

*Vampire's Way*  
to Psychic Self-Defense

Overcome All Negative Energy

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# Introduction

While our beautiful oasis seen from space might look balanced and beautiful, taking a closer look we realize that there is much imbalance within it. As Henry David Thoreau wrote, “men lead lives of quiet desperation”. We strive and strain our entire lives, looking for that place where we will be happy and without worry. Negativity infects our souls and those courageous enough to fight against it are almost always fighting a losing battle.

We are told to stay happy and be positive, that in this way we shall counteract the forces that darken our lives. Many of us strive therefore to live up to these positive ideals but find that we are forever battling our minds, feeling like there is a dark cloud deep within us that will not let us experience true joy for long. We then begin to believe that darkness and negativity must be our lot as men because even when we try to see the positive and ‘steel’ our minds upon joyful outcomes, we are compulsively led back into gloom and doom.

But could it be that there is a way to overcome the endemic negativity that fills our lives? Could it be that we all missed the boat? Busy lost in our everyday lives, perhaps we do not realize that life is not about becoming another domesticated creature in an ever-growing herd. Could it be that instead of becoming the docile creatures that we are, living in our ever-shrinking cages, we were actually supposed to become fearsome predators?

According to Ancient Vampires, the answer is YES.

Within these pages you will discover how you can take all that negativity that you have projected, that is being projected up on you right now, and feed off of it. You will learn about ancient techniques that will allow you to take advantage of a little clause in the contract of life; a little clause that asks you to become a predator, but not a predator of other people, a predator of the negative energy and negative entities that mess up your life. It will show you how creatures that I refer to as ‘ancient vampires’ discovered a way to fight against the negative current of this world and succeeded in becoming extremely powerful and happy.

As children we are told a great lie, we are told that there are no monsters in this world. Well-meaning parents, trying to stifle a child's bedtime fears, tell their children that there are no monsters under the bed or in the closet. They like to tell their children that there are no monsters on this planet, that they have nothing to fear from what lurks in the dark.

As grown-ups, we also believe that there are no monsters. We embody the ideal set forth by our great reasoning mind; that we are an apex predator who has conquered all those things that would prey upon us. Science after all tells us that we are on top of the world, a conquering species that has become the most successful group of beings on the planet.

Of course there are no things that go bump in the night, science tells us. Certainly we would be able to see and measure these things in the laboratory if they did. Sure, we live in a tiny little blue oasis in the middle of nowhere, surrounded by empty space, in the mechanistic universe that cares not at all for us, but at least we are safe; this is a promise that science makes to all our fearful hearts.

But how self centered and childish we all are; faithfully believing that if we can't see it or measure it, it does not exist.

This is the typical rational approach to reality and it is one that we are all taught to believe and to embody from the time that we are born. But we all know, deep down within ourselves, that we are the masters of very little. A part of us knows, that within the darkness there lurks the unseen, that which is beyond our reasoning mind and therefore sheer terror.

An ever-growing number of us are learning in a very direct way that there truly are things that go bump in the night. Whether you wish to call them demons, poltergeists, surreal cryptids, or perhaps even extraterrestrial or trans-dimensional entities, these creatures are real, and they seem to be increasing in number.

In this book you will discover how to fight back, and not only repel these negative entities, but also how to prosper from their negativity. You will find out why most of the psychic self-defense techniques that are being lauded by

so many occult writers today do not work, and you will discover what really does work. In this book you will discover the ‘vampire’s way’ to psychic dominance over all of the negative forces that would beseech you.

# CHAPTER 1

# But What If I'm Not a Vampire?

I'm certain that the first question on your mind will be, "Do I have to be a vampire in order to use their methods of psychic self-protection?"

The answer to that is most definitely, NO.

When I was writing the introduction to this book it was very difficult for me to decide on what approach to take. This is a book written for the average person, in that I am not trying to appeal to a certain audience that is only interested in the vampire culture or vampire lore. This book is written for those that are currently living in a somewhat negative atmosphere. This book is written for those that are experiencing misfortune at the moment, because they are either flooded with negative thoughts and emotions from themselves and others, or because they are being attacked by ethereal creatures that could only be called paranormal.

My need to present this information with a vampiric perspective arises from the fact that this knowledge truly does come from individuals that practiced and developed vampiric techniques in order to extend their lives and acquire power. It would not be just for me to present this information with some kind of new age angle, completely leaving out the source of this information, or pretending that this information comes from some kind of purely loving approach to life and the world. This information was gathered and developed by people interested in surviving in a hostile world. In order to survive in such a world, they needed to develop predatory instincts and predatory claws.

The second reason for wanting to present this information using a predatory approach, the approach that was held by those that developed this knowledge, is my desire to be able to properly teach the methodologies needed to transmute negative energy of all sorts, into positive personal power and positive energy. In other words the predatory stance that I speak about and employ throughout this book, is used as a way to teach how to 'transmute' what would be considered unusable negativity into positive and powerful energy. In other words you need this predatory stance in order to transmute

energy for your benefit. When I use the word ‘Transmute’, I am indeed talking about an alchemical process.

In order to perform this transmutation of negative energy therefore, one must take on some of the attributes of those that developed this methodology to begin with.

When I speak of vampires, those that I call ‘The Ancient Vampires’, I am speaking of a very specific kind of vampire; I am speaking of the once was human vampire, a type of psychic vampire, perhaps the only truly organic vampire on the planet.

If you are thinking, “How about the vampire bat?” Well, you must realize that a vampire bat does not take blood and turn it into a special kind of energy that will allow it to live for longer than its biology can withstand. A vampire bat is a biological creature that feeds on blood as a source of food, just like a cow eats grass or a lion eats zebras. Certainly a beautifully strange and eerie creature but not one we could consider paranormal.

When most people think of vampires, they most likely think of the many iconic images that Hollywood has created. These vampires are usually depicted as good looking zombies of sorts that need to drink blood in order to survive. These are highly romantic and passionate figures that seem to be forever on the lookout for love in order to withstand the terrible loneliness of immortality, this is not the kind of vampire I'm talking about in this book.

You are probably aware of the fact that there are many out there who would love to become vampires. Perhaps you know that there are many individuals that like to dress like vampires and act like those vampires of popular Western culture. Some of these fun and highly creative people create communities where they can hang out and exchange ideas. Some even believe that they must drink human blood in order to stay healthy and appease a terrible hunger within themselves; and perhaps they are correct in such assumptions. This though is not the vampire that I'm talking about.

Interestingly though, within this highly creative group of vampire lovers, there is a group that are beginning to discover old truths. Through their own

creative efforts and work, they are beginning to tap in to an old current, rediscovering a tradition that has existed for thousands of years within the human realm. These highly creative vampire lovers have discovered that the true human vampires, the real death defiers, do not drink blood at all, that they actually drink the subtle energy within all living things. These ancient creatures are the vampires that I am talking about in this book.

In the old and ancient civilizations, they were referred to as sorcerers and magicians. Sometimes they were referred to as alchemists and necromancers. In reality they were highly practical creatures who discovered great power following their one true desire; to defy death.

True vampires, those that would defy death, learnt to drink and employ the subtle energy that exists all around us.

This vampiric tradition is thousands of years old. Some of the oldest texts on the subject for example, can be found in China, where Taoist alchemist's speak of the collection and redistribution of 'Chi' in order to prolong life and create the philosopher stone (or pearl as it was sometimes called in China), which would guarantee immortality. This tradition is of course far older than ancient China and there are inklings of it in many shamanic cultures from all around the world. The iceman found in the Ötztal Alps for example was covered with more than 50 tattoos that were placed perfectly along meridian (acupuncture) lines; this shows that an advanced knowledge of body energetics was known in Europe around 3,300 years ago.

India is also full of stories of these old vampiric beings that learnt to defy death. While the ancient Chinese traditions can essentially be called alchemy, the Indian traditions were far more in tune with what we here in the West would call Geotia. Seemingly dissimilar externally, both of these methods were and are in actuality, ways of reorganizing energetic currents within the human body. Many of the yogic techniques, especially those found in Kundalini yoga, come from these old traditions. India is full of stories of people that lived for hundreds of years and could exist without the need to eat hardly any regular food at all.

These old traditions, found all over the world, state that all things are energy-

based. Human beings are born with a certain amount of energy and create a certain amount of energy within their own bodies as they go about their lives. Unfortunately human beings, along with most other organic life, are full of holes. Energetically we are like a bucket that has many leaks, and as a result the energy that we are naturally born with and the energy that we create, are usually not enough to maintain a healthy life for long. Beyond this it is understood that we do not live in a static environment but that we prey upon the world and are preyed upon by other life forms as well; we live in a highly complex and savage ecosystem. Ancient vampires believed therefore that in order to maintain vigor and health, we must learn to take life energy from the world around us, we must seal up the many energetic holes that we have, and we must redistribute our untapped energetic resources in the most practical way possible. Moreover through special techniques that were discovered by these ancient vampires, life can be greatly extended through the creation of the golden elixir and eventually even immortal life is possible through the manipulation of the Great Stone. This is done by using the philosopher's stone (or the great pearl) to create the energy body (or double) which can survive organic death.

In order to use the techniques that I will show you in this book, you do not need to be a vampire; you will only need to implement some of the techniques that they discovered. These techniques will allow you to work with energy directly so that you can take all the negativity that is all around you and turn it into a positive energy flow that will make you more vigorous and happy. These ancient vampiric techniques will also allow you to repel and sometimes even destroy negative entities that want to hurt you or drain you of life energy. These entities by the way are far more common than most would imagine, especially with the incredible growth in human population.

You will notice, as I have stated above, that I tap into the underground Western vampire culture to some degree. I do this because there is much to be learnt from what these mythologies and archetypal forces teach us. Symbolism and iconography are incredibly important when it comes to energy work, and the Western vampire current is full of symbolism and archetypal energy that can be tapped into. Those that have deeply tapped the vein of this Western vampiric current (as it were) are beginning to understand and use some very old practices which can all be used by you to

help you psychically defend yourself.

For example, our astute friends, those that make up the underground vampiric culture here in the West, can teach us a lot about the true temperament of those that defy death. Ancient Oriental texts would have you believe that these old vampires were kindly old hermits living in mountains, or quiet and highly intellectual types working away in some weird laboratory, perhaps ruling the people with their great wisdom. In reality, these old death defiers lived ruthless lives full of intrigue and many power struggles. In order to conquer death, they had to traverse the deep dark abyss of human awareness, where unspeakable horrors lurked. Sometimes, after having travelled deeply into the abyss, these old death defiers came back changed; still carrying a little of that eternal darkness that they had witnessed. In a fundamental way, these travelers into the abyss could no longer have been called human.

But don't worry!

We do not need to traverse such darkness. We do though need to borrow some of the old vampire's courage and will; of special importance to us in battling negative forces, are their ruthlessness, fearlessness, and predatory stance.

## CHAPTER 2

# White Light Doesn't Always Work

As a result of my studies into the occult, and my writings, I have been able to communicate with many people on the subject of psychic self-defence. The underlying theme from those that ask me for advice is; how is it possible to deal with negative energy, and more importantly to them, how is it possible to deal with negative entities that seem to make life a living hell. I always try to do my best to help them.

Unfortunately, from all of the research that I have done, it seems to me that attacks by negative entities of one form or another, are actually on the rise.

I find some of the stories that are told to me quite disturbing. I am truly disturbed to hear that nothing that people try, to protect themselves from negative energy and entities, works:

- Psychic shields
- Pentagram rituals
- Crystals and garlic
- Psychic cleansing and exorcism

These have little or no effect on the negative forces that accost them. People that are contacting me for help are usually individuals that have tried everything in order to defend themselves and failed.

There are even times when I flinch a little as I read or hear about what they have tried in order to stop the negativity in their lives. The reason is that I know for a fact that most of the methods that are taught by others do not work, and that in some cases it even makes things worse. I write this book then in order to try and help the ever increasing number of people that are being actively attacked by negative forces of one kind or another. In this book I offer a radically different (and yet incredibly old and efficient) method of fighting off that which would hurt and prey upon you.

