energy flow.

We each have the ability to heal ourselves by tapping into this Universal Energy Flow. Tapping into this energy allows one's energy signature to expand to its full, intended, flowing state. However, when a person's energy is restricted, the ability to tap into the Universal Energy Flow is hampered. The degree of energy blockage will determine the speed with which healing can take place and the degree to which connection to the Universal Energy Flow can be opened. It may require assistance from someone who works with energy to help us in opening this connection if it is greatly blocked.

Our ability to hold a vision of ourselves as healed also adds to healing speed. We can usually only imagine one step further ahead in our opening/healing process. So, someone who is primarily coming from a place of knowing fear cannot fully imagine a free-flowing, healthy condition of love and freedom. That fear-based person may first only be able to imagine not being scared at work, then not being scared coming home, and so on. Sometimes, a trained healer/therapist who works with energy can facilitate the healing process.

Each one of us needs a sufficient amount of energy to continue living and to maintain the

life force within us. Energy is necessary to keep our hearts pumping, our lungs breathing, and our brains functioning. We also need energy to live passionately, and to involve ourselves in our daily affairs and relationships.

Having enough energy is imperative not only for us to obtain the basics of life, but also to move toward fulfilling our destiny. In each person's life there is a natural energy course to follow. Reconnecting to and maintaining this course is part of our life's purpose, and our energy gives us fuel to fulfill that purpose.

Our ability to tap into the Universal Energy Flow depends on our hearts being open. If a child doesn't receive the love and nourishment it needs, it won't know how to keep its heart open and how to connect to the Universal Energy Flow, a natural experience when unconditional love is present. This is what happens when someone is vampired. The draining of the "blood" restricts the heart's ability to stay open.

An energy vampire doesn't have enough of his own energy, usually because he was vampired earlier in life. In vampire mythology, it takes a vampire to make a vampire. So, the empty person, the vampire (parent or intimate partner) must get more energy for its survival. Since it knows no other way, and lacks personal boundaries, it takes the energy from another individual.

HOW IS ENERGY TRANSFORMED?

Energy follows thought. We can transform energy by thought forms. Our desire moves energy and creates the motivation to go after the object of our desire.

Do you remember times in your life when you wanted something so badly that nothing could stand in your way? When I was a teenager, I wanted to have contact lenses before I started college. My family couldn't offer financial support, but I was determined to have them by the fall. So that summer, in addition to taking classes every night, I worked full-time to earn the money. When fall came, I had my contact lenses.

When we want something, we generate energy—the energy to get it, to surmount the obstacles, to create it and make it happen. When we get what we want, we feel satisfied, complete, whole. It is this need for wholeness, when acted upon, that transforms energy. Each person has his or her own unique healing process and journey in life that works best to bring wholeness.

An example of this is Sam, one of my clients. Sam, started with me several years ago in serious depression. He came from a well-educated and financially comfortable family. His father was a successful and highly respected surgeon on the East Coast. His mother was a high school principal. Both parents had expectations of how Sam would lead his life. An excellent student and well-liked by his peers, Sam displayed leadership early in life. He did not disappoint his parents. Since he didn't like medicine, he became an attorney with a successful practice, a lovely wife and two children—a perfect and enviable picture!

Sam had everything he dreamed of by the age of 40. However, soon after that, he became increasingly depressed. Life was empty and futile; he had no real motivation to do anything.

As therapy progressed, it became clear that Sam became an attorney to please his parents, primarily his father. His dream had been to become a musician and lead his own band. He was an excellent musician and had already started a band in high school; however, he gave up his desire because it was not practical and his parents discouraged it.

Instead of assisting Sam to ground his dream of being a musician with a firm business

foundation, his parents influenced him to enter law or medicine. This set Sam up. By acquiescing to his parents' demands, Sam lost himself.

In our work together, Sam realized he needed to attend to the practicalities of life and still follow his heart. Going after his dreams began to give him a renewed zest for life.

Following a path that doesn't fit us is actually a violation of Self. When parents push a child into pursuing a career or lifestyle that they want for them, they often do it to feed their egos and feel good about their parenting abilities. This drains the child's energy.

This is one form of energy stealing. On the surface, it appears as though the parents convince the child for the child's "own good." But in reality, they are stealing their child's desire to manifest their own life's purpose. A healthy and balanced parent can assist their children in selecting a line of work that they would enjoy, balanced with appropriate financial return.

