

QUANTUM PATHWAYS TO AWARENESS

Energy Vampires.



A SURVIVAL GUIDE AND
WORKBOOK

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TABLE OF CONTENTS

<i>Introduction</i>	<i>3</i>
<i>Part 1 - Awareness</i>	<i>4</i>
<i>Part 2 - Conscious Boundaries</i>	<i>6</i>
<i>Part 3 - Conscious Presence</i>	<i>8</i>
<i>Part 4 - Helping Without Fixing</i>	<i>10</i>
<i>Part 5 - Practice for Both Sides</i>	<i>12</i>
<i>Part 6 - Integration</i>	<i>14</i>
<i>A Special Message</i>	<i>16</i>
<i>Let's Connect</i>	<i>19</i>



Introduction

We all know the type: you walk into a conversation and leave feeling like someone siphoned your soul through a straw. That, my friend, can be the work of an energy vampire.

But don't panic! You won't need wooden stakes or garlic. What you need is awareness, boundaries, presence, and a good sense of humor.

This guide will help you:

Spot the vampires (including yourself)

Protect your energy and sparkle

Stay conscious in every interaction

Find some humor along the way

Because nothing stops a vampire faster than a little light. Let's have some fun.



Part 1: Awareness - Spotting the Vampires Before They Bite



An energy vampire doesn't sneak around in a cape (though that might actually be easier to spot). Instead, they drain you with sighs, endless complaints, and the dramatic art of "woe is me."

The usual suspects? Parents, spouses, children, siblings, friends, coworkers and almost anyone with a voice. Oh yeah, humans.

And before you go grabbing the garlic, here's the kicker - sometimes you are the vampire. Yep, we've all done it. We've all sunk our emotional fangs into a poor unsuspecting soul who just wanted a peaceful coffee or to say, "Good morning."

Awareness is your flashlight. Once you see the pattern, you can dodge the bite or put your own cape back on the rack.



Signs You've Been Bitten

- You feel like you just ran a marathon after a quick chat
- You need a nap, a snack, or something stronger right after a conversation
- You find yourself Googling "how to fake bad WiFi" before a Zoom call

Signs You're Wearing the Cape (You Might Be the Vampire)

- Every conversation somehow starts... You
- Your small problems turn into full-length dramas.
- You notice people suddenly remembering they are late for something when you start talking. Or, you call and they have Mom on the other line...again.

Workbook Reflection



1. When was the last
time you were a
vampires snack?

2. How does your body
react after an
interaction?
(Examples: dropping
shoulders, fatigue,
desire to move to a
different zip code.)

3. When have you
worn the cape
yourself? Be honest.
Did you drain
someone with your
story? Did it help?
Did you notice their
presence or
response to you?

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Part 2: Conscious Boundaries



Let's face it. Energy vampires aren't knocking before sucking your time, attention, or life force. That's where boundaries come in. A boundary says: *"This is how I can remain present to be with you without losing myself."* Let's think of it as your garlic necklace: not meant to offend, but to keep you safe and on full alert.

Boundaries don't mean building walls around you or ghosting your Aunt Cathy. They mean thinking: *"I love you, but you can't use my neck as your emotional juice box."* No need to say it, there are other options.

Sometimes it's as small as limiting how long you chat. Sometimes it's as big as taking space for yourself, or, in extreme cases, moving to another continent - just kidding...sort of. I wrote this while living in Vietnam.

Signs You Need to Break Out the Garlic (protect yourself)

- You feel dread before a call, like Dracula himself is waiting
- Your mood changes when you see who's calling you
- You say "yes" when your soul is screaming "noooooo"
- You leave a conversation saying, "Well, that sucked." (Pun intended)

Conscious Moves - the Garlic necklace (what to do)

- **Use a Time-Limit:** *"I have about 10 minutes to talk."*
- **Topic choice:** *"I'm not available for this conversation right now."*
- **Space:** *"I need some alone time today. Let's connect later."*
- **Truth:** If you choose to listen, silently say to yourself, *"Caring and carrying are not the same. I will not carry this. It is not mine."*

This isn't shutting the door, you are protecting your energy in the moment. ✦

Workbook Reflection



1. Who in your life
triggers the “garlic,
please” reflex?
2. What’s one boundary
you could set that
wouldn’t burn the
bridge and would keep
your boundary?
3. Practice saying it out
loud with a little
humor. *“I will hold space*
for her when I have
time... and a covered
neck.” (Pro tip: try it in
front of a mirror.
Bonus if you can smile
and feel good.)