Most of the books and courses that I have seen in psychic self-defence teach some kind of shielding, or some kind of minor internal energy work. While I do consider internal energy work to be highly positive, this work usually involves minor fluctuations within the body energy system itself and is therefore quite passive in nature. Passive self defense does not work in the long run.

It is also my opinion that creating a shield in order to protect yourself, provides such little help generally that one could say it is more of a hindrance than any kind of help. The psychic shield as it is usually employed by a neophyte is bad because those that implement them usually feel quite safe behind their walls, which they are not, and therefore go about taking dangerous risks in areas where predatory forces can scoop them up like candy. Also, it is sometimes the case that attempts to create a psychic shield can have the reverse effect, in that you end up feeding and empowering those nasty things that you are so desperately trying to stop.

A powerful visualized shield of some kind, using positive light, or a more complicated shielding method like the lesser pentagram ritual, tends to only be effective for a short period of time. Powerful shielding of this nature is only good for those that are exploring the magical realms and need to protect themselves for a limited period of time while they rest, have contact with dangerous entities, or explore highly precarious areas within the dark sea of human awareness. The reason for this is that this kind of shielding was developed to only wall off the sorcerer for a time, and then to open up so that the sorcerer is able to deal directly with the forces that he/she seeks. These more developed shields, created by adepts, are also highly dependent on the skill and the energy level of the practitioner; if you haven't had enough experience and practice, or if you do not have the energy output required to create a very strong shield, then this shield will go down soon after your concentration dwindles, after which you will be left open to whatever wants to prey upon you.

The only type of shielding that is truly effective is the one that is created using servitors or talisman (which is actually a physically bound servitor). Whenever you hear about someone telling you that you need to create a permanent shield around yourself, whether they know it or not, they are

usually telling you that you must implement a technique that is essentially the creation and maintenance of a serviceable thought form. You can for example create a servitor that will take the shape of a shield that completely covers you sort of like a cocoon (this is usually referred to as ‘the wall of warding’), or another version of this might be a servitor that looks like a lamp and is designed to flood you with positive light in order to keep negative entities at bay. You can also design a talisman that symbolically represents your servitor, and empower and bind the servitor to the talisman so that whenever you wear this talisman, you are being actively protected by the bound servitor. Creating a servitor requires skill and a good amount of personal energy; a servitor cannot create its own energy so you must empower it (feed it) with your own energy or else it becomes inert and ineffective.

If you would like to know more about servitors and how to use them properly, then I suggest my book; “How to Create a Servitor to Do Your Bidding”.

There is one problem though even with the use of servitors as shields. The problem is that in order to create an effective servitor, you need to have plenty of energy and focus. What if you are already too weak from an attack to create an effective servitor? What if you are already drowning in bad luck and can't concentrate in any way to help yourself, let alone concentrate enough on a magical technique that you might not be familiar with? What if you don't have someone that can create a servitor to help you?

Those that like to use minerals or powders in order to create barriers around themselves are also often times deluded as to the effectiveness of these methods. While certain crystals and natural substances, like garlic, can be quite effective in dealing with SOME forms of negative attack, these items are usually not used in the proper way. The best way to explain this is to use the metaphor of the mosquito; while it is true that DEET can keep mosquitoes away, it is the case that you need to douse yourself in the stuff in order to protect yourself completely. If you missed one spot, the mosquito will find it; it is patient and has many clever ways of finding the holes in your armour.

If none of these psychic self-defence methods work then what are we left with?

We are left with the only option that is really available to us; the vampire's way.

In order to use this form of psychic protection, we must make a radical change in how we perceive ourselves. We must stop acting like a herd animal and start acting like the predators that we all are. We must stop hiding behind antlers, cool camouflage, and big herds. We have to dust off old claws that were always there, and begin to do our best to “devour those that would devour us”.

## CHAPTER 3

# Predator or Prey

“It's almost as if we each have a vampire inside us. Controlling that beast, that dark side, is what fascinates me.” — Sheryl Lee

Before we begin to study the methodologies that vampires use in order to protect themselves psychically, it is a good idea to have a clearer picture of what we are all facing on this Earth. The best way to do that is to see things from an ancient vampire's perspective, which in my opinion is a far more legitimate view of reality.

The general human view of reality would have us all believe that we live in a highly mechanical world filled with objects. This view tells us that humans are objects like everything else, made of biological matter that has evolved over millions of years to the point of sentience. Humans sit atop a long evolutionary ladder and are the apex predators on this planet, controlling a greater part of their environment thanks to the evolutionary marvel that is the human brain.

Even though there is much for humans to discover, there isn't much that we haven't accounted for. All things in other words are proceeding according to plan and there is very little that is not currently explained by the rational human mind. There is an infinite space beyond the Earth and much to explore but there is nothing out there that humans did not expect; science has it covered.

Vampires see the world in a markedly different way. This is so because they have learned to perceive reality not as a mechanical place filled with objects but as an infinitely mysterious place made up of pure energy. Even though science knows that all matter is made up of vibrating energy, it is only the ancient vampires that took this knowledge, knowledge that was available long before science came into the picture, and ran with it.

Vampiric history is not important as far as this book is concerned, and this is all well and good since this history has been lost for the most part, and what remains is fragmented. It is only important to realize that a long time ago a certain group of people were able to realize that there was a completely

different way to perceive the world. Because of their perceptions, they made some amazing discoveries; discoveries that would frighten them so much that they were forced to completely alter the way that they interacted with the world.

Ancient vampires realized first off that there are two major types of life on this material world; there are biological entities that generate energy (these are the living animals that we see all around us) and there is mineral matter that maintains (stores) energy. Moreover all biological life, all energy generating life, consumes energy in one form or another from other biological and mineral systems. We all essentially live in a highly complex ecosystem that is nourished and fertilized by the great life provider the sun. Life on this Earth, for all of us, is a big savage jungle, a highly balanced and incredibly beautiful savage jungle.

One of the biggest discoveries that they made though was that there is a different type of life living on this planet that is for the most part completely ignored by everyone. They separated this life into two distinct groups that were very similar to the kind of life found in the material world. These two distinct life forms were (using my own terminology):

- Non-Energy Generating Phantasms (NEGPs)
- Inorganic or Non-Organic Beings (NOBs)

Non-energy generating Phantasms (NEGPs) seemed to be mostly the creation of the human mind. They vary in size, complexity, and cohesive power. Non-material phantasms were found to be far more fluid than the mineral life on earth and seem to possess an energetic quality that allows them to attract and repel each other depending on variances in their structural make up and stored energy.

As a result of the highly creative human mind, these NEGPs could be found around the entire planet sort of like a thick soup, their ebb and flow could be likened to a non-material and invisible weather pattern. We currently refer to these NEGPs as thoughts, thought forms, and thought gestalts (or memes).

The second type of life that vampires discovered living invisibly on planet Earth, where the non-organic beings (NOBs). It could be said that it was the discovery of these beings that truly began the ancient vampiric societies that would evolve on Earth from then on. These NOBs were found to come in varying sizes and complexity, just like biological life on the planet. Moreover some of these NOBs were found to be infinitely more intelligent than men, and were also able to live for far longer.

NOBs, for all intents and purposes, are far more aware of us than we are of them. While certain legends and mythologies exist that speak of faerie folk and elementals for example, even to this day with all our scientific knowledge, humanity is largely unaware of the existence of these inorganic life forms.

Ancient vampires perceived that for the most part these NOBs seem to exist in their own realm without ever caring very much about humanity. But over time, another life changing discovery was made, a terrible discovery. Ancient vampires discovered that there were a number of different NOB species that were actively feeding on the life force of organic creatures. These Predatory NOBs (PNOBs) came in different sizes and complexity. Some were small and simple creatures that can be about the size of small fish or bird, and there were others that were much more intelligent and could be as large a man. There were even PNOBs that were as big as houses and possessed intellects that were far superior to those of men. All these inorganic creatures are invisible to the average human eye because they are essentially energy-based life forms that do not have any kind of corporeal essence.

Average human beings can usually only feel the side effects of being in the presence of these creatures, side effects like temperature displacements or a tingling feeling in their skin sort of like static or cold electricity. Because these creatures cannot be seen with the human eye alone and because they cannot be measured using typical modern tools, people are mostly completely unaware of the existence of these creatures. I have noticed though that people that are willing to accept the possibility of inorganic creatures, can redevelop an internal inner sense that allows them to bodily know that they are in the presence of these alien beings.

Since ancient vampires had already discovered that vigor and extended life were completely dependent on life force, the discovery of these vampiric PNOBs was of crucial importance. From the time of that discovery, human vampires strove to discover as much as they could about vampiric PNOBs. Their objectives were to discover ways to replicate the PNOBs power and longevity, and to find out how to actively fight and overcome vampiric PNOBs and NEGPs.

In this book I will be showing you how to use the most basic and powerful of the old human vampiric techniques. Using this methodology, you can overcome your own personal negative energy, the negative energy and intent from others, and you can fight off dangerous PNOBs and NEGPs. You will essentially learn how to thrive from all of the negative energy in your life.

## CHAPTER 4

# Dealing with Personal Negative Energy

The first step in controlling negative energy, and stopping the negative energy that fills our lives, is to realize that most of this negative energy comes from us. This is what is called internal negative energy; the negative energy that we exude into the world ourselves. This negative energy that we exude into the world is the cause of all our strife and eventually causes us even more negative energy loss because it begins to attract powerful Non-Energy Generating Phantasms (NEGPs) and Predatory Non-Organic Beings (PNOBs)\*.

\*We will cover foreign NEGPs and PNOBs, and how to deal with them in Chapters 6 and 7.

Most human beings are constantly expelling energy flares in the form of negative thoughts and emotions. Human beings seen on an energetic level, in the way that ancient vampires see humans, look very much like large egg shaped light bulbs that seem to blink, going from a duller to a brighter light output. You could also compare the human energy structure to the sun in that it is one large light source that shoots forth bursts of energy very much like the coronal flares the sun gives off.

Each one of these coronal flares that human beings give off is caused by some kind of intense emotion, and unfortunately most of these emotional outbursts tend to be negative in nature. This constant flaring of energy is highly wasteful because as I had mentioned before, human beings are born with only so much energy and they are only able to create only a certain amount of energy during their lives (this energy is usually created through ingestion and breathing, with a very, very small amount absorbed as radiation from the world around us). Since human beings are only endowed with only so much energy, every time that they deplete their energy through wasteful emotional output, they end up draining themselves quite heavily.

Again if you were to look at this human light bulb as a goes about constantly ejecting energetic flares from itself, you would see that right after a strong energetic flare, this light bulb diminishes a little in intensity. This light bulb

stays in this diminished state for a while, as a human being rests and recuperates from the lost energy, and then once again returns to its normal level of light intensity, only to once again eject more energetic flares from itself.

This process continues throughout a person's life until that person finally starts running out of energy, not being able to produce as much as it has expelled through physical activity and emotional outbursts. Eventually the light bulb ebbs in intensity more and more. In a physical sense a person is seen as becoming older and more sickly, this continues until the light bulb goes completely out and the human being is dead from complete energy loss; which is experienced physically as advanced old age or a terminal sickness.

This is the average and seemingly natural cycle of most human beings. But people do not need to die so quickly or at least not die from such weak and unhappy lives. Using the vampire's method of energy reabsorption, a person can at least learn how to absorb his or her own negative energy outbursts and in this way have a chance at living a life that is healthier and happier.

In order to learn how to absorb these negative energy flares, it is first a good idea to understand how these negative energy flares happen in the first place, at least from a purely human perspective.

How this happens is that:

-- A person is flooded with negative thoughts; these negative thoughts can be created because of something the person is experiencing at the moment (a highly negative event like a car crash for example, or something simple like being shoved on a bus) or because of certain beliefs that the person holds; which then guide a person's thought patterns. Negative personal beliefs about reality cause negative thoughts and negative circumstances.

Beyond this, the world at the moment seems to be focused on a negative energy wave and it is nearly impossible therefore to try and fight this all-encompassing negativity with just personal internal work\*.