Many of us attempt to follow the rules of family or society, only to find that these rules do not honor our True Being. However, rebelling against the rules is no assurance we will find our true path. Rebellion is often born out of an over-reaction to circumstances and childhood anger at parents—not from something pure within us.

Sometimes the curves we are thrown in life put us onto another course, with a new life purpose. For example, recovery from a personal tragedy can evoke a desire to assist others. This is the path of the wounded healer and a powerful way of transforming energy.

SHAPING THE BASIC DRIVES

"Energy itself has Intent," Abe once claimed. The more energetic threads or aspects of yourself you can bring together, the greater the potential impact of your Intention. Giving value to what we desire allows us to prioritize what goals we should go after to achieve our Intention. In this manner, desire becomes motivation. The desire that is connected to a greater value for you brings more of yourself into the task of fulfilling it. This focusing of our desires sets our standard for evaluating actions and choosing a mate or even a business partner.

Energy requires Intention, Focus and Will to create changes and actions. Intent is the inner map that informs us where we are and where we need to go. Visualization is the exercising of Intent.

Will is the bridge to the outer world. It transforms desire through supportive actions and behaviors.

We could say that Intent and Will, then, are a function of harmony. Intent, the "fuel of Will," is a manifestation of personal harmony. When we are in harmony with ourselves, we can use our Will and Intention to create what we desire, because we have a strong motivation and can Focus our energy to go after it. Intention will create through Will only to the extent that it is focused, that it is not fragmented. That is essential.

CASE EXAMPLE: ROGER

Several years ago, a 34-year-old man named Roger came to me for therapy.

"I just can't get my career thing together." Roger told me. "I've tried so many things. I went into sales and did well at first, then I couldn't continue the calls and follow-up. It became too much work.

"For a while I did bookkeeping but it was so tedious I couldn't stand it. Besides, I didn't like how they treated me. They expected me to work like a robot. I'm so depressed. I feel like giving

up. I hate working for other people, they usually don't know what they're doing.

"I'm the creative type. I want to be an artist. I'm good with math, too, though. I paint but I'm not sure I'm good enough. Besides I'm not sure what to do to make that happen. I started my own business selling computer equipment and I enjoyed it but I couldn't make any money at it. My debts got bigger because of it."

Roger's tale of woe continued. He also had problems in relationship.

"Women! They're nice to you until they get you. Then they try to push you around. My last girlfriend would even pick out clothes for me to wear! If I want to do something for myself, I'm told it's not okay. Then I feel suffocated."

Therapy revealed that Roger's father was a small business owner who built his business from the bottom up. Consequently, he was gone much of the time. His expectations for his bright son were high.

Roger's mother was a strong perfectionist who ran her home like a machine. She liked things done her way and knew her way was best. She saw herself as a very loving mother. Her children and home were her main projects. Although she had a few friends, she did not have much of a life outside her family.

Although things were usually pleasant at home, with few fights between his parents, Roger felt suffocated by his parents' demands, especially his needy mom's. Having a creative mind, he went into fantasy to survive. He would usually have only one friend at a time since he had difficulty with more.

As an adult, Roger was a procrastinator and had trouble sticking to goals. He did great at the start of friendships, relationships, and jobs. Then he would lose interest and not complete work projects. With friends, he'd joke around as a way to disguise anger. He expressed his anger unconsciously through biting sarcasm and an arrogant attitude that made others feel less than equal.

With all his ability, Roger could not Focus his Will and Intent to make any career work. He needed a strong woman to push him—but when they did, he'd rebel. He was passive-aggressive in relationships and unable to maintain intimate connection for long.

This is a common situation when a child is vampired by a Devouring Mother. Her neediness sucked him dry and made Roger feel suffocated as soon as he got close to someone. Opening up his repressed anger took the lid off the depression and allowed Roger to use his male energy to Focus his Will and Intention.

Once Roger could express his negative feelings and anger, as well as set firmer boundaries, he could tolerate greater levels of intimacy.

*If old anger is repressed, you will have difficulty
focusing Intent and Will to create the necessary
action to be successful in a career.*

PRINCIPLES AND LAWS OF ENERGY

Energy evolves through principles and laws. The movement towards wholeness is one of these main principles. We can say that the vampire relationship breaks the principle of evolving to wholeness. As soon as we evolve into a state of reciprocity, we are out of the vampiring cycle.

