

# CALL BACK YOUR POWER

With Psychic Medium Andrea Zonnis

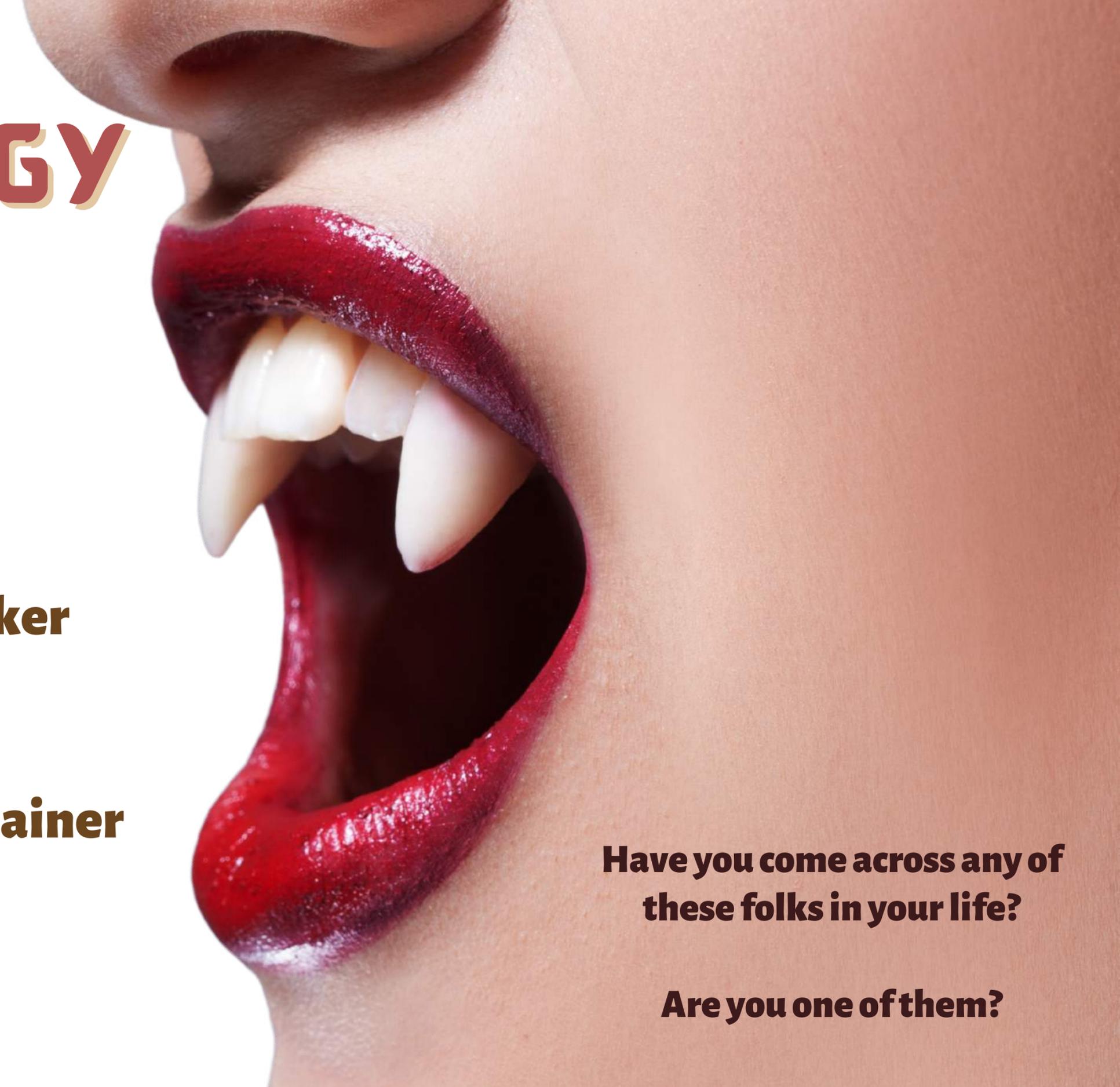
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# OUTLINE



- **Types of Energy Vampires / Shadow Archetypes**
- **Tips for dealing with difficult people**
- **Calling Back Your Energy Meditation**
- **Card pull: What you need to know to hold your space!**
- **Questions**



# **TYPES OF ENERGY VAMPIRES**

**The Poor Me**

**The Over Talker / Non-Stop Talker**

**The Close Talker**

**Negative Nancy / Constant Complainer**

**The Blamer**

**Have you come across any of  
these folks in your life?**

**Are you one of them?**

# **WHY DO THEY SUCK YOU DRY??**

**Energy Vampires are a name for people whose wounds and traumas can cause them to feed off other people's energy in order to feel powerful or maintain their own energetic balance.**