\*Many wonder why it is the case that no matter how much work they put into their internal development, they can't seem to escape the negativity inside and around them. Many also wonder why so many supposed enlightened people, such as priests, nuns, spiritual teachers, adepts of all sorts, are usually discovered to be far less positive and enlightened than they claim to be. The reason for this is that the world is caught in a negative energetic eddy of sorts at the moment, and no matter how much internal work anyone does, it becomes nearly impossible to escape the negative current that now has a hold on the world. Our present energetic predicament explains why many people can go from the heights of spiritual evolution to the depths of human horror seemingly overnight. The 'why' of all this is beyond the scope of this book, I only ask that you do what the ancient vampires of which I speak did; see our current predicament as a challenge to be overcome and not as some horrible and inescapable reality where all we have left to us is to sit around and pity ourselves.

— These negative thoughts create an intense energetic flow through the body. Usually these intense energetic concentrations can be felt as tensions in different parts of the body. This tension accumulates energy and directs it. Finally this energy is expelled from the body either as a type of slow ebbing radiation or sometimes as a single and powerful burst of energy that looks very much like a solar flare. On a physical level you experience them as a simmering wave of negativity or as a great burst of anger, fear, or self-pity.

— As ancient vampires perfected the ability to see things energetically, they realized another amazing thing; they discovered that the thoughts that all humans have are never destroyed. Taking a closer look at individual people, they realized that many of the thoughts that people have, tend to move on to higher energetic frequencies and away from the human world, but some thoughts seem to vibrate at a much slower rate and never leave the human realm completely. No thought is ever destroyed, it just changes form, frequency, and energetic level over time. Focusing on just the thoughts that stay within the human realm, they discovered that these human thoughts are highly complex in nature and have the ability to come together in a magnetic fashion that allows them to increase their complexity and strength. It was discovered that some of these thought 'gestalts' could even develop a type of intent and become what are now commonly called 'thought forms'.

These complex thought gestalts could later be seen to affect the human minds that created them and be the cause of even greater energy flares; energetic outbursts that their creators pay for dearly. In other words, those thoughts that cause negative energy outbursts in the first place can develop, change shape, and come back to haunt us in the future.

\*A thought form is a thought that is given enough attention or energy from its creator that it is able to manifest to a lesser or greater degree in what we consider consensual reality.

In the human world, there are many philosophical ideals (some religious) that try and stop negative emotional thoughts and flares. It is quite popular, at the time of this writing, for people to try and engage in what I colloquially refer to as the “positivity movement”. The concept behind most of these methods and philosophical beliefs is that a person must make a strong effort to try and only think of positive things and to try and turn negative thoughts and emotions into positive ones. Ancient vampires believe that it is not currently possible for human beings to change in this fashion, at an intellectual or energetic level. My personal research has shown me that ancient vampires were quite correct, and any decidedly motivated attempt to try and stay in a highly positive state all the time can actually be quite detrimental energetically and therefore mentally, to the point that it can even cause illness in some individuals.

Ancient vampires, having seen the course of humanity as it evolved through many centuries of intellectual and philosophical evolution, realized that it would be impossible to escape the attention and the thoughts generated by the human mind, even if they went to live in caves in the forest; human thoughts and attention permeate the entire planet and no amount of psychic shielding could protect them all day every day.

**So instead of trying to run away, they decided to attack the situation energetically.**

*Our current belief here in the West is that vampires must suck blood in order to stay alive. Perhaps these beliefs stem from the highly material nature of our current worldview, or perhaps it is because our religious and mythological beliefs tell us that, “the blood is the life”.*

*The reality though is that vampires, or more to the point ancient vampires, did not and do not suck blood in order to stay alive. While there is much truth in the belief that blood represents the life of an individual, ancient vampires were working on completely energetic levels and the kind of food that they were after was far more subtle.*

*Energy is the true basis of our existence and it is recognized by every single culture on this world. It is most commonly referred to as; life force, prana, chi, ki, odic force, thule, orgone, mana, chai, etc.*

*When ancient people performed sacrifices, sometimes hundreds of human sacrifices a day, and spilt the sacred blood over sacred stones, they understood in a more intuitive way that this blood represented the physical aspect of what the ancient gods were really after. The gods were not after the blood, the blood stayed on the stone, what the gods were after was the energy produced by those poor dying people. The gods were after the huge energetic outburst that was expelled from those that died on the stones. Energy is life.*

*Modern worshipers of the great archetypal vampiric meme, sometimes engage in blood donor rituals and they believe that they gain much sustenance from the little blood that they take from willing donors, but what they are actually doing is creating a highly charged emotional moment and it is the energy given off by this emotional charge that they are really benefiting from.*

*Energy is life.*

Ancient vampires solved the problem of escaping the negative human mind by doing what they did best; absorb it energetically. Since they couldn't escape their own negative minds without great struggle, and since they certainly could not escape the accumulated and powerful negative thoughts

of everyone else, they decided to attack the problem energetically by draining that negativity of all its power. This ideology was applied first and foremost to themselves; without power, negative thoughts became inert and would no longer bother them, and whatever energy they expelled emotionally they could reabsorb. In this way, the ancient death defiers were able to reduce the amount of energy that they expelled to near zero.

These are the methods that we will be looking at in this chapter and it is thanks to them that you will be able to absorb your personal negative energy, random negative thoughts, and your personal negative thought forms (or NEGPs). Personal NEGPs are essentially personally created thought forms, usually of a negative kind. These personal NEGP's are negative thought gestalts that behave similarly to a land mine; a certain experience or a certain train of thought leads you in a certain negative direction and then 'BANG', you are flooded with a huge amount of negative thought and emotions that literally cripple you. In really bad cases, these Non Energy Generating Phantasms (or thought forms) can be so crippling emotionally that a third party witness to the trauma might conclude that the person that just stepped on this mental land mine is having a psychotic event.

Let's say then that you have just experienced some very negative personal energy, perhaps you have been even unfortunate enough to experience a strong personal NEGP. What do you do?

What you are going to do is that whenever you have any kind of negative event, you are going to learn to suck up this negative emotional flare, this expulsion of energy. You will learn to draw this negative energy into yourself, and you will continue to draw this energy into yourself until you know that all of this emotional flare (or charge) is gone. If you have another negative emotional outburst, you will once again suck this energy back into yourself and continue the process until the charge is once again all gone.

As you become adept at sucking up all your negative energy flares, you will eventually notice that these flares will greatly lessen in number. You will also discover that thanks to this energetic technique, you will become a lot happier, since these negative emotions will be under far more control, and you will also notice that your energy level will be much higher. The higher

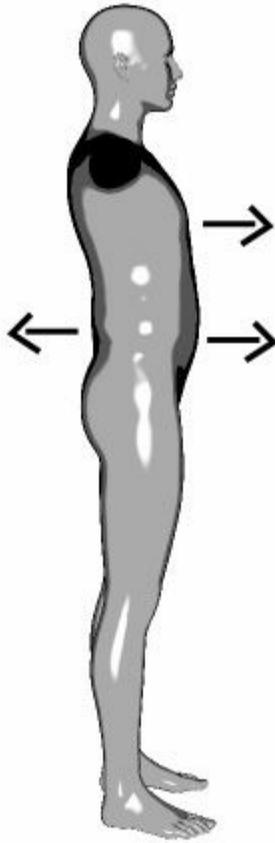
your energy level, the happier and more confident that you will feel.

The techniques that we are about to cover are the same ones that we will use to deal with all negative energy; whether it is personal or external. These methods will even let you fight off and sometimes destroy negative entities that are part of the inorganic realm. These techniques are broken down into four distinct parts:

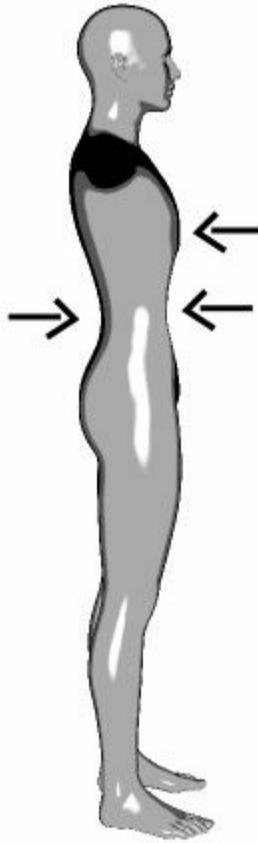
- Reverse breathing
- Visualization
- Affirmation
- Transmutation

**Reverse breathing** refers to a unique kind of breathing that is performed during powerful energy work. It is a very powerful method of drawing energy into yourself. It is called reverse breathing because you are essentially doing physically the reverse of what you normally do when you breathe.

When a normal person breathes in, their chest expands and perhaps the person's stomach expands as they take a nice deep breath. But in reverse breathing, the internal energy practitioner consciously contracts his stomach and chest as he breathes in which allows him/her to create a feeling of powerful suction. This suction can be used to draw in life force, which is sucked up by the body directly through the skin and bones.



Try it now then, see if you can breathe in and at the same time contract your chest and stomach into yourself. When you become good at this type of reverse breathing, I want you to try and master the more advanced method, which requires that you not only contract your chest and stomach but that you also push down with your solar plexus while at the same time pushing up with your perineum. This strong contraction sucks up energy and directs this energy into the center of your body (which is called the cauldron).



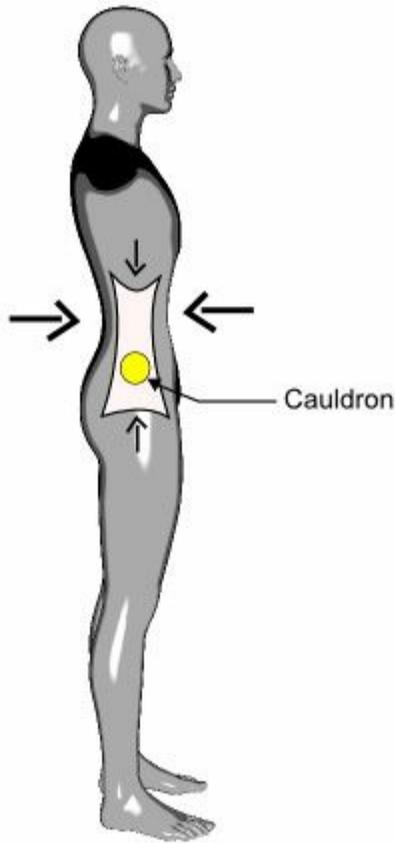
Using this advanced method you will be able to pull in a huge amount of energy and you will be able to concentrate this energy within yourself, in the center of your being (your cauldron).

**Visualization** is not always a visual event. What I mean by this is that when you visualize something you don't necessarily have to see a picture of something in your head. Visualization can also be a feeling, like imagining the caress of light breeze upon your face. Visualization within the sphere of energy work therefore first and foremost relies on your ability to feel energy going out and coming back into your body. This feeling can be felt like a light tingle running through you or perhaps as a pressure that moves along your body.

First of all then I want you to try and pay attention to your body feelings

whenever you are projecting negative emotions ( this can be a little difficult at first but with a little focus you will be able to catch yourself in the act, as it were). You will most likely feel the tension that I have mentioned as you seem to project emotion into the environment around you. Try to remember this feeling so that when you are trying to draw this expelled energy back, you can try and visualize/imagine that feeling again but this time in reverse order.

The visualization that works best for me is to try and imagine that I am drawing in a black cloud of energy into myself. I see this black cloud around me and I visualize this energy being drawn into me as I do my reverse breathing. As this cloud of life energy comes into contact with my skin, I visualize a feeling of tension that runs all the way from my skin to the center of my body like a wave. I then do the advanced reserve breathing and visualize that this energy that I have sucked up is being concentrated into a powerful ball of energy right in the middle of my cauldron.



**Affirmation** is a phrase that you repeat as often as you like in order to consolidate your intent. When you repeat out loud a phrase like, “I am great”, your mind forces out all other thoughts except those having to do with the fact that you are great. An affirmation therefore is a wonderful way to cleanse your mind and focus it completely on one particular goal. This is how you create positive intent.

