

Relationship & The Vampire

Is Your Partner Stealing Your Energy?

...See Questionnaire on Page ____

by

Helaine A. Harris, MA, MFT

"A vampire, you're dating a sexual vampire. He lives off women's sexual energy to feed him." My Teacher continued, "Notice his feet and hands are often cold and his body is thin and emaciated."

My body shuddered instantly in confirmation. Still, I was compelled to be with this cold thin man, excited by him, even as he drank my life's blood--my energy.

The words of my Teacher hauntingly echoed what a gifted psychic had told me several years prior, regarding a previous relationship with a *different* man. She said of him, "This man has been living off your energy to feed himself in his older years. Without your energy, he could barely function." She further explained, "That's why you're so tired and drained. Don't see him so much, you'll have a lot more energy."

Although I immediately realized the truth in what both my Teacher and psychic had said, I clung to these men (and various other vampires) because it was only through them that I felt loved. Love, as I knew it, was the experience of someone pulling, sucking, or vamping my energy.

It has taken a journey of many years since, to unravel how and why I came to be involved with a succession of vampires and to understand how the vamping of energy is at the core of all relationships where there is a power differential or power imbalance. Through studying the pattern of energetic

vampirism in my own and my clients' relationships, I have found the vampiring of energy not only to coincide with power imbalances, but also to form the most fundamental element of codependency. As such, people involved in vampiring relationships are often confused about the boundaries of their own psyches and have trouble letting go of these relationships even when the relationships are harmful.

What is a Vampire Relationship?

The major underlying premise of the vampire relationship pattern is that everything in the universe is based in energy. We are like rivers of flowing energy. In healthy relationships, the rivers of energy may alternately merge and separate in a natural ebb and flow of fluid movement. This constitutes a balanced exchange of energy between two or more people, as well as with the surrounding energy of the environment. In the vampire relationship pattern, however, the vampiring partner draws energy from the river of the other without replacing it. He or she, in effect, "steals" the partner's energy. This vampiring of energy may manifest in any type of relationship including: intimate relationships, friendships, familial relationships, and work and business relationships.

I have not only *experienced* the effects of energetic vampirism, (as both vampire and vampired) but I have been blessed with the ability to "see" it as well in my relationships with other people and in my client's relationships. As early as 1975, I began to have visions of seeing lines of energy movement and images around myself and other people. Some of these images connected another person and myself, showing the place and nature of the energetic connection. As a psychotherapist, what I see is a visual image of my kinesthetic experience.

I see the movement of energy between people and am able to detect where and how their personal wounds affect each other. In viewing the energy exchange in a vampiring relationship, I see the energy being "pulled" by one partner without a balanced exchange.

Dynamics of the Vampire Relationship

We are drawn into relationship, or friendships, with people who pull or suck on us in some form to fill their empty black hole or neediness. They can vampire our energy emotionally, sexually, financially, or mentally in order to gain power in one form or another. We then do the same to others, including other partners, children, or our own parents, in an attempt to get some energy back. The greater the pull of the energy, the more it feels like love.

Our partner becomes more important than anything else, even at inappropriate times. Nothing else satisfies us. We often neglect family, work, school, and other important obligations in the all-consuming quest to get our "fix"--the thrill of transferring our energy to our vampiring partner(s). The inner feeling is "I want you to want me, even if I don't fully want you." We crave the emotional, sexual, or energetic connection. Or we may need their financial support or want their knowledge and power. Yet, it is we who are drained in one way or another: financially, emotionally, sexually, etc.

Sexual vampires pull the energy through the sexual act to live off this energy. In this case, the stronger, the more intense, and the longer the orgasm, the greater the food source. These people are often drawn into tantra and Quodoshka type of workshops. The more they move and play with the energy, the better it feels for them.

Since it is energy which feeds the vampire, anything that creates intensity will do. Intense feelings of love, fear, pleasure or rage all work equally well in supplying energy. In some relationships, rage and violence sustain the energy needed to feed the vampire. There are many people, especially in physically abusive and violent relationships, who find they have the best sex ever after a huge fight. Both fear and rage can carry great sexual excitement which adds to the energy. In extreme cases, the vampire pattern may be implicated in cases of domestic violence. The key is that anything that increases the charge of energy, also feeds the vampire.

These relationships are exceedingly difficult to end. Even though we know we "should" end them for our own good, we don't. When they do end, we may try to keep connections in one form or another for years. We want to keep our "hooks" into them. Old partners hope that we may let them back into our lives again. Periodically, we may let them in again through sleeping with them, working on a project together, borrowing or lending money, exchanging information, etc.