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Part 3: Conscious Presence



When an energy vampire swoops in, the natural response is to fight, flee, or find a wooden stake. The truth is that they actually feed on your reaction. The more you huff and puff, or roll your eyes, the tastier you become. You are reacting to the story and that draws more story. And less energy for you both.

Conscious presence is like holding up a mirror to Dracula. They can't hook you if you're calm, grounded, and maybe even slightly amused (if it is not a sad or gloom and doom story). Instead of getting sucked into the drama, you stay steady. You become the sunrise lighting the way.



Creating Presence

The Pause: Before you respond, take one deep breath. They may become annoyed when you don't respond right away, breaking the flow.

Silent Anchor: In your head, repeat: *"I choose presence, not panic."* *"In this moment, I choose my direction."*

Tree Technique (grounding): Picture yourself as a big oak tree. Vampires can flap their wings all they want. Your roots aren't moving. Stay steady.

Bat Radar (neutral listening): Hear their words as sound waves in the air, not daggers to the heart. Let the noise pass by like bats in the night. This is to keep your energy while being present. It doesn't mean you dismiss what they say, you simply acknowledge you don't own it.

You are not being unkind to know your own boundaries. You can choose when you have the space to listen and converse.



Workbook Reflection



1. Recall your last vampire

encounter. Did you get

sucked in, or did you

stay rooted?

2. How would pausing for

one breath have

changed that

interaction?

3. Write your own

freedom mantra.

Examples:

"I sparkle brighter than any

gloom."

"I'm not a snack bar today."

"My calm is presence."

"I love you yet I love me too."

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Part 4: Helping Without Fixing ✦

When a vampire starts the marathon monologue, your inner hero wants to fix it all while your inner escape artist is looking for the nearest exit portal and to get out. Poof! Gone in a puff of boundaries.

Neither works. Fixing just gives them more fuel (“yes, but...” is the normal comeback), and avoiding them can leave you feeling guilty. The sweet spot? Be present. And don’t show your neck.

Your job is to sit steady, breathe, and maybe toss in a compassionate nod while silently thinking: *“I do not own this story and I am not the fixer.”*

Conscious Talk (and thought) You can Use

Instead of: *“You always drain me,”*

Try: *“I need to pause and refill my energy.”*

Instead of: *“Why don’t you just...”* (the Fix-It special),

Try: *“That sounds important. I trust you’ll figure it out.”*

Instead of diving into debate,

Try: *“I hear you.”* (short and sweet) Decide to resist sharing your opinions.

Presence Practices

Hold Your Space: Silent, roomy, but firm. They don’t get to move in.

Compassion: Energy vampires are usually just humans looking for a place to over share what they are experiencing. You choose how to participate.

Visual: Picture their words as bats, flappy, can be noisy, but gone in a moment.

Workbook Reflection



1. Think of a time you
tried to fix someone's
story. How drained
did you feel
afterward?

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2. What's one phrase
you can use next time
instead of rescuing?

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3. Write your new
internal survival
motto.

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Examples:

*"I'm here, you can't have
my energy."*

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"I'm not the blood bank."

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*"Listening means I give
what I can."*

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"This isn't mine."

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Part 5: Practices for Both Sides

Sometimes you're the victim of a vampire attack and sometimes you are the attacker. We've all worn the cape. We've all accidentally drained a friend with a long story about traffic or that coworker or partner who chews too loud.

Consciousness gives you survival on both sides. Whether you're fending off a vampire or you catch yourself polishing your own fangs, there are ways to keep the energy exchange balanced.



If You're Being Drained

- **Ground:** Hand on chest, deep breath. Be your own garlic.
- **Release:** Whisper to yourself: *"Not my cave, not my bats."* or *"I am capable of hearing without owning."*
- **Reset:** After the conversation, list one thing you're grateful for. (Gratitude is like holy water.)

If You Are the Vampire

- **Pause Before Attacking:** Ask: *"Am I connecting, or just preparing to snack on someone's neck?"*
- **Process First:** When faced with a challenge, journal, stretch, or calm your storm before calling a friend.
- **Lead with Gratitude:** A little *"thank you"* before your rant keeps it balanced. It could also change how you share.
- **Share the Spotlight:** Ask the other person a question. Let them sparkle too. You don't need to hog all the light.



