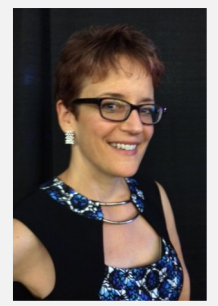




# Circle of the Sun Healing Room

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## **Top 5 Ways to Recognize an Energy Sucker & 5 Ways to Protect yourself and your Health**

People come and go throughout our lives. The people we choose to spend time with can impact our emotional and physical well-being. Some people are optimistic and happy, and you feel good when you're with them. Others are frequently in a bad mood, emitting pessimism wherever they go—what I refer to as “energy suckers!”

Energy suckers are generally unaware of how they appear in the world. They are stuck in a pattern of seeing the cup as half empty and 90% of their conversation is to complain or blame. This kind of person can have a negative effect on you simply by being in the same room.

### **Here are 5 ways to easily spot an energy sucker:**

#### **#1 Negative or Arrogant**

This is one of the easiest ways to spot an energy sucker. When someone points out everything that is wrong in the world, watch out! It can be easy to fall down the rabbit hole and join them in complaining about politics, healthcare or education systems. Do we have world problems? Of course! But lamenting about the troubles of society won't fix anything, and will be a drain on your energy. We can be proactive in a positive way without getting sucked into a vortex of negativity. Mother Teresa once said, “I will never attend an anti-war rally; if you have a peace rally invite me.”

Arrogant people are resonating from their Root Chakra, which relates to basic responses. It corresponds to our reptilian brain of fight or flight, sexuality, and financial security. The ego plays a big part in arrogance, and people tend to over-react, get angry, think they are right most of the time (or all of the time) when they are stuck in ego. It can be very draining to be around this personality type and you may feel belittled or tired from too much exposure.



## #2 Victims

Having a “woe is me” attitude or a demeanor like Eeyore from *Winnie the Pooh* is a sign that someone is in victim mode. In their minds, bad things only happen to them, or they never get a break, and nothing is ever their fault. These people aren’t living consciously enough to take responsibility for their actions and choices.

We may all experience these feelings from time to time, but the difference is that people with a victim mentality are always like this. They have one sad story after another and their energy is focused on everything that is going wrong and what could go wrong next. They have not learned that our thoughts are energy and contribute to creating our reality. Dr. Wayne Dyer wrote on his blog, “Within all of us is [a divine capacity to manifest](#) and attract all that we need and desire. Knowing that our thoughts create our reality, we begin with the following thought: *I have a divine ability to manifest and attract what I need or desire!*”

## #3 Filling a void

This one is a little more difficult to spot. People who are simply looking to fill a void in their lives aren't generally negative or depressed. They're just regular people who are seeking a purpose, looking for something that is missing in their lives. So, when you're near them, they will ask about everything you do, what you know, etc. The problem is that this kind of person will never be satisfied and will want more and more. They may become a copycat, emulating what you do and say, or change their hair style to copy yours. They will ask your opinion about everything because they are frequently unsure whether or not they are making the right choices and constantly need validation. With too much exposure to this personality type, you may feel drained, like a parasite has attached to you and you are not sure how to disengage from them. If this is the case, don't worry. Continue to the suggestions below to help you release an energy sucker in your life.

#### #4 Drama queens

Drama queens simply like drama. They love to be the center of attention, even if it means they dismiss others at a social gathering so they can take center stage. They tend to be overly emotional, thus bringing the attention to themselves yet again. Drama queens are attracted to the chaotic energy that comes out of this situation because it allows them to feel important when they receive all the attention.



#### #5 Angry people

Angry people are easily spotted. However, when we say angry, we mean angry in a very intense way. They might try to sabotage you when they can, attack you either physically, verbally (like talking behind your back), or both. They do everything in their power to make your life a living hell.

Everyone has their moments of anger, and hopefully they handle it in a mature way. Habitually angry people are another story. They lash out at their victims to make themselves feel superior. Their intentions aren't good and you can clearly see their dark side. If you feel you are walking on eggshells around someone because they may explode, that is a pretty good indicator they have a problem with anger. It's best to avoid them if you can.

If any of these 5 traits describe a person in your life, there's hope! You can take action to create a healthy environment in which to flourish.

### **5 Brilliant ways to protect yourself for optimal health:**

#### #1 White light protection

Visualize a beautiful white light surrounding your whole body, like a translucent bubble. This is your bubble of protection. Say to yourself, "Only love enters." Energetically, this can prevent absorbing other people's negativity. Take some deep, calming breaths as you picture the bubble of protection around you. It helps if you can get yourself centered prior to entering the company of an energy sucker. If you find yourself getting sucked into someone's drama, try to notice how you feel. Back off from engaging, don't feed into the other person's stories, and

gently change the subject to something uplifting. You may need to excuse yourself or cut the visit short if you find you are struggling to keep yourself balanced.

If you are a massage practitioner or energy worker, it's helpful to visualize your protective white light prior to having your clients come through the door.

## #2 Movement

Walking, cycling and fitness are great ways to shift your energy from low vibration to high vibration. It releases happy hormones called endorphins and can lift your mood and energy levels. If you feel drained and lethargic, get your body outside for a brisk walk, play with your dogs or kids, have a laugh, or workout.

## #3 Essential oils

There are some essential oils that can help ward off negative vibes and help protect your energy. I am a big fan of doTerra essential oils, given that they are 100% pure and guaranteed to contain no fillers or impurities due to their stringent levels of testing.

On Guard is a *protective* blend, and on a physical level it can help support our immune systems. I use this one energetically to protect my aura from energy-sucking people and places. Purify is another wonderful blend that can support your body and emotions in a spiritual way. It is one of the elixirs used when doing *chakra balancing*.

## #4 Connect with nature

The forest really is magical, and can help dissipate negativity and bring you back to feeling grounded and centered. Walking barefoot on the earth is especially helpful to release negative ions built up in your body. A fantastic book to learn more about the topic is *Earthing: The most important health discovery ever?* by Clinton Ober, Dr. Steven Sinatra and Martin Zucker. Natural bodies of water are also nurturing and cleansing. Spending time at the beach can be very uplifting for us. ----

## #5 Expand yourself

This is such a cool tool I learned in Access Consciousness. It's suggested you use this prior to any conversation you may have where you feel nervous or disempowered. When you expand yourself, you alter your consciousness to come from your true, authentic self, using your inner knowing, instead of coming from your ego, staying stuck in fear and judgement.

To begin, close your eyes and take some nice, relaxing breaths. Let your shoulders drop, breathe in through your nose, and release with a slow exhale. Do this a few times. Now, feel your energetic self and let it expand about 2 inches beyond your body. Feel that sensation, breathe into it. Know that you are not your body, you are way bigger than your body. You have a body, but your beautiful energetic self is an infinite being, and isn't restricted to your physical self. Now go bigger, expand your energetic self to fill the room you are in. Get that sensation and breathe into it. Take that and multiply it by 100. Now you have expanded across the city you live in. Keep breathing into it, and now multiply that feeling by 1,000, and keep going. You are now expanding into the clouds, across the country, through the trees and into Mother Earth. You, my dear, are an unstoppable beautiful being of light, and are capable of expanding across the world just by thinking it and allowing your energy to go there.

From this place of expansion, you get in touch with your authentic self, and from this place you are empowered to speak your truth because you have set your ego aside. When you expand, you open up to love and infinite possibility, and it's much easier to be around others even when they are draining. It gives you the space to allow and accept the other person for who they are, and not get drawn into their drama.