Family Dynamics

I have traced the roots of the Vampire Relationship, again at the level of energy, to the parent-child relationship and the multigenerational pattern that evolves. We come from a dysfunctional home where the emotional needs weren't met. As children, needing unconditional love and approval, we were not well fed emotionally. The primary caregiver, usually the mother, took love and energy from us to fill her own emptiness, instead of giving it. This creates

emotional incest and boundary violation. However, it feels good for both the child and the parent.

Initially, we try to please our parents to gain the love and acceptance we desire. Sometimes we willingly give them our energy and other times the needy parent just takes or steals the child's energy, although it may be unconscious. Then, as an adult, the child becomes well defended against relationships. Sometimes the parental pull is so great that the child develops a weight barrier. This occurred with many of my overweight clients. The child is so desperate, it may go to extremes in splitting off, and a part of the soul is given to the parent, or taken by the parent. In these cases soul retrieval is often necessary for the person to feel whole again. This is part of the shamanic ritual work that can assist with this pattern.

The child is left empty and hungry. We try to fill this with various addictions, from obsessive love relationships, to sexual addiction, to substance abuse, and other common addictions to things such as work, food, cleaning, etc. To give up the addictive fix (the person) feels like death and annihilation.

The vampire pattern has its basis in the mother complex, the desire to be fed and nourished. We want life to be smooth and easy, and we want to appease others. The basic goal is to avoid conflict. The mothers in this pattern may be controlling, domineering or overbearing. They can control in an overt manner through blatant criticism, or more covertly through shame and guilt, and of course, their favorite, by being "helpful".

Because of the emptiness, we desperately want to connect and be seen as lovable. We want to be "nice," at least initially, although some get tired of that pattern and go into the rebellious mode. The desire is for that loving, mushy,

safe, comfortable place. One of the shaman I worked with called it the "amoebae complex", the extreme need to be in oceanic, undifferentiated space. This relates to the first level of consciousness that we experience as a fetus and for the first few months of life.

In other family structures, the mother can be very submissive, scattered, needy and empty, or the father can play out this part of the feminine energy. In some form the mother is unable to give to the child. Although she may be a great physical caretaker, she may not be emotionally available. She may come from a physically or sexually abusive home herself. So being "vacant," or absent is her survival technique. Energetically, she may leave her body frequently. This happens in the case of severe abuse. Consequently, she takes her child's energy to fill her emptiness.

In some family dynamics, the father may be a missing figure. He may be absent from divorce, illness, death, working too much, etc. The father principle is about protecting, guiding, and giving approval for what we do. For any of these reasons, the father is then not available to balance the empty mothering figure.

Having received little nurturing, we try to fulfill unmet needs vicariously by being the caregiver and mother for everyone else. We have the hope, "If I take care of him, perhaps he'll take care of me." This survival technique is quite manipulative. We couldn't get our parents to love us in the way we needed, so we try to change our partners through "our love." We keep pulling on them to meet our needs instead of doing it for ourselves. Some of us become very good "mothers" to others. However, inside we have a starving child that needs our love. When wholesome mothering is offered, we tend to block it, fully or partially.

By acting out the mother towards others, we set ourselves up for the same type of betrayal that the mother has to get when the child leaves the nest.

Although we all have the mother and father complexes, the key is how we relate to each complex. The complex can take over and run our lives, or we can be in charge of them.

We're terrified of abandonment. We will do anything to keep the relationship from ending, while simultaneously pushing for the ending. What we're most afraid of, we unconsciously create by focusing on it frequently. Energy follows thought. Consequently, in our expectation of it, we also create it.

Oftentimes, we're equally terrified of engulfment or being smothered. This becomes an approach-avoidance conflict, and creates "come here, go away" relationships. This keeps the Intimacy Distance Level similar to the one we experienced in our primary scenario in childhood.

This results in low self-esteem. We don't deserve to be happy. As we understand the level of addictive behavior connected to this pattern, the shame and humiliation increases.

We control our mates and the relationship in anyway possible, We may mask the control by being "helpful." Sex and/or money may be used to gain power and control. We become masters of seduction and manipulation since our food/energy supply depends on it. We find a way to make our partners need us so they are unable to leave us.

If there was chaos and drama in the childhood home, we recreate it as adults. Part of the addiction is to the adrenaline high. The charge makes us feel alive. It's also part of the sexual high. The adrenaline high serves the vampire as it increases the charge.

Some people are drawn to numbing out as a defense of being vampired. They may not feel anything except through sexuality. These people often become the sexual vampires. It's part of the schizoid personality structure- Cold hands and feet, little energy in the extremities. There's usually a depression underlying the pattern, but the excitement of the drama of unstable relationships prevents us from recognizing this.

The Healing Process

Stage I- Insight and Awareness. Become aware of this pattern and recognize the ways in which you are vampired and how you vampire others.

