The Living Can Be a Real Drain Too!

Posted by HauntedSomerset - 09 Jan 2012 19:46

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I work as a holistic therapist. I would have never thought that it could be this draining. The people feel fantastic when they leave and I feel like I just ate all of their stress, grief, and sins. I work mostly in aromatherapy, reflexology and Swedish massage. It can be quite a physical workout as well, but lately I just feel so emotionally drained after seeing a client.

Does anyone else take on other people's negative energy through touch?

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Re: The Living Can Be a Real Drain Too!

Posted by kirlybab - 10 Jan 2012 16:32

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I have mentioned it several times, but I am reading a book called "Practical Protection Magick" by Ellen Dugan. I have found it indespensible as my abilites have grown....

The first ability I noticed in myself is that I am strongly empathic. I take on the emotion and more and more recently the physical pain of those close to me....

Reading this book and using its techniques has helped me a great deal. It also has good information on such things as psychic vampires and other things that can drain your energy....

Good cleansing after work like you do is essential.

My new email that I just set up is

This e-mail address is being protected from spambots. You need JavaScript enabled to view it

. I am giving it out only as a personal email for those who seem to need my help in various areas. I don't claim to be an expert by any means, but I have done **a lot** of research into metaphysical and psychological things. please email me so that I can give you some simple cleansing techniques that I have used myself and find to be very helpful.....

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Re: The Living Can Be a Real Drain Too!

Posted by TressesOfNephthys - 10 Jan 2012 19:59

Kimberly, thanks for that book suggestion, I will definitely look into it.

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Re: The Living Can Be a Real Drain Too!

Posted by amoonwolfe - 10 Jan 2012 22:56

I agree wholeheartedly with Tresses of Nephthys. I use what I call "the blink phenomenon," allowing a 3-5 second window to open to get a handle on another individual. That way, I do not allowe myself to become overwhelmed by the Energy Vampires among us.

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Re: The Living Can Be a Real Drain Too!

Posted by spookycute33 - 11 Jan 2012 01:24

I agree that this does not exactly fit the description of a psychic vampire. However, an interesting point has been brought up regarding chakras. I would highly recommend looking into this further. From my experience, knowing and utilizing them are very helpful.

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