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Raise Your Vibration

Masterclass

# Video 21: How to Deal with Energy Vampires

In the previous video, I talked about people who are a minus for you.

And in this video, I call them energy drainers.

But... people aren't the only energy drainers.

Energy drainers is a term to describe anything that lowers your vibration.

It can also be social media, for example.

Or news websites like nu.nl.

Almost all of the Netherlands checks this website on a daily basis. But you really want to take a moment to see how you feel after reading it.

However, people are the most common energy drainers, and the big question is... how do you deal with them?

Most people don't even realize they're energy drainers; they don't do it on purpose.

They're just on a different level, a different vibration than you.

Of course, there are manipulative people who do know exactly what they're doing, and those are the ones you definitely want to avoid.

But if you look at your circle of friends, the people you spend the most time with—family, your partner—how do you feel when you're with them?

How do you feel about your life, about yourself, and how do you feel in general?

And be honest.

Are they negative about the things you do? Do they make jokes at your expense? Or do they inspire and motivate you?

When you take a close look at your life, there are probably one or two people who don't make you feel good, and those are the people you simply want to remove from your life.

It is so important for your energy.

And maybe you're thinking... This seems impossible. I've known this person for so long. Or you're thinking... Oh, that's just how they are...

But what you need to understand is that you want to make something of your life. You want to keep your vibration high and raise it even further, while they are on a different level and are simply trying to pull you down to their vibration.

People with a low vibration always try to pull people with a high vibration down.

And people with a higher vibration always feel uncomfortable about how to handle the situation.

If you notice this happening, there are two things you can do with these kinds of people.

One, let them know what they're doing and that they need to stop trying to bring you down, because often, they simply don't realize what they're doing.

But you are absorbing everything, and it absolutely has an effect on you.

Or two, slowly but surely, you phase this person out of your life.

But ultimately, you are the one who makes the decision. You are the one who decides who you spend time with, what you do, what music you listen to, what websites you read.

And you should ask yourself: why would I do things that don't make me feel good?

And you start understanding what doesn't make you feel good through your journal.

In the end, you are the one manifesting a new reality for yourself.

And so, you will need to cut out what doesn't serve you and do more of the things that align with the future you want to create for yourself.

It all comes down to making a choice, so the question is... what choice are you going to make?

I hope this module helps you understand energy better, and I look forward to speaking with you in the next one.