Balance is one of the main principles in energy movement. Balance implies a dynamic give and take that makes us feel centered in ourselves. In healthy dynamics, an exchange of

nourishment and energy takes place. We both give and receive energy, and allow ourselves nourishment, food, love, and support. This involves the Law of Reciprocity. We can support others, do for them, and at the same time take care of ourselves. In this way we are able to maintain an optimum amount of available energy. When we can only take, and don't give, the system breaks down and imbalance occurs.

Another example of the balance principle is the dance of our male and female energies. Both men and women carry masculine and feminine energy. Women have an inner masculine energy. Men have an inner feminine energy. Briefly, masculine energy is assertive, action-oriented, independent energy, while the feminine energy is loving, coming together, and receptive energy. Our ability to flow from masculine energy to feminine energy, or bring both together, creates an energetic balance inside us.

In order to manifest our desires we need both the masculine and the feminine energies working in harmony. Here the feminine is the part of us that holds the vision, the creative principle, while the masculine is the part of us that produces the action to make it happen.

Harmony is another basic principle involved in energy flow. Our inner harmony is based on how closely our Intent matches our life's purpose, and how accurately it is implemented by our Will in the outer world.

Our various desires sometimes battle with one another for attention. The difficulty for a wounded person is that they may be very childlike inside. The child tends to perceive things in extremes and opposites, and as either/or dichotomies.

For example, I want to go play on Saturday yet I need to work on that day to complete some of my writing. The inner child sees it as an either/or choice and wants instant gratification. It requires a maturing of the psyche to recognize the need to delay immediate gratification in order to gain a greater goal in the future, such as completing a book. Harmony requires taking the desires of both the adult and child parts of me into account to find a solution that satisfies both. In this case the solution was to work most of the day, then take off in the late afternoon and go play.

If we let the inner child consistently have its way, we likely experience an attack of the inner critical parent, and guilt, sometimes resulting in toxic shame. "I should be working, but I don't want to work. I'm going to play. I'm terrible. I won't amount to anything. I won't accomplish my goals; therefore I must be bad and flawed because I never get anything done."

However, letting the workaholic adult consistently take over leads to physically draining ourselves, sometimes to illness, perhaps to creating accidents in order to rest, and to much anger—which we frequently project onto others around us.

Learning to hold the creative tension inside as we bring conflicting desires or subpersonalities into harmony builds character. Although I've named only two subpersonalities (the inner child and the adult) in reality, we may have six or more parts of us that need to be included in a given decision-making process.

When you find the right solution to your inner negotiation, you may know it by a sensation in your body. For kinesthetic people, the feeling could be in the gut, stomach, solar plexus or heart. It feels right. Visual people might see an image that allows them to know they've made the right choice. Those who are auditory may hear "That's it, that'll work," or a sound that lets them know.

One way we can tell if our energy is not harmonious is by noticing how we feel when we are considering an action. If the action we are reflecting on is in harmony, it will feel comfortable as we envision it. If it creates anxiety or conflict internally, it will not bring harmony to us. Instead

it will create a dissonance, which will probably be expressed in some way externally. The energy feels jagged or sharp in the body.

There is an exception. If the necessary action is new or unfamiliar, there could be some discomfort with this choice of action although it may be much healthier for us.

BODYTALK™

YOUR BODY'S COMMUNICATION SYSTEM

By tracking the energy as clients moved through their processes, I found a method to assist people in discovering their body's way of communicating to them—a way to find their “body truth.”

Frequently, our beliefs and thought processes become very distorted from our life experiences. Sometimes a child is told, “You don't feel that way;” or “you shouldn't feel that way;” or “you only think it happened that way. No, it happened like this.” These types of statements to children confuse their feeling experiences.

In some families, reality itself is frequently distorted. For example, Johnny says to Mom, “Dad is drunk again.” Mom may say, “No, he's not. How can you say that?” Or little Julie may say, “Mommy, Daddy touched me in a funny way there.” Mom's refusal to believe what she said confuses the child, “Don't be silly. Daddy wouldn't do anything to hurt you. Don't say such terrible things about your father. The police might take him away if you say things like that and then how would we survive?” In situations like these, the child learns that truth will have negative consequences.

