

Relationship & The Vampire ARTICLE

"A sexual vampire. You're dating a sexual vampire. He lives off women's sexual energy to feed him." Although I thought I should stop seeing this man, I had no intention of doing this. Instead, I did the only other thing I could. I studied the pattern and tracked the wound, the events in relationship and the codependency that it created. My teacher continued, "Notice his feet and hands are often cold and his body is thin and emaciated looking." I continued observing every movement and change that occurred to me and in the relationship.

That also reminded me of a time when I was ending a relationship with an emotionally abusive alcoholic and went to for a psychic reading. Carol said to me, "This man has been living off your energy to feed himself in his older years. Without your energy, he could barely function.. That's why you're so tired and drained. Don't see him so much, you'll have a lot more energy." I began to see this man less frequently until I finally ended that relationship and my energy increased tremendously.

As I continued exploring my own codependency and relationship pattern, I realized that I experienced feeling loved only if my partner was pulling or vampiring me in some way. Then I recognized that my mother did that to me in early childhood. She was a narcissistic and borderline personality and I became used to being drained energetically. Since I always had a tremendous amount of energy, I could feed my mother and all the men in my relationships.

My life has been a long journey and healing process through severe codependency, relationship addiction, and sexual addiction. I began my own healing journey in 1967 with traditional psychotherapy when my first child was six months old. Through a process of psychotherapy, spiritual work, and finally shamanic work; I have come to understand the vampire energy pattern that underlies codependency and the subsequent healing process.

By this time, I began to recognize some major underlying premises on which I now base my therapeutic style. Everything in the universe is based in energy. We are like a river of flowing energy. Many events and reactions to those events create dams in this flowing river. It is the impact of the therapeutic process which removes the psychic and emotional debris from this river of energy.

As early as 1975, I began to have visions of seeing lines of movement and images that connected or didn't connect another person and myself. This began initially during lovemaking. At first I thought I was really going crazy because no one I spoke to, including my therapist, understood what I was talking about. Years later, I came to the conclusion that what I saw was a visual image of my kinesthetic experience. In other words, I see the movement of energy between people. In doing relationship counseling it is necessary to deal with the energy transmitted between the people involved.

Consequently, my interest evolved from my own need to heal myself.

SYMPTOMS OF THE VAMPIRE PATTERN

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 us energetically through the emotions, sexually, financially, mentally for knowledge, or for power. Then we do the same to others, including or other partners, children and our own parents. For people like this, the greater the pull of the energy, the more it feels like love. This can leave us tired, drained, exhausted, or poorer.

Our partner becomes more important than anything else, even at inappropriate times. This can include, but not be limited to, times when it is necessary to work or do business, be with the children when they need you, family occasions, when it is critical to do schoolwork, or anything else that should have priority.

The key is that the partner becomes the "fix" that we crave and nothing else satisfies us at the time. It makes no difference if we recognize that we're hurting ourselves or other people in our lives. We still must see our vampiring partner. We crave the emotional, sexual, or energetic connection. Or we may need their financial support or want their knowledge and power. We could become poorer financially, drained energetically

Much to my chagrin, it eventually became necessary for me to recognize how I also did the vampiring.

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. So intense emotions of any type will work to increase the energy; that could be love, fear, pleasure or rage. This ties into rage and violence in some relationships. There are many people who find they have the best sex ever after a huge fight, especially true with physically abusive and violent relationships. Both fear and rage can carry great sexual excitement which adds to the energy. Remember, the key is anything to increase the charge. I do believe that the vampiring of energy is often the basis in domestic violence.

It is also exceedingly difficult to end relationships of this nature. Even though we know we "should" end them for our own good, we still don't want to. And once we end them, we still try to keep connections going with these people years after the primary relationship itself has ended. We want to keep our "hooks" into them. Old partners always have a hope of the possibility that we may let them back into our lives again. Periodically, we may let them in again. Some people periodically sleep with ex-spouses or ex-lovers. Some may keep a connection through working on a project together, others may still need money, drugs, information, etc. The inner feeling is "I want you to want me, even if I don't fully want you."

FAMILY DYNAMICS

Since the vampire pattern creates codependency, the family dynamics is similar. We come from a dysfunctional home where the emotional needs aren't met. As a child needs unconditional love and approval for who we are. Instead of being given to, the child may experience the primary caregiver, usually the mother, taking its love and energy from us. This person is was very needy and empty and pull energetically on the child to fill his emptiness. This creates emotional incest and boundary violation. However, it feels good for the child as well as the parent.

Initially we try to please our parents to gain the love and acceptance we desire. We often willingly give them our energy to please them. Sometimes the needy parent just takes or steals the child's energy, even if we don't want to give it. In these cases the child when it becomes an adult will be very well defended against relationships. Sometimes the parental pull is so great that the child develops a weight barrier. I have seen this occur with some of my overweight clients. The child is so needy and desperate to be loved that it may go to extremes in its 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.

This leaves and emptiness and hunger in the child. We try to fill this with various addictions, from obsessive love relationships, to sexual addiction, to substance abuse, and the others, 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 it smooth, easy, and to appease others. With this complex, the basic issue is not wanting 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 want to connect desperately 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 the oceanic, undifferentiated space. This connects 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 could be very submissive, scattered, needy and empty, or the father could 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, emotionally absent, in the service, or for some other reason. 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 everyone else. We have the hope, "If I take care of him, perhaps he'll take care of me." This is a good survival technique and really manipulation. 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.

When we recognize our neediness, we experience shame and terror. We could experience this as desperation, which increases the shame.

Oftentimes, we're equally terrified of engulfment or being smothered. This becomes an approach-avoidance conflict, and 'come here, go away' relationships. This keeps the Intimacy Distance Level the same, 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 or anything that has goodness in it. 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 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. The excitement of the drama of unstable relationships prevents us from recognizing this.

THE HEALING PROCESS

Stage 1- Insight and Awareness. Recognizing we have the vampiring pattern and perhaps reaching the place of disgust with ourselves. Also, we need to 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. I found body work like Reichian/bioenergetics, gestalt, or any work that goes to the primal level is helpful here. One must go to the places 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 how you control and manipulate. Explore the defense mechanism when you're safe enough so you can use them out of choice instead of guilt. Then it is necessary to cut the energy cords to past relationships, unhealthy interjects aspects of the parents. This is the part that I found helpful through shamanism.

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. I firmly believe that only by each one of us dealing 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, then look at your own dark areas.

Stage 5-Balancing male and female energy. We need to be balanced to attract a balanced mate. Our outer relationships depicts our inner relationship with our 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. Together it creates the Divine Marriage or the hieros gamos in Jungian terms.

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 - Forgiveness. 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 our energy. Recognize what feed your adrenaline high. Find a

healthier way of experiencing excitement and fear. i.e., sky diving. Get to the perfection in the moment. Get to the amount of energy that's yours, without vampiring or being vampired. It gets to bliss and an inner quiet that transcends the polarities of high and low.

Stage 9- Psychic Gatekeeper. We need to form boundaries and a Gatekeeper so we know when someone is pulling on us or entering us energetically. We also need a Gatekeeper so we know if we are entering someone consciously or unconsciously.

Stage 10-Self-realization and enlightenment. We recognize our own unique flower nature that the seed of our 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.