Workbook Reflection

1. Think of your most recent vampire run-in. Which tool – grounding, release, or reset could have saved you?
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2. When was your last “Oops, I bit someone” moment? How could you lessen the bite next time?
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3. What other ways have you realized you drain others? How can you avoid it?
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4. How can you honor yourself and them with a more balanced conversation, with less drama?
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Part 6: Integration-Being a Daywalker



Energy vampires aren't villains hiding in castles. They're just people who haven't learned how to recharge without plugging into someone else's socket. And sometimes, that person is you. And if nothing else, we need to be here for each other.

Integration means remembering that every interaction is a choice. You can collapse into someone's gloom and walk away feeling like you spent the time exhausted, or you can stay conscious, grounded, and maybe even shine a little light into their space. That conscious light might just be contagious.

The way out is to practice. Garlic today, patience tomorrow, silence the next. Over time, you'll realize you don't just survive vampire encounters...you learn to shine and love your way through them.

Daily "Vampire-Proof" Practices

- Morning Intention: *"I choose to sparkle today."*
- Midday Check-In: *"Did I get bitten, or did I use my fangs?"*
- Evening Release: *"I return all borrowed energy. My aura sleeps in its own bed tonight."* or *"I am whole and filled with energy."*

Workbook Reflection



1. Which role do you find yourself in more often? The person being drained, or the Vampire?
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2. Have you noticed times when you did not realize you were a vampire?
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3. What's one real-life "vampire-proof" practice you'll use this week? To protect yourself, and to protect others from you?
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4. Finish this sentence: "I keep my sparkle by..."
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A SPECIAL MESSAGE “WE CAN ALL DO BETTER”

Sometimes, it's not a Vampire, it's a tough day.

Hello beautiful soul. Before you start hiding your cape, let's clear something up. Being labeled an “energy vampire” doesn't make you bad, broken, or unworthy of love. Most of the time, you don't even know you're doing it. Neither do others. It can come from being tired, stressed, lonely, or overflowing with feelings that need somewhere to land. Being human means it can happen.

Sometimes you share for connection and not because you're trying to drain anyone. Knowing that you drain them might prevent you from seeking an ear when you need one. It may be that your cup is overflowing and you just need someone to help you pour a little out. Needing to talk is not villainous, it's human. Venting doesn't make you a vampire. It makes you someone with emotions just like everyone. That's being vulnerable.

Please be aware...

Knowing all that, sometimes the person you are speaking to is already in the low vibration of being overwhelmed, tired, or carrying their own emotional concerns. In that moment, your words feel heavier than they are. It's not the right time for them to listen to the message you might share. When low energy meets low energy, it becomes two energy fields trying to find balance.

What really matters is having awareness on both sides.

If you're the talker:

Take a breath before you spill. Know that what they hear is filtered through what they have going on as well.

Ask if the other person has the space to listen. Maybe: “Hey, do you have the energy for a vent?” or “I need an ear, this feels like a lot to me.” Honor the response. If needed, find someone else.

Share what's true without demanding someone else agree with your point of view.

While your story matters, so does their ability to listen. **Your story is valid, and so is their energy.**

If you're the listener:

Check your mood before you tune in. Notice your own state before judging theirs.

If your own battery's flashing red, it's okay to say, “I care about you. I don't feel like I have much to give right now.”

If you can hold space, do it with compassion and not resistance. Listen from presence, not pressure which drains energy. Listening can be healing when you do it from presence and can provide space and better vibrations for you both.



Are some people always in low vibrations?

Not really. Although some stay there longer. They've built homes in their heaviness because it once kept them safe. It's not who they truly are. It's just where they've been living. Sometimes we are just more comfortable in our own house, no matter what it looks like to others.

We're all humans with moods, feelings, and moments when we sparkle and moments when we don't. Consciousness doesn't judge the darkness. It brings a lamp.

So, to the vampires (almost everyone):

You don't need to hide from the light. You grow by shining your own. Be kind to yourself first. Your story matters, it does not need validation. Your's is enough.

And to everyone:

Let's stop avoiding each other and start meeting with grace.

***“We are all here to walk each other home.”
~Ram Dass***

Let's Connect!

My consciousness is my shield and my sparkle. I can smile at the vampires knowing that at times I am one. Yet, my presence keeps me free. And that presence can free us all. No cape needed.

Dr. Loretta Tolliver



Let's connect:

Facebook:

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www.lorettatolliver.com