

Sample 1

Part of Emotional – other people’s emotions, our own emotions

1. “Person-to-person difficulties.

We all have experience of people who drain energies, sort of modern-day vampires! One common example is the friend who arrives unannounced for advice because they are feeling low and leaves feeling on top of the world. You, however, are left feeling flat and listless.

Many healers unintentionally work like this, absorbing other people’s junk. This is permissible as long as when the client has left, the healer can re-establish their energy. This sort of healer often becomes very popular. On the other hand, allowing people to ‘zap’ energy is not really healing. It just allows them to continue expecting others to give them a boost when they want one. It does not deal with the underlying issues of why their energy is low. It allows them to continue in their old patterning. If you stop supporting the neurosis of your clients, you may find that some of your clients will stop coming to you and people may even complain to you. However, you could also find that your work becomes more satisfying, less tiring and you begin to value yourself more.”

“The telephone is a tailor-made medium for energy draining. Unlike when walking down the street, you may not get the luxury of avoiding the person, unless you have an answerphone or caller ID. Add to this the fact that you have an electronic device close to the neural pathways of the brain and the potential for disruption of energies is obvious. People who keep you on the ‘phone for ages, who resist subtle attempts by you to close the conversation, will often leave you drained. With clients, making a clear ‘timed’ arrangement helps, both with regard to times of calls and their duration. If you cannot avoid the situation, ensure you have a pad to doodle on, or a picture or window to take your attention, or worry beads to play with. Any of these will help to prevent energy entrapment.

Subconscious criticism and gossip about others weakens everyone’s energy systems. In situations where you know you are likely to be vulnerable to this sort of thing it is a good idea to take steps to reinforce personal energies beforehand and balance your energy afterwards.

Be careful on social media, keep tight limits on personal information you give out.”