When you are drawing in negative energy flares or energy from personal NEGPs, I want you to repeat an affirmation for yourself, something like, “I take my energy back”. This affirmation will make it easier for you to visualize and to focus effectively as you do your reverse breathing. The affirmation will allow you to focus your intent completely on the act of energy re-absorption.

**Transmutation** is actually not an important step when you are only absorbing your own negative energy, but it becomes critical when you begin to absorb the negative energy from the world around you; transmutation will therefore be discussed in greater detail in the next chapter. For now just consider the fact that transmutation is the act of taking energy of a certain type and turning it into energy of a completely different order.

# Putting It All Together

## Scenario One

Let's say for example that you are at home alone waiting for a loved one. You know that this person that you are waiting for is driving into town and contemplating this brings up all sorts of negative thoughts and therefore feelings about this person having some kind of accident. You start shooting off negative energy flares, in other words you are filled with negative emotion and you don't know how to stop yourself.

What you need to do is to suck up this negative emotion and bring it back into yourself. The more negative energy that you lose, the more negative that you will become because you will be getting weaker and weaker and as this negative energy fills the space around you, you are more prone to think more negative thoughts and to eventually cause some kind of negative outcome (at least to yourself).

It is imperative therefore that you suck up this negative energy flare as soon as possible. You do this by experiencing this negative emotion in a natural way, because trying to control and stopping yourself from feeling something like this can be a near impossible task and it can have detrimental consequences on your body over time. After you experience these negative emotions, or while you are in the throes of them, you begin by doing some reverse breathing. If you want, you might for example bring up those pictures that popped into your head about your loved one being in a car accident. As these images flood your mind, you begin to use the first 3 of the 4 techniques that I mentioned above.

You start by doing some reverse breathing to stop any more energy from flaring out of your body. You then begin to visualize all the negative energy that you have already expelled from yourself, as a big dark cloud all around you.

When you feel that you have a good focus on this dark energy that you expelled, you affirm (silently in your mind or out loud if you are alone), "I take this energy back into myself". Using the focusing power of this

affirmation, you concentrate on reverse breathing and visualizing yourself sucking all of this negative imagery back into yourself. You continue to do this until you are no longer feeling negative emotions and depression. If you are flooded with negative thoughts again, you once again begin to suck that energy back into yourself as you did before and you continue to do this until you feel your negative emotion subsiding, which indicates that the charge from this negative flare is consumed.

You need to do this process as long as it takes. You will know you are done when you no longer feel a strong negative emotional charge.

## **Scenario Two**

You are home alone waiting for a loved one. You begin to have some negative thoughts and before you know it you are sending off negative flares. BUT before you can even think about sucking that energy back into yourself, you are hammered by a tidal wave of incredibly negative emotion; an emotional outburst that seems to verge on hysterics. It is possible that your mind is flooded with pictures of car accidents and death. Your body might feel numb like all your blood pressure just dropped and it becomes impossible to concentrate on anything besides your impossibly intense emotional state.

It can also happen that you do not even have to experience any kind of negative thought before getting accosted by these large and powerful negative emotional waves. For example it could be that any time that you see a car, you are accosted by a flood of negative thought and emotion. Sometimes it is even possible for you to just be sitting at home minding your own business, when all of a sudden you have negative emotional attacks like the one mentioned above. What happened in the first scenario is that you have stepped into a personal NEGP landmine, and in the latter you have been actively accosted by a more advanced personal NEGP that has developed enough to have personal intent (it is actively attacking you at random moments).

As I have mentioned earlier, these NEGPs are essentially a negative thought gestalt that has developed into a thought form. Perhaps you have experienced a very traumatic event in the past, something like one of your family

members dying in an accident. This terrible tragedy caused you to have a huge burst of negative thoughts and emotion which continued over a large period of time. All of the many thoughts that you had over this time, combined with your large negative emotional output, created a conglomeration of thought energy; this highly charged negative conglomeration naturally shaped itself into a negative thought form.

Less powerful thought forms act like landmines that you trip over whenever you experience negativity similar to the thoughts that created the thought form. A more powerful thought form can develop a type of intent which means that it will actively attack you even when you are not thinking negative thoughts at all; you know you're in the throes of these types of active thought forms when you are attacked by a negative wave of emotional depression from seemingly out of the blue.

In order to deal with your personal NEGPs, you need to use the exact same techniques you used to deal with negative energy flares. The difference will be that as you attack these personal NEGPs, you will feel a far more intense energetic connection, and you will feel an incredible burst of personal power when you have drained them. It is for example not unheard of to feel a tingling sensation or even a shiver as you do your reverse breathing, visualization, and affirmation.

Because NEGPs are made up of a large conglomeration of thoughts and life energy, it will take far longer to consume all of the energy accumulated by them. For example, a very powerful personal NEGP could even take months to completely absorb. How do you know when you have completely absorbed this negative personal thought form?

You will know because you will no longer be experiencing these terrible emotional onslaughts. Make sure though that you completely absorb these negative thought forms, some people stop absorbing when the negative emotion diminishes, but this is not enough. You have to keep draining away until these negative outbursts completely stop. Negative thought forms like this can never be destroyed and will only become inert as all of the energy is taken out of them. You must therefore stay on guard and make sure that you do not feed these thought forms again in the future. Just keeps sucking all of

your negative energy flares as mentioned above and you will be fine. What's great about sucking big personal NEGPs like these, is that you will feel incredibly energized after each feeding; your body will relax and you will feel content, energized, and free.

Once you become good at sucking energy back into yourself using the techniques mentioned above, you will be able to do this vampiric energy work anywhere and anytime. As your skill grows you will also become far more confident in your ability to deal with negative emotion of all kinds; you will actually be happy, in a way, when these negative emotions present themselves because it will mean that you have a chance to feed. Before you know it, you will be consuming this negative energy with the passionate gusto of the fledgling vampire.

## CHAPTER 5

# Negative Energy from Others

The world can be a pretty negative place. Indeed you are probably aware of the fact that you as an individual can be quite negative sometimes, it is perhaps the reason why you bought this book and hopefully are therefore implementing some of the techniques described in the last chapter. Now if you can be honest about your negativity, imagine a whole world filled with people just like you. You are not alone, we are all negative and we fight a constant battle within ourselves in order to try and overcome this negativity.

Living in an area with a high human population base guarantees that you will be exposed to large amounts of negative energy. As you walk down any large metropolitan city, you will notice that everyone around you seems to be a bit tense. People are constantly jostling for space and competing for anything that is available to them in the general area. Most people are essentially walking around in a state of fight or flight readiness which means that they are constantly stressed and are always expelling large amounts of energy into the environment. The more people, the worse it gets.

While certain places/cities are better than others, generally speaking anyplace with a high human base can be quite stressful. There are people that tend to thrive in urban environments; these are usually people that have been born and have grown up in large metropolitan areas, or people that are quite successful at 'dealing' in these negative and stressful environments. The large majority of people though try to deflect this negative stress in any way possible. They put up with these environments because they either need to or can't think of a life outside of the large urban sprawl.

Human negativity, negative energy from other people, can happen anywhere though, even in the smallest towns. Competition usually brings out the worst in people as far as negative energy goes, and any kind of jostling for position guarantees that you will be the recipient of negative thoughts and emotions. Whether you are trying to do your job somewhere or even trying to get some grapefruits from the market; negativity from others is an impossible thing to escape.

When people realize that they are the recipients of negative energy from others, they tend to tense up. On a purely instinctual level, they tend to immediately go into a fight or flight attitude which forces adrenaline into their system. The fight or flight response followed by the tensing up of the body only aggravates the negative energy already found in the area and makes things worse.

If someone is aware of any kind of energy work or psychic self-defense, then they will most likely try to put up a wall of positive light around themselves. The creation of some kind of shield around yourself only works for so long, as we had discussed earlier, and can be even more draining than the discharge of negative energy through a fight or flight response.

Vampires, specifically ancient vampires, saw things in a completely different way. Walking into an environment where large amounts of human negative energy can be found is akin to hitting the jackpot. For an ancient vampire this is not the place to tense up and get all frustrated and angry, this is a banquet to be enjoyed.

What a vampire does is that he sucks up this wasted energy. A vampire can be said to be playing 'Go Fish' while the rest of the world is playing checkers or chess. While others jostle for position and try to block the negativity or the ill intent of others, the vampire relaxes his body and opens himself up to the huge amounts of energy that others are wasting trying to get their piece of the proverbial pie.

Now in describing these large pools of undesirable human energy, I have used the word negative. A vampire though does not see positive or negative, he just sees energy; a large mass of it that he can use for his own benefit. It has always been in vogue within humanity to classify energy in different ways; people sometimes say energy is loving, sometimes they say that it is a positive energy flow, and sometimes people say this is a very negative energy.

As ancient vampires became very proficient at seeing energy directly in the world, they quite quickly discovered that there was no such thing as positive or negative energy; energy is and will always be just energy. When people

say that energy is positive or loving or whatever else, what they are really saying is that there is a large conglomeration of energy that is being propelled through either individual or group intent into something that they consider to be positive, or loving, or whatever. Energy is energy, the difference therefore is intent. Human intent can manipulate energy and focus it with purpose. The greater the amount of energy, the more powerful the intent, and the stronger the intent, the greater amount of energy that this intent can manipulate.

So when a vampire transmutes negative energy in his cauldron, he is not transmuting energy per se; he is actually transmuting the intent of the energy through a superior act of personal intent. But it must be noted that even human intent without transmutation can be ingested by a skillful vampire because even intent can be classified as a type of consumable energy source.

In this chapter you are given the techniques necessary to consume all the negative energy (in other words energy propelled by negative intent) that others expel. You are taught how to combat the negative energy of others so that you can overcome their negative influence and become stronger, more successful, and happier.

You will once again employ the same techniques mentioned in Chapter 4 so that you can take advantage of a finely printed clause in the contract of life. This clause says that as long as you wake up and take your rightful place as a predator in this world, as opposed to the mindless automaton that most people are, you can thrive and become powerful in a place where most live in misery, tension, and unhappiness. Incredibly this clause goes on to state that in helping yourself, you will also help the whole of the world escape from the negative current that now has a hold on all of us.

In order to start this process, you will have to begin by doing what ancient vampires do and consider energy as just energy and stop labeling it good or bad. This is a very difficult thing to do for most people because we love to put labels on things and it is very difficult for the human mind to try and not see things as either black or white. Once you can internalize this fact, that energy is energy no matter what you think of it on an egocentric level, then you can take the next step and begin to actively consume all the wasted

energy that is being radiated around you.

Once you truly internalize the fact that energy is energy, that labeling it as positive or negative is just a trick of the mind, you will naturally begin to relax your body and stop the ever constant need to go into a fight or flight attitude. Relaxation will be your great emancipator. As you relax and all tension leaves your body, your mind will begin to quiet down and you will no longer find yourself thinking so many negative thoughts yourself.

There will most likely still be some part of you that will have great difficulty in seeing energy as just energy, instead of as malice or negativity. In order to combat these thoughts, thoughts that are probably impossible to overcome because the intent of others after all is usually quite negative, you will have to engage a highly neglected aspect of your psyche; your predatory nature. This predatory stance is very important for two reasons:

– – First it will allow you to **transmute** what is referred to as negative energy into personally useful energy so that you can thrive from what others discard. As mentioned earlier, most people tend to think that negative energy only creates more negative energy; that if you find yourself in the place that is full of negativity, you will not be able to accomplish anything positive there. The “positivity movement” as I call it, is based on the fact that they believe that you must be around positivity all the time so that as you exude this positivity you will become better and better. This is an erroneous concept because it does not separate intent from basic energy.

In order to overcome this error and thrive from what is referred to as negative energy; you must mentally turn yourself into a predatory creature. Think of yourself as actively grabbing and consuming that supposedly negative energy. A predator takes, he leads, he consumes and makes it his own; this is the mindset that you must develop.