Children raised in these environments learn to distrust their own perceptions and/or they learn to distrust everyone else. This also creates fear because their environment can't be understood. These people shut down their feelings so they don't experience so much hurt, fear, and anger. As adults, they may not even recognize how to find out what they feel.

People frequently believe their feelings and “knowings” come from their mental faculties. In fact, they actually come from the body-mind. Our bodies carry a knowing, at times, far superior to that of our brains and, in essence, are fuller extensions of our experiences and expressions.

Ask your body inside and trust what you get. Your body always knows the truth and can give you valuable feedback when you learn to understand its language.

By following the movement of energy in a client's body, it is easy to direct him to the place in his body to find his truth and the emotion connected with it. I notice the changes in sensations as he speaks, and direct his attention to that area. By learning to feel and hear his body's energy changes, he develops an awareness of his BodyTalk™—his body's personalized communication system. Each person's job is to learn how to decode his own system.

Here's a typical client conversation that demonstrates this:

Helaine: What were you feeling as you said the sentence, “My father often came home yelling and screaming after drinking all night.”

Client: Nothing.

Helaine: Close your eyes. Breathe. Take your awareness from your head down to your neck and into your chest, diaphragm, and belly. What do you notice now?

Client: My diaphragm feels a little tight.

Helaine: Now repeat the sentence and notice what happens inside your body.

Client: (Does so) A funny feeling in my upper chest and it's hard to breathe.

Helaine: That feeling is anxiety.

Client: Oh, yeah. I do feel anxious.

I have taught a similar method to students. By making various statements and tuning into where they feel bodily sensations, the students are able to find their body truth more easily. If the energy is blocked in a particular area or muscle, it may be necessary to release it first for the client to find their body message.

The truth always sets us free.

Even though the truth may be a negative one, when we state the exact truth, our bodies relax more and the energy opens. Sometimes though, this truth may also bring anger and sadness in addition to body relaxation. If the truth we get to is, “I feel more lonely when I’m with my spouse than when I’m alone,” feeling sad would be understandable. This method of BodyTalk™ teaches the person independence instead of relying on others to tell them what is true for them.

RELATIONSHIP ENERGETICS

Relationship Energetics involves the various energy patterns as they play themselves out between two or more people. One of the main energy dynamics in relationship regards our male and female energy. As we’ve seen, each one of us has both masculine and feminine energy. In Jungian terms, for women the inner masculine is called the *animus*. For men, the inner feminine is called the *anima*. The particular way our masculine and feminine energy interacts with our partner’s masculine and feminine energy has a major impact on the dynamics of the relationship.

In her book *The Chalice and the Blade*, Riane Eisler wrote of the chalice as a symbol for the feminine aspect. This part of us connects to love and nurturing, and wants closeness. It wants to merge in intimacy and feel its relatedness. This part also connects to the Earth as the mother energy, and to the flow of water and emotions.

Initially, in relationship, it is the feminine part of us that brings us together in that first phase of love, the “honeymoon.” Here we are conscious of how our mate is so like us, is comfortable to talk to, and has similar interests. When two people in a relationship are both in touch with the feminine aspect, they feel they are flowing in the same direction and completing each other. From this feminine part, we connect to the dreamer and visionary in us.

The masculine aspect, symbolized by the sword, relates to standing on our own two feet and doing our own thing. It wants to push away and needs autonomy.

The masculine also embodies assertiveness and the initiation of action; it is the fire energy of passion, as well as the air energy of spirit and expansion. Included in the masculine energy is logic, clarity and intellect. It is by way of the male part of us that we act in the world, that we bring our dreams into reality. Without our male “doing” energy, we would just sit and dream.

Feminine energy feels melting and curvaceous. A person in touch with this part of themselves, will have softer edges in their body as well as in their energy field. They may sit in a way that is soft and rounded, with their energy centered in their heart or womb, like a circle emanating from the abdomen.

Masculine energy feels sharp, hard, and angular, like a steel rod in the body. When someone

is in touch with their male energy, they sit tall and strong. Their energy may come from the solar plexus, the *Tan Tien* (two inches below the navel), or from an inner central rod.

If we have a good internal balance of energy, we have the ability to shift, go back and forth when necessary, or, when appropriate, blend both. Sometimes the masculine and feminine energies in us create tendencies that work at cross purposes to one another because they are oppositional in some way.

