

How We Drain Energy from Others

(derived from Hence Landers)

If you have ever heard or seen the book or the movie called “The Celestine Prophecy”, you might recall that one of its basic messages is this:

We drain/suck out energy from other people in a selfish and very ignorant manner in order to get more energy for ourselves.

The TRAGEDY of this grotesque human malady is all of the loss and all of the suffering it has caused us down through all the millennia of our existence as a broken species.

The IRONY is that the direct opposite of our approach is the ONLY true way to GAIN energy for ourselves:

The more energy we willingly, freely, give and share with others, the MORE energy we, in return, receive..and therefore , the MORE energy we have to give....and so on! It is an upward spiral of Win-Win. NOT a downward spiral of Win-Lose.

In our divisive, limited world this makes no sense. For us, the more I give to you, the LESS I have left for me. (See the parable of “The Ten Pies”).

It requires wisdom, experience, love, and a true connection to Endless Energy to live in the transformed world of:

“The more I have, the more I have to give.”

It is in the open-hearted giving that we access the Eternal Source of Givingness. (old fashioned word: Providence).

Unfortunately, most of us continue to treat energy as a limited commodity, belonging to those who are the strong enough to take it away from the weaker ones. We continue to live in our Win-Lose Universe.

So, BEWARE:

Here are the four major ways we attempt to get MORE for ourselves by taking it, draining it, sucking it away from others:

1.) AGGRESSION

The most obvious, flagrant, dominating, pain-inflicting method we use is aggression/attack. Theft/murder/ beating/bullying/torturing/dictating/demanding/ punishing/ threatening.... Are all abusive frontal methods to capture energy/control....be it in the form of money or land or treasure or any other valuable power.

2.) BACK-STABBING PASSIVE-AGGRESSIVE

This second method is the same song, second verse. It's just a sneaky, cowardly version of the first method. It also has a much more benign outward appearance: the better to fool you, my dear. We take energy from others by putting them down; as if that makes us superior, better or empowered. We gossip, manipulate, lie, give back-handed compliments; make sarcastic comments; engage in name-calling, make snide remarks, exclude others, give acidic criticisms, mock, poke malicious fun, denigrate, block, sabotage, etc... and so on and so on....

While these techniques may not appear to be as damaging and controlling and abusive, they remain what they are: vain attempts to get OUR way, to get rid of unwanted nuisances, or take what is NOT rightfully ours.

3.) PRIDEFUL, ALOOF WITHDRAWAL

In an even more subtle, passive way, we drain other people by ignoring them. We ignore their rights, dignity, presence, influence...even their very life. We become removed, isolated, above-it-all, indifferent at best. Or we simply refuse to show-up or BE there or participate: either to protect

ourselves, prove we don't need anyone else, be independent of responsibilities, or simply SHARE who we are with others. We withhold contributions we could make. We "kill off" relationships, disown others, engage in a kind of metaphysical murder.

4.) VICTIMHOOD

This final method is for the Entitlement Junkies and anyone with a case of the "Gimmes". It is the most subtle and innocent-appearing method of all. It appears as if these energy-suckers are the "deserving poor" or "the down-trodden disenfranchised". Their game is: "feel sorry for me. Give me something because you owe it to me because you have it and I don't. It can even go so far as this: "I have the right to hurt you or take something from you because "it is NOT FAIR that you have it and I don't."

In using this kind of "poor-me violence", we have power by demonstrating our powerlessness, in a vicious, under-handed way. Please notice a huge distinction here: I am NOT referring to people in need of our help. I am NOT referring to the underdogs of the world. I am not referring to the poor.

I AM referring to those of us who USE our situation of deprivation to manipulate others into doing what they want us to do. Since this is the Most subtle indirect and passive way people use to drain others, it often goes UNNOTICED by the people being drained. The victims of victims may even feel a great deal of guilt in addition to feeling obligated to create a false fairness for them. They may not realize for a very long and devastating time how much is being drained away from them. Hence, the world of co-dependency, for just one example. This method is the most perverse and confusing violence we use against each other.

Now, we have ALL been “guilty” of using ALL four styles of energy theft; consciously or subconsciously; and more or less, MOST, if not ALL of the time.

Once again, it is awareness/consciousness that comes to our spiritual rescue. (See the parable “The Cookie Jar”).

IF we can slow down long enough to truly observe our interactions with other people we are much more likely to notice when we are draining, or being drained, of our life energy. We may also notice HOW and even WHY it is occurring.

In the Mexican Metaphysical Society of Oaxaca, I learned a simple four-step process to transform energy states.

The abbreviation for the process is in Spanish and was known as: CReSES.

My greatest respect and acknowledgement goes to the developer and teacher of this process: Thomas Mycal Powell.

Essentially, CReSES translates to:

- 1.) C: Confrontar. Confront. Become Aware. As I stated, Consciousness is the first step to initiating TNT (Transformation and Transcendence).
- 2.) Re: Tomar responsabilidad. Take Responsibility.

The spiritual teacher of the Sedona Method, Lester Levinson instructed people to ask themselves:

“Wherein Did I Cause This To Happen”

Notice: this is not Blame. This is Responsibility. It is the second step to having power over any situation. You simply must be “Response-Able” in order to influence any situation/reality. You must recognize that YOUR world is YOUR creation through YOUR word in the matter.

3.) S. Dar Espacio. Give Space.

In other words, allow that which is to BE. Give it ROOM/space to occupy.

This refers to the second great law of metaphysics: Acceptance Causes Disappearance. When you allow something/ someone to be exactly as they are and exactly as they are NOT for NO reason at all (see Circular Reasoning in the section Words to the Wise), you grant that something/someone to transform/shift into another something/someone

4.) E. Experiencia. Experience the experience, fully.

Any experience will dissolve if it is dispersed into enough space. Dilute any acid sufficiently, and it becomes water. Separate any molecule further and further from itself and it becomes a subatomic invisible nothing. . You allow the experience to unfold, dissipate, disappear. You must make a deliberate choice to accept the entire experience just the way it is and just the way it is not.

our true “Enlightenment”, our true “seeing” into the world that REALLY is there: the Kingdom of God.

I? I cannot say.

I? I can only point the way.

That has been pointed out to me.

May the Celestine Prophecy come true, for all of us, for you.