*Contrary to what a ‘Puffer’ would tell you, transmutation is always an internal process. You transmute something by changing your own internal belief structure, and by doing so the great power of the whole self (higher self) is able to change the energetic structure of the life force in your cauldron. Transmutation therefore is the act of changing a foreign intent*

*through the power of your personal intent.*

*A 'Puffer' by the way is a name that was given to individuals that tried to practice alchemy without really knowing what it was all about. Puffers were people that were trying to transmute organic and mineral substances through physical procedures only. They were called puffers because they wrongly believed that alchemists used physical cauldrons to heat up substances and mix them in order to create gold or the philosopher's stone. These poor fellows would slave away all day, frantically puffing away with bellows, trying to get their elaborate cauldrons to just the right temperature; hence the term Puffer. True alchemists, who knew that the real alchemical cauldron was the human body, coined the term Puffers to differentiate them as those that were lost in the hypnotic throes of the material world.*

*It was these Puffers that eventually came across procedures that would later be termed chemistry. They are also responsible for the impossibly complex alchemical language of medieval Europe.*

*Transmutation then is the result of a change in belief and attitude. When you begin to ingest this dark negative energy, you might feel that you are going completely against what you have been taught and for many of you this will be true. When I do this kind of ingestion, I like to imagine that I am ingesting a black cloud, a dark evil mist that enters into me through my efforts and pools itself inside my cauldron. Current logic on the subject would have you believe that this is one of the most terrible things you could do because you are basically eating poison. This might be the case if you maintained old beliefs, erroneous beliefs, about what life energy really is. But through the use of the predatory mindset, you are essentially transmuting that negative pool into powerful life-giving energy. As you attack this negative energy, bite down on it and eat it, consume it and bring it into yourself as a powerful predatory monster, you also transmute it through the sheer ferocity of your spirit; a ferocious spirit that has the power to change your beliefs about what this energy can be, and so through this change in belief and attitude, the transmutation of energy occurs.*

— — Secondly a predatory demeanor will allow you to have the energy and the

intent to fight against the negative intent of others. As I've said, there is negative intent in others and this negative intent can be quite debilitating and harmful sometimes. In order to overcome this negative intent, so that you can take the energy that is backing up this intent and consume it for your own benefit, you must have the predatory drive to overcome any obstacle. A predator is a hunter and a hunter never gives up without a fight. When you successfully engage your predatory self, you will be able to actively fight off mean and harmful intent because your intent, as a fierce predatory creature, is to grab the energy behind this bad foreign intent and consume it for your own benefit.

*Remember, you don't have to be a vampire and you don't have to try and become one to use these techniques. I am not telling you to feed off of people. I am showing you a way to consume a type of energy that is considered negative, an energy that can cause you great anguish and pain. This energy is being wasted and will just sit there causing more and more people to become depressed and angry. It will also go into creating powerful and destructive negative thought forms (NEGPs) and it is being actively consumed by voracious inorganic beings (PNOBs) that will grow in number as this energy increases in the environment. By consuming this energy, you are doing all of humanity a service, doubly so if you then use this transmuted energy to think positive thoughts and use your intent to wish kindness upon others. I would dare say that this is the greatest thing that you can do for the human race at the moment.*

# Putting It All Together

## Scenario 1

So it's a typical 9 to 5 day, you are perhaps driving home from work when you find yourself once again stuck in traffic and by the looks of the lineup of cars, you're going to be here for some time. Now the first thing that could happen is that you begin discharging a whole bunch of energy yourself, very negative energy, probably having to do with how much you hate your life right now. Imagine then that just about every single other person, in every single other car (including passengers) is now doing the same thing, and the longer they are stuck in this traffic jam, the worse that this energy output is going to get.

Without being able to see energy directly, as ancient vampires were able to do, you could probably get a real good sense of the kind of negative cloud that is hanging all over this area at the moment. All those people are expelling huge amounts of negativity. As this negativity is felt by others they too become more and more negative, perhaps honking horns and planning each other's murder. Before long the dark energy cloud hanging over everyone is gigantic and very powerful.

So what you do?

- You can either do what most people do and get angry, swayed by your own feelings and by the increasing negative energy of all the people around you.
- You could try to resist this energy, usually by tensing up or if you are more aware of energy work you could try and think positive thoughts or project positive energy around yourself.
- Or you could do the only thing that's really going to work in the long run, the one thing that you can do to put yourself in a superior position. In other words you could do what an ancient vampire would do and devour all that energy that others seem to be so willing to throw away.

To do this, catch yourself before you expel too much negativity yourself;

you can do this by doing some reverse breathing. Now focus your attention on your own negative energy as you did in Chapter 4 and suck this energy up; remember to use visualization and affirmation. As you ingest all this energy, you will notice that there is way more negative energy than usual. What is happening here is that as you finish ingesting your own personal energy, you will still feel negativity. This continued negativity that you feel is actually the negativity of all the people around you. As you continue to ingest this negative energy, that you most likely feel is your own negativity, you are actually beginning to ingest the energy that others have expelled. Continue therefore to ingest this energy for as long as you can. If the negative energy pool is large enough, there will come a time when you will actually start to feel full. At this stage, you will have ingested so much energy that you will actually feel bubbly and happy and the negativity outside won't bother you so much. It might feel like you are in a happy bubble floating on a pond of negativity.

If you are there long enough to experience negativity again, then just begin to ingest as before so that by the time you get home you will be so energized that you will want to run the marathon.

## **Scenario 2**

A very common scenario is to find yourself in a place or situation where there are many people that do not like you and perhaps have ill will towards you. The average person would say that this hardly ever happens to them because they are not bad people and they try to treat others fairly, perhaps even imply that they try to give off good energy so that others might feel comfortable in their presence. The unfortunate truth though is that people are not nearly as nice as we would sometimes like to believe.

Please believe me when I say that I'm not trying to take a negative approach here, I am just stating obvious facts of human nature. There are certain situations, perhaps when it is a nice sunny day, when most of the people around you have plenty of room to do whatever they want and are minding their own business, that can contain many people with positive attitudes. Under these circumstances, you are most likely correct in assuming that the people around you are most likely not sending you any negative vibes, as it

were. But the moment that there is one struggle, even for a small patch of grass in which to sit, then if you are a sensitive person, you will instantly feel the rancor and competitive drive of those around you. In other words, under ideal circumstances, people tend to be quite nice. This though all goes out the window the moment that there is some kind of competition, or there is some kind of assumed arrogant attitude on anyone's part.

Moreover there are plenty of times in your life when you will either make enemies or find yourself competing head-to-head with others. Some of these enemies or competitors will focus negativity directly upon you; sometimes even imagining you failing, getting hurt, or even seeing you die. I know that this can be quite difficult for some to accept but if they were to examine their own subjective experiences during times of great stress or high competition, they might find that they sometimes do hate others; this is perfectly natural and it is better to feel these emotions than to try and hold them back. Those of good intent must realize though that while 'they' might not wish others harm directly, there are those that do project negative energy directly upon others with the intent to do them harm.

You know you are getting this kind of energy and intent directed at you when you find yourself feeling worthless and highly vulnerable in the presence of another person or persons; you might even experience self-destructive feelings. When you start feeling these feelings in the presence of others, it is time for you to do what you have done before; you must take this energy, make it your own, and suck it up so that instead of being driven out and intimidated, you become stronger and more motivated.

The best way to do this is to imagine that this negative energy that you are feeling is of your own creation and use the methods described in Chapter 4 to consume this energy in a predatory fashion. Remember to use every single thing in your arsenal; do your breathing first, visualize this energy coming into you (perhaps like a dark cloud), and in your mind repeat your statement of intent (something like, "I take this energy and make it mine"). When you think that you have a good amount of energy absorbed, do the advanced reverse breathing technique and imagine that you are pooling all this energy into your cauldron. Assume that predatory attitude that I have been mentioning so much and try to feel like a true vampire, a very hungry

vampire. Finally imaginatively feel yourself ingesting this energy that you have pooled in your cauldron; relish the feel of it as your body rips it apart and makes it your own, feeding and empowering you into becoming an even more powerful beast.

You must eat ALL energy that is negative to you; even negative energy that seems to be coming directly from a family member or friend. Treat this negative energy like it is your own negative energy and consume it.

Please realize that you are NOT feeding off of your friends or family, this is energy that they expel and will most likely never get back. It is energy that they are often times are not even aware of expelling, and most often they are not intending to hurt you in any way.

But this energy is there, and it is causing you and your environment harm, so consume it and become stronger by. If you so decide, once you have transmuted this energy, you can even send it back into the room where you find yourself as positive intent. In this way you will actually be affecting everyone present through a remarkable alchemical change, turning the most negative of situations into a highly positive one.

## CHAPTER 6

# Protecting Yourself against Foreign NEGPs

As human population grows, this planet encases itself in a thicker and thicker blanket of human thought. Ancient vampires discovered that human beings are thought generating machines, they would definitely agree with Descartes when he said, “I think therefore I am.”

While it is the case that most of these thoughts that we think move on to what would be referred to as different dimensions, and continue to expand and help develop completely new worlds, many of these thoughts also stay in what we would consider our reality and play a huge role in our personal development, as individuals and as a species.

One could imagine all these human thoughts as completely blanketing the planet very much like radio waves, or the oxygen that fills our atmosphere. Thoughts though are far more complex and they also have the ability to come together in order to create even larger thoughts, combining and intermixing in incredibly flexible ways. This allows them to develop incredibly complex gestalts that can even create their own form of intent; in many ways thoughts develop and grow just like living beings, and once a thought has been created, it cannot be destroyed or taken back by the creator.

All these created thoughts, affect people every day. Whether they are weak individual thoughts that intrude into our lives or whether they are powerful gestalts that can change the direction of human beliefs (thought gestalts are sometimes called memes in the modern world). Our thoughts create our reality through their ability to alter human consciousness and human beliefs. Thoughts, as many are once again beginning to discover, even develop and grow into highly complex energy units that create the physical reality we all experience. Thoughts therefore are all important.

Within the confines of this chapter, the thoughts that we are most interested in are what are most often called ‘thought forms’. A thought form in many ways is a bit of a misnomer because every single thought that we have has form. What is usually meant by a thought form in occult circles is; a thought

that is given enough attention or energy so that it is able to manifest to a lesser or greater degree in what we consider consensual reality. If you are interested in thought forms, then I will again refer you to my book, "How to Create a Servitor to Do Your Bidding".

Since in this chapter we are not interested in creating thought forms but are only interested in defending against foreign NEGPs, you only need to know that a thought form/servitor/egregor is essentially a highly charged thought or group of thoughts. These thought forms become charged by life force, either intentionally by a powerful individual or unintentionally by a group of individuals thinking similar thoughts and becoming highly emotional as they do so. Once these thought forms grow enough in power, they can be imbued with a task (if the thought form was created intentionally by a powerful person) or develop their own intent (if it is an accidentally created thought form).

Most of the thought forms in the world today have been created by accident. This is a quote from my book mentioned above and I think it is a good example of how thought forms are created accidentally:

"There is a certain house that had something tragic happen there. This house was perhaps the site of a horrible murder and as a result of the incredibly powerful emotional output of those that were involved in the incident, a thought form is created that becomes a sort of stamp or a recording of that terrible event. Also as a result of the tragic events, this house becomes famous within the area and it draws the attention and the fascination of the people around it. The curious are drawn to the area and also begin to develop and reinforce the almost mythic quality of the tragedy, a tragedy which is also responsible for creating a thought form stamp or echo. This negative attention develops this negative echo even further so that this negative echo develops a form. What once was a blurred and shadowy echo event, experienced by a few sensitive individuals, becomes a more defined event that changes in order to suit the legend that is evolving around it.

Very soon, even psychically non-sensitive individuals begin to experience strange sensual phenomena in this house; they might begin to hear sounds for example or see images and perhaps even feel an ethereal touch, some

might even experience a push or a scratch. As the legend grows, more people are drawn into the area, even paranormal investigators are drawn into this vortex. They begin to explore the legend and try and verify facts. All this focuses more attention and emotion into the area until the thought form grows from a static thing to a more developed entity that can begin to move around; people have essentially created a negative type of servitor that begins to express an intent, this intent being a conglomeration of a true event and the legend that has grown around it.