It is the very nature of these differences between men and women that make it difficult to understand one another. This same difference between our inner masculine and inner feminine makes us question our wholeness. But it also provides a means for us to become more whole.

With oppositional energy, there is the natural inclination to push away. The contra-sexual energies in each of us produce the desire from which movement and action come in relationship. This movement of energy is what constitutes Relationship Energetics—the energy dance that every couple does in their own inimitable way. Facilitators or therapists who know how to work with energy can assist in harmonizing the energy between two people in relationship.

It is this desire to come together and then push away that creates the natural ebb and flow in relationship. The dance of intimacy is like a sine wave. On the peaks of the wave we come closer and experience greater intimacy. As we reach maximum intimacy, the natural desire arises to push away and have some distance. (See Fig. 1.)

INTIMACY DISTANCE LEVEL

Closeness

Closeness

Distance

Distance

By not recognizing this natural need, many couples start a fight to create the necessary distance. By recognizing the natural desire for pushing away after coming very close, couples could save themselves many arguments and enjoy greater harmony in their relationship.

HOW DO THESE FORCES PLAY OUT IN RELATIONSHIP?

We all have a basic instinct to propagate. This need creates a desire to love someone, and to be loved in return. Often we think of love as a destination at which we arrive, yet I find it is more of an unfolding. To come together with the person we desire is what we call love. In this there is a fulfillment, an intentional wholeness.

In literature and in movies, the vampire often awakens love but is never loving. As one of the female vampires in Bram Stoker's *Dracula* coquettishly said to Count Dracula, "You yourself

never loved; you never love!” Vampires only desire. They need the vital life force of another person in much the same way an addict needs a fix. Thus the vampire is addicted. Without a life-energy source, he becomes white and deathlike, as does the heroin addict. And, like any addict, he simultaneously becomes both a master of manipulation and a slave to the addiction.

Desire longs for completion. Yet, for a vampire, desire can never be completely fulfilled or the system closes and desire ends. So, in vampires, the need for life energy must remain somewhat *unfulfilled*, which is one of the *sins of energy movement*. A desire that is not fulfilled becomes Intention, which then guides a person’s evolution. The energy must keep going until it evolves into a natural resting place, a homeostasis. If energy Intention does not evolve, it deteriorates and stagnates, often causing disease and illness. This is different from a healthy need for energy, which leads to a natural exchange.

ENERGY STAGES IN RELATIONSHIPS

Relationships start at the physical attraction stage, and evolve from there. Other aspects come into focus as it grows.

Usually, from the physical level, the relationship moves into the emotional stage, where the feelings of the people involved become central to their commitment to each other. The physical aspect becomes more individualized. Instead of following the standards of beauty set by society, as in the earlier phase, we see the individual as beautiful. The way our mate moves, their touch, etc., combines with our emotional experience to awaken a deeper appreciation for the beauty of their physical body.

The inability to evolve to this next level of relating to our intimate partners leaves us at the mercy of stereotypes, and makes us into cardboard images of ourselves.

After the emotional level, relationships evolve to the mental stage, which involves using intellectual capabilities for planning and processing problems—such as finances and goals. An appreciation of each other’s reasoning abilities opens up in this level. One partner may be better at dealing with details, while the other partner may have a gift for pulling different perspectives together or sensing what’s missing.

There are times when the mental stage precedes the emotional stage. In these situations, our appreciation for the mental capabilities of our partners opens the way for an emotional connection to develop.

The spiritual phase follows. A spiritual relationship is based on developing the couple’s ability to surrender more fully to their concept of a Higher Power. And it is based on the premise that any issues or problems are opportunities for growth.

These levels do not necessarily occur in sequence, even though the movement of energy is from the physical to the spiritual. Their unfoldment moves like a spiral. Growth at each level may taper off, only to intensify again later. Sometimes growth at two or more levels occurs simultaneously.

For vampires, this natural evolution of energy is stunted. Since they need intensity, their relationships sometimes remain stuck on the physical level, where the intensity is more viscerally felt.

For other vampires, relationship becomes stuck on the emotional level, where the intensity is in the form of feelings. Still others get caught in mental games. This is frequently the case with power-hungry vampires. Life, for these vampires, becomes one big chess game. They make good con men (and women) and may choose professions such as law or politics.

