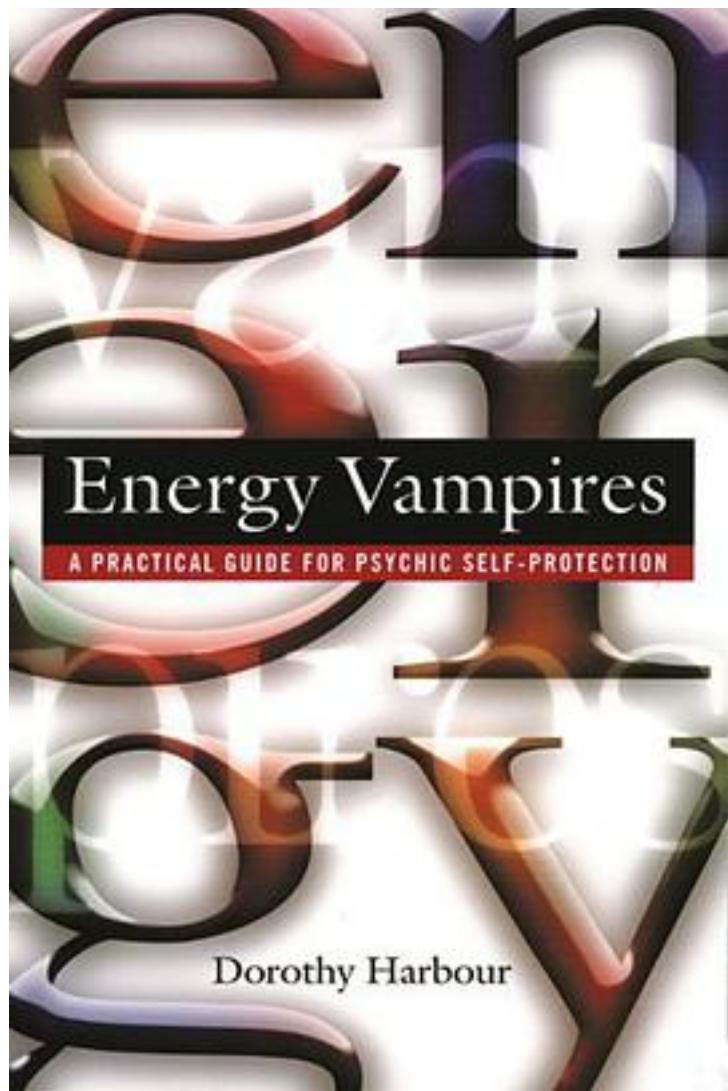


Energy Vampires



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Our lives are a constant exchange of energy. More often than not we are like molecules randomly reacting and responding to external energy forces that we are not aware of. One such force is the energy vampire: individuals who take excessive amounts of energy without giving anything in return leaving us drained and ineffectual. Dorothy Harbour provides a clear guide to self-protection from individuals and situations that drain our personal energy. From exercises such as musical aura stimulation and meditations like the pillar of light we learn how to strengthen our auras and ground ourselves psychologically. Numerous case studies- from love vampire to aura protection against sexual harassment - teach us how to recognise the energy vampires in our midst. Other helpful practices demonstrate how to cleanse our subconscious of psycho-trash protect ourselves and family from energy vampires and even lovingly cure the vampires themselves. * Outlines the basic laws that govern the interchange of life energy. * Reveals how to calculate your own energy balance and identify personal danger zones. * Offers exercise programmes to attain a balanced personal energy level and build an energy immune system.

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