Along comes a family that is perhaps largely unaware of the negative thought form within and purchases the house. Because of the fact that this enlarged thought form now has the power of form, or we could say a presence, the new owners of the house begin to experience strange phenomena. It is quite possible that one of the members of the house, perhaps one of the younger members with stronger emotions and a more vivid imagination, begins to identify directly with this thought form. This kind of thought form has been captured in a number of paranormal videos and other recordings which have become famous in the age of the paranormal investigators."

This is of course a non-energy generating Phantasm (NEGP) that was created in an area that saw great tragedy. If the NEGP is less developed, then it will stay in the area where it was created and act in many ways sort of like a really bad psychic land mine. If this NEGP becomes more complex and powerful, in the manner outlined above, it will leave the area because it will have developed its own intent. A negative intent that seeks out people in order to project itself into their lives in whatever way it can, which usually causes an emotional response that it then feeds on.

Contemplating the example given above, you can begin to see how these highly powerful and sometimes quite purposeful thought forms are being created all over the place. Accidentally created NEGPs begin to move around the atmosphere of the planet seeking satisfaction of their own personal intents just like a living organism. By satisfying their intents, in other words by causing fear, anger, depression, or even pain in others, they are also fed. As these creatures come in contact with people, the negative emotions that they create in that person help to feed and sustain them. A NEGP like this can sometimes attach itself to certain vulnerable people or it

can move around from host to host, becoming more powerful and therefore more successful at extolling negative energy (food) from humanity.

Thought forms can also be created on purpose. Servitors, like the ones I sometimes create, have very specific positive tasks. In this way, a positively created servitor can help you in many aspects of your life, even in psychic self-defence. A properly created servitor is always bound to you through the power of your positive intent and will therefore never take off to do any kind of harm to others.

Consciously created negative thought forms, servitors created purposely with a negative intent, can be far more insidious than the accidentally created ones though. These kinds of thought forms are created using techniques just like the ones I use, but are given negative intentions; in other words they are commanded to hurt individuals, groups, or even places. These NEGPs are like arrows that go straight at the intended target and harass that target until they either run out of energy, are vanquished, or their task is accomplished. They are far more insidious because you can always hope that an unintentionally created NEGP might move on and start picking on someone else, but purposefully created NEGPs will haunt you and harass you until you deal with them or they are done in one way or another.

NEGPs that are purposefully created can take any shape or form, the only limit being the imagination and energy level of the creator. As I have said, these man made NEGPs do not have to be negative, they can be beautiful creations given the intent to; heal others, protect your home or your loved ones (remember the wall of warding for example), bring wealth and luck into your life. NEGPs in other words, come in all shapes and sizes.

When it comes to man-made NEGPs created to hurt you personally, you must be aware that these creatures can attack in different ways and with different amounts of strength. Highly creative individuals might for example create a thought form that is designed to shoot painful barbs at you or perhaps infect your mind in one way or another in order to create thoughts of depression and fear. Depending on the power of this individual (this individual's personal energy level) the thought forms that he or she creates can either be bothersome little pests or they can have the power to severely

hurt you, perhaps even kill you.

Again I'm not trying to scare anyone here; I just think that if you're going to talk about the subject you might as well tell it like it is. If it is any consolation, do realize that the average person is quite weak psychically and well-made and really powerful negative thought forms are actually quite rare; even individuals that profess to being some kind of super evil black magician or witch, are usually only able to create little wisps that at most manage to scare the recipient, or perhaps fill him/her with a few negative thoughts and feelings.

Anyway, whether big or small, whether annoying or deadly, you must be ready to fight these NEGPs whenever you feel their presence. The difference between general negativity from others and the true NEGPs can sometimes be difficult to ascertain, especially if either the thought form is weak or you find yourself in a really negative environment. Since the way to deal with NEGPs is basically the same as the way that you deal with negative energy in general, then your job becomes easy; whenever you feel any negativity, suck it up.

*If for some reason you do think that you are being attacked by a really powerful NEGPs, here is a list of what you might experience:*

*– You are walking around with your head in the clouds when all the sudden you begin to experience intense negative emotion. This negativity will seem quite out of place because it won't match what was going on in your head just a few microseconds earlier. You might all the sudden be accosted by great fear, intense depression, crippling sadness, or perhaps even an intense rage that might even fill you with a desire to hurt yourself or others.*

*This is an example of a very powerful land mine NEGPs. These are usually created accidentally in places of constant negativity (like an abandoned prison, an old battlefield, or someplace where a great tragedy occurred).*

*They can also be created intentionally by someone out to hurt you. In this case, a powerful negative thought form is created and given the task to*

*inhabit a particular area where it must then attack the creator's enemies (a thought form like this is usually used by a malevolent person to bring down a home or a business).*

*– You feel a negative presence that seems to be following you around or perhaps even attaches to you. If this is an accidentally created NEGP, then it is most likely following you around because it finds it easy to attack you; the intent that formed it finds some kind of kinship with you and all of the emotional outbursts that it can get from you feed it enough so it continues its harassment.*

*If this is a thought form that was created to harm you personally, then the creator designed it in a way that makes it easy for this creature to attach itself to you, perhaps it has large etheric hooks for example.*

*– Although it is usually your feelings that let you know that something negative is upon you, there are times when you can actually see these powerful NEGPs. It is often the case that people see dark shadows out of the corners of their eyes or perhaps even see luminous balls streaking from one area to another. Most often, these creatures are seen when the victim finds him/herself in bed in that drowsy state in between sleep and wakefulness. A highly sensitive person can even see these attacking NEGPs during the day, which is always a difficult thing because these creatures usually have a terrible appearance.*

Unfortunately, most people don't believe in NEGPs so when one attacks, they don't do a thing to protect themselves. To them, a NEGP attack could be a bout of depression or even a body ache of one kind or another. If the NEGP attack is strong enough then they will probably go see a psychologist or medical doctor, never suspecting that they were being preyed upon by an ethereal creature.

People that know about the power of thought forms are usually a little better prepared to deal with them. Unfortunately they usually try to use some kind of psychic self-defense technique on these creatures that for the most part has little effect. The only thing that would work against a powerful NEGP would be a more powerful intent (either the victim tries to use affirmation

or prayer), or fighting fire with fire (the victim knows about and can create a protective servitor to drive off the evil NEGPs).

Unless you are a person that has a very powerful personal intent or know how to create positive servitors and can create one powerful enough to deal with your problem, the vampire method is the only one that will really work for you. Even if you are a strong adept in the magickal arena, the vampiric method of self-protection is far more effective because it can leave you empowered while these other methods can be quite energetically costly. The vampiric method is also the far more natural method because it is based on a very old principle, “eat or be eaten”.

What a vampire does is that he consumes all the negative NEGPs energy until it completely loses its power and becomes inert. When a NEGPs becomes inert, it means that every bit of energy has been sucked off it and all that is left is a type of etheric structure, sort of like an egg without a yolk. Contrary to popular opinion, it is very difficult to take this underlying etheric structure apart, I would dare say it is impossible, so once a NEGPs has been drained completely, it is best to just leave it where it is and move on. This inert creature will begin to move with the tides of the etheric world all-around it perhaps even changing shape into something else, or else it will be called back to its creator and recharged to be used again.

You might think that this is a bad thing, that it would be better to get rid of this thing so it doesn't attack you again but in actuality this isn't a bad thing at all. The reason for this is that if the creator of this creature is dumb enough to recharge the thought form and send it back to attack you, what you do is you just grab it and drain it again. You can keep doing this, each time getting a powerful charge of energy from the thought form. What ends up happening then is that this malevolent person that is trying to hurt you, is actually giving you all his/her energy. You could get a banquet of highly concentrated energy like this for a while, until your attacker becomes so drained that they won't be able to attack you anymore. Nutritious and delicious justice indeed.

Never forget that you must always maintain your predatory stance. This predatory demeanor will allow you to fight off NEGPs when they attack you. Your predatory mind will allow you to get angry and to attack instead of

becoming fearful and trying to build some kind of shield to protect yourself. The predatory mind will also allow you to be able to transmute the energy that you take from this NEGP and convert it into powerful personal energy. A predator fights, attacks, consumes, and grows strong.

# Putting It All Together

## Scenario 1

You walk into a certain area and run smack dab into the most negative feeling you've ever had. It could also be the case that you were sitting at home minding your own business when all of a sudden you are assaulted by a huge wave of negativity. You either ran right into an accidentally created NEGP or someone has sent one into your home.

Instead of losing yourself in these negative thoughts and emotions, you rally yourself and remember that you are now a predator that is no longer at the whim of any kind of negativity.

Instead of running away then or tensing up as you put up some kind of barrier, try to put yourself at the very center of this negative vortex and begin to consume all the negative energy that you find there. To do this you focus on the negativity that you are feeling within yourself and you use reverse breathing, visualization, and affirmation techniques to pull that energy into yourself. If you are sensitive to foreign energy, you might even begin to see a very dark and sinister cloud of negativity all around you. Continue to suck this negative energy into yourself, form it into a ball in your cauldron and transmute it.

Depending on the size of this NEGP, you might need to do this for a while. Concentrate on sucking this energy into yourself, take this dark energy and feed upon it, desire it. Remember to imagine yourself as a predator that wants to eat this dark cloud of energy just like a lion might eat a zebra. Relish this act of consumption and find joy in the fact that you are turning this dark pool of energy into powerful personal energy.

## Scenario 2

You are minding your own business again when all of a sudden you actually feel a dark and menacing presence around you. Perhaps, like one of my readers, you even realize that something has attached itself to you, some

dark force that seems to be feeding on you and is scaring the daylight out of you as you wonder what it might do next.

If this is the case, then this negative thought form has sealed its own fate; it did not realize that it wasn't attacking a lamb but that it was actually attacking a wolf. If you feel that there is a dark presence that seems to be looming around you then I want you to imagine that you have sprouted a pair of etheric hands, or claws if you like. With these claws, I want you to grab this presence, wherever you might feel that it is located, and I want you to use those claws to drag it to yourself; start using them like pumps to suck the energy from this dark entity. Use the 4 fold technique combined with your etheric claws to feast on this creature that is trying to harm you.

*Exercise to develop psychic claws:*

*In order to develop your psychic claws, you will need to work on your ability to project energy by focusing your attention and your imagination. The best way to do this is by doing the following;*

- Find a comfortable position somewhere where you will not be disturbed.*
- Focus your attention on an object that is far away from you. This object could be a far wall or perhaps a table or a glass on the other side of the room in which you find yourself.*
- Now imagine that you have an etheric hand. This hand stretches out, elongating itself, so that you are able to reach that far object with it.*
- I want you to imagine as vividly as possible what it feels like to touch that object on the other side of the room. Try to feel the object with your etheric hand, so that you might feel the coolness of it, perhaps the textures, and even the hardness of this particular object.*
- Once you are comfortable with your one etheric hand, try to develop another one so that you are able to touch that far object with both hands at the same time. Try again to imagine as vividly as possible the feel of this object.*

*In time, your etheric hands will develop a type of thickness (or form) and will evolve in the same way that a powerful thought form evolves. On an etheric level this is actually quite a complex undertaking because you are doing two things simultaneously; firstly you are extending your energetic mass so that it is able to elongate itself, and at the same time you are giving this energetic mass 'form' through the manipulation of focused attention.*

*Even though this is a complex etheric exercise, you do not need to focus on every aspect, trying to connect certain energy centers (sometimes called chakras) with certain vibrational levels; this is so much minutia that you find in many supposed advanced occult manuals. The conscious mind does not need to do this minutia, just like the conscious mind does not need to know or could possibly know how the body moves from one end of the room to another. This also applies to changing the etheric consistency of your claws; you do not need to somehow balance energy vibrations using some kind of jargon or another. The desire to want to grab a NEGP or a NOB is enough impetus for the greater part of yourself (which is usually referred to as the higher self) to be able to focus your energy patterns in whatever way necessary for you to be able to grab what you desire.*

*Once you have developed your etheric claws correctly, the desire to grab something will be all that you will need in order to grab and devour any negative entity.*

If this creature is silly enough to have attached itself to you, then all the better because now it can't get away. Grab it with your etheric claws so that there is no way that it can run away and begin to suck the life out of it until it becomes inert. You will know it is inert because your negative feelings will have gone away and the area where you find yourself will have lost that negative electrical charge that it had before (since it is inert, whatever energy it was using to attach itself to you will be gone; so once it is energetically drained, it will detach itself from you automatically).