Just as intimate relationships evolve from the physical level, so does the parental relationship. At first, the infant needs physical support from its parents. It needs food, shelter and physical care. As it grows and develops, its emotional needs become important; then its mental needs come to the fore, and finally the spiritual needs.

As the parent-child relationship develops a mental component, the child is taught how to evaluate and make decisions. Valuing a child's growing mental and intellectual abilities is a necessary part of parenting. Every child needs training in using their mind and intellect in life, beginning with simple choices and decisions.

Whether done consciously or unconsciously, children are trained in processing information about the world. Telling offspring throughout their lives, "Never trust anyone outside our family" keeps them caught in codependent family trap. They need to be given skills to evaluate healthy trust and develop a healthy decision making process. Telling children, "You just don't get it!" ensures they won't "get it!"

The child-parent relationship serves as a template from which other relationships develop, including adult intimate relationships. The level at which we function in relationship to another person also reveals where we are in relationship to ourselves. We cannot be in a deep spiritual bond with a partner if we are only conscious of who we are on a physical level and do not value other dimensions of our being.

Mastery at each level requires accepting our own limitations and doing the best we can to maintain balance. For example, if we have a physical deformity or disability, it is critical that we accept it and at the same time do all that we can to heal it. The same is true for our emotional wounds. Often we need to embrace a painful situation, and then go on from there. Healing our wounds means having greater choices in our lives and not being stuck in limited habitual automatic responses every time an old trigger is touched.

Mastery at the mental level involves expanding our conceptual perspectives. It also requires accepting and working with our limitations. For example, if one has poor math skills or a physical problem like dyslexia, developing compensating abilities is part of growth. Some people with dyslexia develop phenomenal auditory abilities. Likewise, a person with poor math skills may develop their compensatory abilities by becoming adept at calculators and computers.

Spiritual mastery is living life from the awareness that we are all one and connected. This flows from a deep inner knowing that all we do affects everything around us, and vice-versa; and that everything is a part of the holographic expression of God, the Creator, the Great Spirit. Then we are in a co-creative relationship with the universe, the people in our lives and ourselves.

PSYCHOLOGICAL TRAUMA SHAPES OUR ENERGY

Each person has their own individual energy signature. Have you ever noticed that, without looking, you know when a particular friend enters the room? You are sensing his or her vibrational frequency.

However, trauma changes the way energy flows in us. It forges patterns based on fear, which creates defensiveness. It doesn't matter whether the trauma is physical, emotional, psychological, or even spiritual. It has great effect on our lives. Indeed, some say that "what traumatizes us, we deify," meaning that we elevate what traumatizes us into a controlling force.

When we are young children, we all want to please our parents in order to gain approval

and unconditional love. Frequently this means that we have to listen to what they say to us, and comply with their demands. These demands are different in every family. Sometimes parents want children to never say “No” to them. In some families, parents want their offspring to be tough and macho, while in other families the children are rewarded for being caretakers of their alcoholic or sick parents.

Whatever the case, children quickly learn what to do to gain conditional love and approval. Often this means holding back a normal expression of emotion for a given situation, or being overly expressive within a “safe” limit. How the child learns to respond is what results in energy flowing in a specific way in the body.

To stop the normal emotional expression during a trauma, or threat of trauma, we hold our breath or breathe shallowly. We also tighten muscles in the jaw, neck and throat, as well as other places in the body. Each person has a familiar place that they tighten in order to stop undesired emotion from being expressed.

Over a period of years these tightened muscles create major energetic holding patterns, and the muscles never seem to relax. By the time we are aware of tight muscles, they are often chronically tight, which dams the energetic system and become a type of body armoring.

Certain types of sounds, like loud voices, images, body sensations, or smells awaken body memories, causing changes in a person’s energy. A person who has gone through sexual abuse will hold and tighten their muscles in particular ways. Out of fear, they tighten their shoulders and back, hold their stomach rigidly, or breathe shallowly. After one or a number of such experiences, these muscles may become chronically rigid. The movement of energy is structured around a foundation of fear and causes the body to develop in a way that reflects their energetic holding pattern.

These physical blocks then maintain fear as a foundation of their lives, resulting in a belief system that validates this fear. The person’s belief system might include the sense that people will take advantage of them, or hurt them.