**Most of these people aren't aware they do this.**

**We each are guilty of this at one time or another!**

**"Our healing and personal development is a gift for everyone around us!"**

# THE POOR ME



- **Their life is in crisis - often**
- **They think/feel the world is against them**
- **They feel like they are never good enough and no amount of convincing will change their mind.**
- **Their problems are much worse than your problems**
- **Refusal to take responsibility, makes excuses**

## **Possible Root Causes:**

**Co-dependancy, depression, hopelessness, victim mentality, abuse**

# THE POOR ME

## How to deal:

- 1. Remember, it's not your job to fix them.**
- 2. Listen (within a limit).**
- 3. "I'm sorry you are going through this, I hope things get better for you."**
- 4. If this is a friend or family member take them for a walk.**
- 5. Keep your energy high.**
- 6. Empathy vs. sympathy**
- 7. Set boundaries.**

## If this is you:

- 1. Find gratitude**
- 2. Appreciate how far you've come**
- 3. Look for solutions**
- 4. Take time to honour your emotions and allow yourself to process them.**

# THE OVER-TALKER



- **They never stop talking.**
- **They talk and talk and talk without a breath or space for you to share.**
- **They interrupt you when you are speaking to talk about themselves.**

## **Possible Root Causes**

**Social anxiety. Need for attention. Controlling. Bad hearing. Daddy issues. Not wanting to listen to outside information. Avoiding their own feelings.**

# THE OVER-TALKER

## How to deal:

- **Think about what they are trying to express.**
- **Interrupt them and paraphrase back what they are saying. Everyone has to breathe, it's a good time to jump in.**
- **Use a word like "pause" or "stop for a moment"**
- **If it's a good friend, let them know they are talking too much.**
- **"I'm busy right now, I have to go"**

## If this is you:

- **Have awareness in conversations to listen and ask the other person questions.**
- **Work with affirmations to build confidence.**
- **Give attention to how others are feeling.**

# THE SPACE INVADER

- **These folks like to get in your personal space**
- **They don't recognise when others are feeling uncomfortable about them being in their personal space**
- **Sometimes they like to touch a lot too! COVID19 has helped these people stay back (I hope).**

## **Possible Root Cause:**

**Need for intimacy, loneliness, they come from a family of close talkers**



# THE SPACE INVADER

## How to deal:

- **Use your body and strong body language.**
- **"Stop, back up please."**
- **"I'm not a touchy person, would you mind giving me some space"**

## If this is you:

- **Pay attention to the person's body language.**
- **Try not to take it personally when someone backs away.**
- **Give people some extra space.**

# THE CONSTANT COMPLAINER

- **The Negative Nancy can't seem to find anything good in their lives.**
- **They complain about pretty much everything.**
- **They claim to be “realists” but only see a negative perspective.**

## **Possible Root Cause**

**They feel they are misunderstood. Over-thinking. Lack of empowerment or feeling stuck. Insecurity.**



# CONSTANT COMPLAINER

## How to deal:

- **Put up your white light bubble**
- **Limit your interactions with them**
- **Do not respond**
- **Re-direct the conversation**
- **Use kindness and compliments**
- **Understand that negativity is contagious**

## If this is you:

- **Awareness. There are good and bad sides to everything.**
- **Are you overthinking?**
- **Find the positives to balance your thinking.**
- **Make sure you are practicing self care**

# THE BLAMER



- **Their problems are someone else's fault.**
- **They have trouble taking responsibility for their own words and actions.**
- **They can be angry or aggressive**

## **Root Cause**

**Denial. Trapped sadness. Guilt. Low Self-Esteem.**

**Perfectionism. Projection.**

# THE BLAMER

## How to deal:

- **Do not, I repeat, do not take them personally.**
- **If you are the person being blamed, "let me think about that and get back to you."**
- **Treat them like a child having a temper tantrum. Stay calm, do not react, look for the core issue.**
- **Remove yourself from the situation.**

## If this is you:

- **Practice kindness**
- **Reassure yourself that everyone has their own way of being in the world.**
- **Watch for your triggers.**
- **Take responsibility for your part.**

# ASSERT YOUR BOUNDARIES

- **Do not take someone else's bad habits personally.**
- **Empower yourself to walk away or hang up the phone.**
- **Honour yourself, your time and your energy!!**
- **Remember that it's not your job to fix people.**
- **Be honest in a kind way.**
- **Draw lines and stick to them.**
- **Limit your time.**
- **Excuse yourself from the conversation.**
- **You are in charge of making choices and decisions that are best for you.**
- **Check yourself and do your own healing work.**
- **Do your best to keep your energy high.**
- **Do not feel responsible for other's feelings.**
- **Find forgiveness and MOVE ON!**



# CALL BACK YOUR POWER EXERCISE



# KEEP IN TOUCH!

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