## CHAPTER 7

# Fighting off Predatory Non-Organic Beings

“Now it's the dark's turn to be afraid.” — Joseph Delaney

We currently live in the age of reason. An age ruled by science and the rational mind. We all believe and therefore see a world filled with objects; a world where mechanistic laws can explain everything that we see and experience. Science has become our new religion and thanks to its supposed wisdom we have conquered our foolish notions of magic, gods, and spirits.

Under the rational minds blanket of all-encompassing knowledge, we no longer need to fear the dark, we no longer tremble at the site of fleeting shadows. Science answers all of our questions; it has shed its light upon our old superstitions and has forever banished ghosts, demons, and all those things that lurk in the threshold of human perception.

How silly we were. How silly our ancestors were in worshipping old gods and elemental forces. How deluded we must have all been for so many thousands of years. How fortunate we are that in these last 300 (more like 100 really) years, we have discovered so much. We must have been all insane then, thank goodness that we finally came to our senses; now that we are rational and therefore have nothing to fear.

But we still do fear the dark, don't we?

We still see fleeting shadows and know deep within our guts that those shadows are not tricks of the eye. Within a deeper part of all of us we can sense the truth; that there are those that lurk within the angles, those that are far more aware of us than we are of them, those that covet that which is ours and care very little for our existence.

There is a type of life that exists on planet Earth that very few are aware of. I speak of a sentient awareness that is not bound by biological corporeality. A type of sentience and awareness that has the possibility of focused attention and yet is encased in an energetic structure that is not biological.

Some ancient civilizations, and more specifically ancient vampires, realized long ago that we share the earth with a type of life that modern science believes to be completely impossible; creatures that could only be called inorganic or Non Organic Beings (NOBs).

To ancient human civilizations, these inorganics were sometimes seen as gods, magical people, or even elemental forces that made up the unseen world that is all around us. Certainly there are still those that believe in these non-corporeal entities because for all of its smugness, the rational mind has not completely obliterated the hold that these creatures and magic have on the human psyche. But for the most part, humanity is unaware of these creatures and is oblivious of the incredibly rich world in which these creatures exist; a world that exists parallel to our own.

Ancient vampires systematically broke down and catalogued, using their ability to see things on an energetic level, this world. They became incredibly fascinated with these non-organic creatures. They discovered that these creatures were actually highly complex and individual beings that existed in a universe that was as expansive and cohesive as the organic one. Of greatest importance to ancient vampires, was the ability of these creatures to live for incredibly long periods of time, one could say that some of these inorganic creatures were for all intents and purposes immortal.

As ancient vampires focused all of their attention on these NOBs, wishing to discover a way to become immortal like them, they discovered something unbelievable; they discovered that some of these NOBs were actively feeding on human life force. They realized that many of these gods that were worshiped through sacrifice were in actuality highly powerful inorganic creatures that fed off of the sacrifices and the adoration of their worshippers. They also discovered that many of the demons and the wraiths that people feared during the night were actually smaller and less complex inorganic beings that had developed a methodical and highly efficient way of draining human beings of their life force; usually by causing a large discharge of human emotion.

These NOBs, these inorganic beings, are still here with us of course. Some

of them feed on humanity as they always have and it could be that the number of Predatory Non Organic Beings (PNOBs) has increased since the human population is now in the billions. The existence of these PNOBs is incredibly controversial, even within paranormal circles. Those that are capable of believing in their existence tend to usually mislabel them as either; elementals, gods, demons, fairy folk, aliens, cryptids, etc.

Certainly science, as of yet, has no room in its universe for these beings. The only people that seem to know about the true reality of these beings are adept astral travelers and certain powerful occult groups.

It is impossible to practice psychic protection without taking these creatures into consideration. While many of the psychic self-defense books out there treat these creatures like demons of one kind or another, this attitude can create a very superficial methodology for defending against them. The reason for this is that many of these psychic self-defense attitudes try to incorporate some kind of symbology based on the belief that these unholy creatures can be warded off with the power of holy goodness or angelic intervention (unfortunately some of the angels that are invoked to help fight these PNOBs are themselves predatory inorganic beings).

Symbology used to ward off PNOBs works only to the extent that it allows the practitioner to focus his or her intent. It is intention therefore, which is an energetic act, that is sometimes successful in warding off these creatures. It is sort of like the idea that; only the faithful can hold a cross before the vampire because it is not the symbol that holds the vampire back, it is the faith of the individual. Energetically speaking, it is not the faith of the individual per se, but the power of the intent of the individual that sends the vampire (or PNOB) scurrying away.

Ancient vampires, discovered that symbolism is a highly important part of energy work and as such it still has a place in most of the energetic work that they do. Symbolism though is not the best way to deal with these Predatory NOBs, the reason for this is that powerful intent like this is very taxing energetically; if you have ever seen an exorcism you will know what I'm talking about. Another reason why symbolism is not very effective in dealing with PNOBs is that it takes a lot of practice and power to develop the kind of

intent needed to battle a powerful creature. If your faith in your particular symbolism (whether that symbolism be Christianity, Buddhism, or Wicca) is not strong enough then there is very little that you will be able to do.

Ancient vampires came up with a better method, or one could say they implemented a more natural methodology; they discovered that the best way to deal with PNOBs is to fight fire with fire. In other words, ancient vampires began to live by the motto; “to devour those who would devour us”.

PNOBs come in all shapes and sizes. When it comes to those that people have to deal with, you could be fighting off anything from one the size of a trout (fish) to something the size of a house. The complexity of these creatures also varies as they seem to be as diverse as organic life.

The smaller and less complex PNOBs tend to rely on a more primitive form of energy ingestion. These smaller creatures will usually cause some kind of small pain, which they induce through an energetic barb and are sometimes responsible for those aches and pains that a person feels throughout the day. These creatures are also attracted to any kind of physical suffering and can on occasion be seen circling people in great pain just like some bugs circle a light.

More complex PNOBs tend to be more interested in emotional energy and can create great bursts of emotion from a person by manipulating the person’s perceptions. A succubus or incubus for example is a creature that has been known throughout history. This creature usually waits until a person is resting and is in that stage in between sleep and wakefulness. It attacks its victim by creating the sensation of smothering; as the person begins to panic, he/she releases huge amounts of energy. If this is not enough, because the person has either developed the ability to move well in this threshold of consciousness or is able to ward off his or her panic, the succubus/incubus will then manipulate the victim’s perceptions by having them experience sexual orgasm. Sexual energy, especially orgasm, is a type of energy that is greatly craved by all PNOBs.

Not all succubus and incubus are PNOBs, a small number of these creatures are either accidentally created thought forms (NEGPs) or purposefully

created ones that are sent to cause harm. In either case the way you deal with them will be the same.

In the last chapter I introduced the idea of etheric claws. When it comes to fighting PNOBs, these claws become very necessary because these predatory inorganic creatures, unlike NEGPs, have the ability to think, plan, and run away. These are true predatory creatures and some are highly intelligent, so they must not be underestimated!

PNOBs will also put up more of a fight than NEGPs so you must be willing to go all out in order to stop them. It is highly imperative that you assume a powerful predatory stance or else these creatures will literally feast on you. In order to fight this monster you must become a bigger monster.

The first thing that you will experience when trying to fight off a PNOB, is intense emotion, most likely fear. This fear that you will feel is an instinctive feeling at being in the presence of a truly alien creature. Unless it is a smaller and far less evolved PNOB, it will try to play with your head by projecting all sorts of ideas into your mind. What this means really is that these big PNOBs have the ability to change shape so that you might find yourself in the presence of; a powerful demon, an alien, some kind of ghost, an angel, Bigfoot, or whatever this creature believes will discharge the most amount of energy from you.

*While a PNOB can become anything that suits the purpose, this does not mean that all paranormal phenomena are created by them. My personal opinion is that many of the alien abductions that people are reporting are actually PNOBs that are using this highly charged symbolic imagery in order to feed. But I also believe that they do not represent the entirety of the alien phenomenon.*

*In other words, these creatures seem to be just another wrinkle in the supernatural realm. There is too much to the alien abduction phenomenon, to cryptids of all sorts, to ghosts and hauntings, to be completely just a PNOB phenomenon. PNOBs will use whatever symbology works best, depending on what they find inside a victim's psyche. It is my opinion that it is because of these creatures that*

*paranormal investigators seem to always run across cases that completely defy prior data. Without the knowledge of the existence of these creatures, paranormal investigation into any one of the fields mentioned, becomes nearly impossible.*

Another thing that you might feel when you are fighting off PNOBs, is a jolt of highly irregular energy. Unlike organic creatures, PNOBs are made up of a type of energy that can best be described as cold. When you manage to grab one with your etheric claws or net, you will find that the energy that you draw into yourself feels almost like cold electricity, and their charge can sometimes be so powerful that it's sort of like sticking your finger in a socket. Beyond that, they sometimes try to fight off your etheric claws by generating an extra powerful jolt of energy, sort of like an electric eel. I have personally been knocked flat on my back trying to fight off one of these creatures. The trick is to get right back up and attack them again; believe me, even if you don't completely drain them and send them scurrying away, they will definitely think twice before messing with you again.

The last thing that you might encounter when fighting off PNOBs is that they will run away on you. It is an incredibly odd feeling, having to chase these dark presences around an area; it can sometimes make you feel like a Ghost Buster. If for example you are in a building or natural environment where one of these creatures resides, be prepared to run around as this creature wriggles free of your etheric claws and runs into another room. Be careful though because they can come back to blindside you when you are not expecting them. It is most important that you develop powerful etheric claws.

*It is worth noting, before I begin giving examples of how to deal with them, that it is possible to know when you are in the presence of a PNOB (as opposed to a NEGP or just negative energy);*

*– The hairs on the back of your neck will most likely stand up.*

*– You will have the bodily sensation that there is an alien presence around you.*

- You might even experience odd noises; three knocks are a favorite.*
- You might also hear a sound that sounds very much like someone is playing with an electronic synthesizer; beautiful electronic calls that chill your bones.*

# Putting It All Together

## Scenario 1

If ever you feel the presence similar to what I have described above, followed by aches or perhaps even sharp pains around your body, then you are most likely dealing with some kind of small PNOB. These creatures make their rounds late at night and will sometimes accost a sleeping person by inducing sharp pains in different parts of the body. As the victim reacts to the pain through an energetic burst, they lap this up and continue to feed until morning.

Creatures like this tend to move from one person to another very much like a fish would move within the tides of the ocean. It is always best to deal with them whenever you think you are confronting one because they can become very comfortable with you and might decide that you are their new food bowl.

If you feel a presence like this then I recommend that you use your etheric claws to grab in the general area of the ache, or perhaps send your claws into the general area where you might feel a presence. As you do so you will most likely encounter some kind of displacement, perhaps even an energy vortex that feels cold. If you are highly sensitive you could even see the little marauder; which will scare the living daylights out of you if you're not prepared for it.

So once you get the general idea of where this thing is, try grabbing it with your claws. You do this by desiring to grab it; by focusing on the etheric claws that you have made and desiring with all your heart to grab this little predator. Once you feel you have it, even if it is just a part of it, use reverse breathing, visualization, and affirmation to draw as much energy from the creature into yourself as possible. This energy will feel odd, perhaps even alien, but it is good energy nonetheless and once you drain this creature enough, it will run away. Remember your predatory stance and make the energy that you have consumed your own. This PNOB will not be back for a long while, perhaps never.