Stage 2-Emotional release of core wounds. Bradshaw calls this "Original Pain" work. This means healing the inner child by releasing the painful memories that are held in the cellular structure. Body work like Reichian/bioenergetics, gestalt, or any work that goes to the primal level is helpful here. You must go to the sources of fear, terror, anger, rage, sadness, grief, shame, guilt, or any other emotion that may be repressed and blocking the energy flow in the body.

Stage 3-Reprogram patterns and change the cellular structure. This means facing your false beliefs, your patterns, and mechanisms of control and manipulation. Explore the defense mechanisms when you're safe enough so you can use them out of choice instead of guilt. It is then necessary to cut the energy cords to past relationships and unhealthy interjects aspects of the parents. Shamanism is especially helpful here.

Stage 4- Facing your shadow. Most relationships are a shadow dance. What we don't face in ourselves, our partners mirror. This shows up by what we

strongly react to in our partners and in other situations. What we intensely dislike in others is in us in some form, or we secretly envy it in the other person. Although this is painful to deal with, it holds a great deal of energy and helps us get to our real power. Only when each one of us deals with our own dark shadows, can we heal the abuse and violence in the collective. So, for those of you who really want a world of love and light, look at your own dark areas.

Stage 5-Balance male and female energy. We need to be balanced to attract a balanced mate. Our outer relationships depict our inner relationship with the opposite sex. We all have male and female energy. The male is the assertive, powerful, analytical, clear thinking, action part of us. The female is the loving, nurturing, gentle, intuitive and dreamer part of us. Learn to unite these energies to create the Divine Marriage or, in Jungian terms, the "hieros gamos."

Stage 6 - Re-mother and Re-father ourselves. We need to integrate the healed internal great mother. Then we don't have to portray it for someone else or be mothered inappropriately. Create a relationship inside with the ideal mothering image. It is also important to create the ideal inner father.

Stage 7 - Forgive. We can forgive only to the degree we've experienced our pain, anger, and fear. It is an ongoing process.

Stage 8-Experience your own energy. Face the underlying depression connected with the black hole and neediness. That releases energy. Recognize what feeds your adrenaline high. Find a healthier way of experiencing excitement and fear (e.g., sky diving). Get to the perfection in the moment. Find the energy that's yours, without vamping or being vamped and experience the bliss and inner quiet that transcend the polarities of high and low.

Stage 9- Psychic Gatekeeper. Form boundaries and a Gatekeeper so you know when someone is pulling on you or entering you energetically. The Gatekeeper will also let you know if you are entering someone consciously or unconsciously.

Stage 10-Self-realization and enlightenment. Recognize your own unique flower nature that the seed of your being becomes. This is the place of healing and grace. Here we finally recognize that our journey has been perfect, the timing perfect, the situations were just what we needed for our growth, we're glad to be alive. And we finally know love as the core of our being.

Are You Involved With a Vampire?

The following questionnaire will help you determine whether or not your partner "vampires" your energy, and to what extent this happens. Answer these items as honestly as possible, checking TRUE or FALSE after each one.

THE VAMPIRE PARTNER QUESTIONNAIRE

HELAINÉ HARRIS 1993 c

- | | TRUE | FALSE |
|---|-------|-------|
| 1. You experience a partner always wanting more: | | |
| time. | _____ | _____ |
| energy. | _____ | _____ |
| money. | _____ | _____ |
| sex. | _____ | _____ |
| 2. You have the feeling you can never give your partner enough or do enough for them. | _____ | _____ |
| 3. You often feel drained and exhausted after | | |

spending much time with your partner.

4. You often experience your partner pulling on you.

5. His feet and hands tend to be cold most of the time.

6. The only time she seems to feel good is during sex.

7. His main way of relating and being close is through sex.

8. You feel sexually aroused when someone is pulling on you energetically or financially.

9. When things get calm in your life, you find yourself, "stirring the pot."

10. You find there is often an element of fear or anxiety in being with your partner.

11. You sometimes find you crave seeing your partner even when it is unwise (i.e., instead of business, children, or family events).

12. You find it difficult to end relationships even when you know it's for your own good.

13. When you do end relationships, you find you like to keep connected in some way, keeping your partner's hopes up that there is a possibility of continuing.

14. Friends seem to take advantage of you. _____
15. Friends seem to think what's yours is theirs (e.g. money, energy, etc.). _____
16. Friends always want more time, energy, money, or food from you. _____
17. Your friends seem hurt and angry when you say "No" to them. _____
18. You feel comfortable going into your friends refrigerator, cupboards, etc., and helping yourself to what you want without asking. _____

Count the number of items marked TRUE.

Scores of 6-8 indicate that this pattern may be a problem for you. Scores of 9 or more indicate that the Vampire pattern is almost definitely a problem for you.

c Helaine Z. Harris, Los Angeles, 1993, 4924 Balboa Blvd., #155, Encino, CA 91316