The beliefs that develop around an experience of fear may or may not be founded in reality. An example of this is one of my clients, Jim, who was frightened by a large Collie dog when he was three years old. The dog had merely come up to lick his face but because the dog approached quickly, Jim perceived it as menacing. As a child, Jim was afraid of all large dogs. Later, he responded fearfully to dogs of any size. As he became an adult, his fear grew to such proportions that he would run away or try to hide whenever he saw any animal approach, even a tiny kitten.

Research corroborates the phenomenon that fear tends to grow from a specific incident and generalize as it expands without further provocation.

Sometimes a person forms a belief that covers their fear with anger. Thus, in working with an angry client, it is necessary to ascertain if the person’s anger is appropriate to the situation, if they are using their anger to hang on to an old antiquated belief system, or if it is a survival technique.

Repressed anger can manifest in many ways: as gall bladder problems, rashes, high blood pressure, colitis, ulcers, even TMJ (Temporomandibular Jaw) when one grinds their teeth at night. I find that the last symptom connects to wanting to bite or yell out the anger.

Changing the blocks or holding patterns may mean, first, recognizing how you have shaped them and the effect they are having in your life. Then you have a choice as to whether or not you wish to maintain these holding patterns which validate anger and fear.

*We often make illusory projections onto the world
from our fears based on past traumas.*

A structure based solely on fear is not full and prevents other feelings from being accessed. If you want to experience love, higher self-esteem, or joy, for example, you need to first release the energy around the fear. Releasing the energy held in place by the fear allows the energy to find a new channel in which to flow, resulting in more flexibility in life. We do not necessarily get rid of the blocks, but rather put in swinging doors that we can choose to open or keep closed by using our Intention. We accept our woundedness and restructure and reshape our internal energy system. This internal energy system is also reflected in what is frequently referred to as the auric field.

Different types of wounds or experiences create different energy imprints in the body which can be seen, heard, or felt as energy maps. A wounding experience can often be tracked or traced to earlier and earlier experiences on a particular theme, such as abandonment or betrayal.

A sensitive therapist/healer is capable of reading a person's energy map, making it possible to assist in separating false memory syndrome from real memories. This type of sensitivity can be developed and is part of what I teach in the PsychoShamanism™ training program.² (See the last page of this book if you wish to receive information about this training program.)

The wound, then, represents a loss of choice, a loss of independence and freedom. We also lose a connection to our own goals, our own Essential Task, the task each of us has come here to do. In healing the wound, then, we reshape our internal energy map which allows us to experience greater fullness, richness and texture in relationships and in life.

EXPERIENCING ENERGY

Most of us have had experiences of feeling energy. Many people go to the gym, jog, or ride a bike in order to shift their energy levels or their mood. The next time you are in a "heavy" place inside and things in your life look dark and gloomy, turn on some active, vibrant dance music and move your body. Often within 15 minutes your energy will shift and your mood will change. Most people can feel themselves "lighten up" through dancing.

This is the principle behind a type of meditation called chaotic meditation. It involves fast movement and dancing for close to 45 minutes prior to lying down in silence. The rapid movement releases many emotions that are held in the body, allowing a deeper level of meditation to be achieved.

You can experiment with your energy state by listening to various types of music. Some types of music will allow you to come more into alignment and harmony with yourself. Listen to one of your favorite selections. Then listen to music that you experience as unpleasant and dissonant. Be aware of your body, your mental imagery, and your feelings. What changes inside you as you listen to the two types of music is your energy.

There is another way you can feel this energy. Sit in a chair. Notice how your hands feel. Now shake your hands vigorously for 15 seconds. Notice what you are feeling in your hands. Do you feel a tingling sensation? For some it seems like a vibration or heat. That is energy movement. wants all the attention and the father wants to be with his son, Mom's jealousy creates another type of mother/son wound.

Mother/son competition may also occur when a stepmother comes into a family. If she is the vampiring type, she may want all of the father's energy and attention to go to her instead of

his children.

Sammy, one of my clients, carried a major wound as the result of such a vampiring stepmother. She rarely let Sammy's father spend time with him or his sister. His father gave into her constant needs and became harsh and demanding with the children. Even on the father's deathbed, this woman would not let Sammy be alone with his own father. Consequently, Sammy became aggressive with others and especially angry and resentful toward women.

When a man experiences this wound as a child, he finds every reason to put women down. In his relationships, he will more likely be attracted to women whose feminine side needs healing.