## Scenario 2

There are many, many people that have felt the presence of what is usually referred to as 'The Hag'. This creature is always felt at night when the victim is sleeping lightly. The general consensus is that as one is sleeping, one begins to feel a large weight upon the chest; this feeling becomes so overwhelming that the victim usually wakes up from their light sleep. Upon waking, the victim finds that he or she cannot move and is sometimes able to see a dark shadow either directly on top of them or on the corner of the bed. This preternatural pressure on the chest is usually felt for a while, with the victim panicking from a feeling of claustrophobia. The victim might also feel like there is a dark evil presence in the room and they can't move in any way in order to fight.

This same PNOB is also responsible for sometimes inducing sexual feelings within the victim. The victim either feels like they are being raped or seduced and this continues until the victim orgasms. In either case, the inorganic being has had quite a meal from all the emotional and sexual energy that the victim has given off.

If ever you find yourself being attacked by this 'Hag', the first thing to do is to not panic. I know that this is most difficult but if you are prepared and have developed a predatory attitude, you will be able to easily set your intent on fighting back and consuming that which is trying to consume you. You must first of all realize that while your body cannot move, your mind is not bound in this way. Try therefore to feel the presence of this PNOB, and send your etheric claws into it; your physical body can't move but your etheric claws can go anywhere you desire them to go.

You might find that once you make etheric contact with this PNOB that it will instantly take off. If this is the case then you might end up having this creature attack you on another occasion. It is a good idea therefore, that before you send your etheric claws to grab this creature, that you make sure that you desire with all your heart to grab it and hold it.

Once you have it, begin to drain it just like I mentioned above.

These creatures will try to jolt you and they might project the idea that they are screaming or making strange noises. Be brave and keep on sucking the energy off of this creature. You won't be able to kill it but it will most likely never bother you again. It is also the case that the energy from these creatures is quite powerful so that whatever energy you get from it will most likely make you feel a little odd but also pretty terrific. Prepare yourself for some pretty amazing dreams after you have consumed NOB energy.

### **Scenario 3**

Same scenario as above but this time you have three little tiny grey aliens at the end of your bed, maybe they project some kind of weird light and all the sudden you find yourself inside an alien spaceship. Here these little creatures are free to either probe your many orifices or a very interesting looking alien goes about forcing itself on you sexually.

As I've said, the entirety of the alien phenomenon is not contained within the realm of the PNOBs, but they do love using this scenario in order to try and rob you of as much emotional and sexual energy as possible. You know you are dealing with inorganic creatures when these alien abductions feel mechanical and repetitive. Another sure sign that you are dealing with PNOBs is that these encounters seem to be highly emotionally charged with very little intellectual substance.

Again you'll most likely find yourself unable to move, in which case you must remember about your etheric claws and use them to grab the nearest alien. Once you have it, begins sucking the life out of it. As soon as you do this you'll most likely realize that you can move or that the whole scene has vanished and you are now back in your bed. If nothing happens, then you need to work on your claws longer (keep practicing the exercise mentioned in Chapter 6).

These big PNOBs sometimes move off quickly as mentioned above but there are times when they put up a fight. In this latter case, expect to see and feel some pretty horrible things. You might feel yourself getting dissected or perhaps you might feel that they just dropped you from their ship and you are falling to your death; the list of scenarios is endless. The trick then is to just

consume all that negative energy that you are putting out; forget the claws and concentrate on sucking up the energy that you are expelling. Eventually the scene will stabilize and you might be back on the ship again. Don't give up though; as soon as you can, grab something with your etheric claws and start drawing in energy again.

It could even happen that if your struggles are a little too effective, that some angelic looking being might appear and ask you to stop. It will probably tell you that they don't want to harm you and that they actually need to perform certain tests in order to save humanity or some such craziness. This is when you start to ask yourself some critical questions like; why do these super advanced alien creatures need to hurt me or have me bear a child to save the planet?

It will be your choice as to how to continue here, but my personal advice is that; none of us are that important. If you really want to save the planet then try and suck these monsters dry.

If you choose to fight, then be prepared for a long battle. If you have suffered from this kind of predation for years, then expect to fight this thing for months; until it finally decides that you are more work than you are worth.

## CHAPTER 8

# Questions and Answers

## **How do I identify negative energy? I mean, I know when I am sending out negative energy but how do I know when there is negative energy around me?**

This is a good question because it would seem like you would have to become very good at seeing and identifying energy in order to use the techniques that I describe in this book. In reality though it is actually quite simple on a personal level; all that you need to do is to draw into yourself any negative energy that you feel.

You see you don't have to identify the foreign negative energy around you, you just have to focus on how you feel. The basic rule of thumb is that you should draw in any negative energy that you feel, period.

If you walk into some place and you begin to project negative energy, draw that energy back into yourself. If you're in the presence of someone and you feel self-conscious or afraid, draw that energy into yourself. Is this energy being projected by you or is it being projected by the person that you are around? The answer to this question is not important, all that is important is that you draw in any negative energy that you feel.

At first it will always feel like it's your negative energy. Whether you are stuck in traffic somewhere or you just walked into a room and you are feeling very self-conscious; you will always feel at first that this is just your negativity. As you progress in energy work, in other words as you become better and better at using the techniques I described in this book, you will begin to be able to identify foreign energy much more effectively. But until that time, just concentrate on consuming any negative energy that you feel within yourself.

Your first clue that you are consuming foreign negative energy might be that as you consume a large amount of what you consider personal negative

energy, you will be surprised to find that there is even more negative energy after you are done; the more you consume, the more there seems to be. This will be your first clue that you're not just consuming your own energy but that you are consuming the energy of a large number of people.

# How do I know when to stop?

Again this is one of those answers that can only be truly experienced through practice. You will essentially know when to stop because you will feel like stopping. What I mean by this is that the intensity of the negative feelings that you are trying to consume will naturally dissipate. The dissipation of these negative energies will naturally pull your attention away from the desire to focus on the act of consumption. Another way of saying this would be to say that you will no longer feel negativity and so you will stop. There will no longer be a pressure on your body or the feeling of anguish in your heart.

It is an amazing feeling to get to this point. When this negativity stops, when you feel free from an anguish that you have had for so long, the feeling of relief is almost unbelievable. The joy that you will experience might seem strange at first. Is this supposed to be my normal state? Is normal actually joy?

## **Men keep leering at me and it is really bothersome, can I consume this energy?**

Yes absolutely. Whenever someone is leering at you, you will most likely feel that energy and intent upon yourself, sort of like a bad tasting pressure or perhaps the feeling of being robbed somehow. When you have these kinds of feelings, what you must do is use the techniques that I talk about in the book and consume this bad taste just like you would consume any other negative energy. It will be hard at first because this energy feels so repellent, but that is just your ego talking; energy is energy.

Stop that feeling that tells you that you must somehow put up a front or tense up whenever you are in the presence of a negative person, a predator. Using the methods of the ancient vampires you must now consume hostile energy, even hostile sexual energy. Think of it sort of like being a tai chi or aikido master; you take that energy upon yourself and use it to your benefit instead of trying to block it and fight against it. This method is very efficient because by transmuting it into your own energy, you are actually empowered instead of being drained. So whenever someone leers at you, don't stiffen up but instead consume this energy and grow stronger for it.

# **How do I use this negative energy that I am consuming to send out positive energy and intent instead?**

In order to take negative energy and then transmute it into positive energy that you can send to others, you will need to become really good at using the technique of energy transmutation. First of all you will need to be able to take in that negative energy that is all around you, but most importantly you need to transmute that energy into personal energy.

To do this I have introduced the concept to you of the predatory stance. Through a predatory attitude, you will make a significant psychological transmutation within yourself; this transmutation involves a change of belief and therefore a change of intent. As a predator, you will see this negative energy that you have consumed as food, perhaps even visualizing yourself chomping on it, and through this attitude you will naturally and effortlessly turn this negativity into personal power for yourself.

Through the transmutation of this negativity into personal energy, you will have the power surplus to use in whatever way you like. If you choose to use this great amount of energy that you now possess in order to send positive energy and intent to others, then just imagine light and love, see it as a wonderful white light, and then project this light out of your body and into the environment around you. This is true transmutation.

## **You say that people will never get this negative energy that they expel, but what if they are practicing the techniques that you speak about?**

You will never be taking away energy from anyone and you will never be competing against someone else for whatever negative energy you find. The unfortunate truth is that there is so much negative energy in the Earth's environment right now, that there is no possibility of anyone ever going hungry (if they know the techniques of the ancient vampires).

You must also realize that you will never be able to consume a huge amount of negative energy. No matter how much you consume, there will always be some left over for those that have created the energy to begin with. If the person that just released a huge amount of negative energy then tries to consume his energy while someone beside him tries to consume the same energy, there will be enough negativity there for both of them. No struggle will be felt, most likely what they would both feel is a type of camaraderie as they clear the negative energy from themselves, and see each other in a positive new light.

# **What if there is no more negative energy? Forever?**

Well, I so wish that this could be true but for now it seems that we will never run out of negativity on this planet. If for some reason people stop being negative, or perhaps let's say you found yourself in an environment where there's hardly any negativity at all, then the need for these absorption techniques would not be required or desired.

It is the discharge of negative energy that drains us most as individuals. If you don't feel any negativity then you are not expelling any and the people around you are not expelling any so everybody's energy level will be very high and there will be no need to feed on anything.

# Conclusion

Ancient vampires discovered long ago that all humans on this earth are facing a hard life energetically. By seeing things from an energetic perspective, they were able to see that we are not living the kind of lives that we think we are. Certainly most realize that we live in a world of consumption where one thing eats from another in order to prosper and survive. Their truly remarkable discovery though was that we are not at the top of any kind of food chain, as most believe, but that we are preyed upon just like every other being on Earth. They discovered that our true predators are not lions, tigers, or bears, but that they are a type of life that could only be described as inorganic. In other words we were prey to Non Organic Beings.

These ancient 'death defiers' knew that we cannot escape our fates as people so instead of wallowing in self-pity, they decided to truly challenge the world for predatory supremacy. Through their efforts and their unwillingness to succumb to predation and eventual death, they discovered that we are all given a chance to prosper, a small chance that I like to call the little clause in the contract.

If you practice the techniques that I have shown you in this book, techniques discovered by those ancient vampires, you will be able to prosper even in the midst of the greatest misery you could possibly imagine. You will have to have a strong stomach and you will have to learn to see things in a different way; to see things as energy instead of objects occupying physical space.

You do not have to be an ancient vampire to practice their techniques, and you do not need to hurt others in order to consume the energy that we all so carelessly throw away. Moreover you can step willingly into the deepest negative quagmire that you can find and through your own intent and personal efforts, transmute this energy into light, positivity, and love.

My desire, now that you have finished this book, is that you never see negative energy the same way again. Fundamentally what I want to do is to take the 'negative' out of it completely so that you are only left with energy. When you can do that, when you can see things just as energy instead of

labeling it as good, bad, or negative, you'll have taken a huge step into a far greater reality. In this new reality you will have to take responsibility for your own energy and how you use it, but this new perspective will show you that you have an option, one that you never knew you had. Through a change in perspective, brought about by highly practical methods of energy absorption, you will discover that you can free yourself from all the negativity in your life.

There are so many out there that find themselves lost. They feel this way because they live lives full of constant negative feelings and they don't know how to stop these feelings in themselves. Some are also being attacked by things that others consider to be unreal; considered insane by many, these people are left with very little recourse when it comes to dealing with highly predatory creatures that make their lives a living hell.

Using the techniques in this book you will be able to re-absorb all of the personal negativity that you think you can't escape from. You will also be able to fight back and you will not have to rely on a third party to try and save you. Instead of defending as is most usually the case, or attacking using highly draining methods that often times don't work, you can now prey upon and consume those things that are preying upon you. You can now consume those things that would like to feed and hurt you, and grow strong while these malicious things wither away.

Instead of seeing yourself as a thing detached from nature, a heard animal in an ever-increasing population of civilized things, you will discover your true nature as a wild thing; as the quintessential predator on the planet.

“I have never met a vampire personally, but I don't know what might happen tomorrow.” — Bela Lugosi