

An Energy-Workers Guide To Real Vampirism



Winged Wolf

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By

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Introduction

This second edition has been revised, corrected, and updated to include information discovered since the first edition was written.

There have been many books written recently on the topic of real vampires; both those who drink blood, and those who take energy from others directly, to support themselves. This book is neither an outsider's view, nor an insider's view, but a mixture of both. It's intended to explain to psions, mages, witches, otherkin, and other energy-workers how vampires work, and why they are the way they are, as well as how to deal with them, both in friendly situations and hostile ones. If you are not involved in energy-working practices, you may find much of this book difficult to understand. It does assume that the reader has a background in these practices. By no means is this book "the ultimate truth". It is compiled from not only my own observations, but those of many other energy workers, and vampires themselves, as well.

I will go over the identifying characteristics of different types of vampires, and possible and observed causes for vampirism. I'll cover feeding techniques from both a vampiric and donor perspective, and also how to defend yourself against vampires who try to take your energy without consent. I'll go over how to 'cure' some forms of vampirism, as well. Most vampires do not WANT to be cured, and there is no reason why they should; while some types of vampirism are the result of injury, defect, or influences from outside, other types are innate, and those vampires are operating just as nature intended them to. In either case, many individuals are happy as vampires, and some individuals are happy to donate energy or blood to vampires. This is a choice I encourage people to respect. Vampirism, particularly innate vampirism, often includes benefits as well as detriments, and diversity is a valuable trait in any community. Thus, I encourage acceptance of vampires who behave ethically in the metaphysical communities, and also encourage further exploration of their unique talents and traits.

The thing I want to make clear from the very beginning is that real vampirism bears little resemblance to fictional vampirism. Real vampires cannot fly, change their shape,

grow fangs, or heal their wounds visibly before your eyes. They are not immortal, and they are not undead. They are living people with a physiology basically the same as every other person's. They go out during the day, they marry and have children, they practice any religion they choose, and hold down any career they wish. They may dress in any fashion, be of any age, gender, or race. They are real people.

Chapter One

Types and Traits of Vampires

Vampire 'Types'

The primary types of vampires listed here should be understood to be umbrella categories. Within each of these umbrella categories, there are many different 'subtypes', which may vary in their needs, the cause of their vampirism, and the details of their traits and experiences. There are many different subtypes of vampires; vampirism is not all one thing. Very little exploration of these subtypes has been done.

Sanguinarian Vampires

The type of vampire which seems to capture the imagination of the populace the most, are the blood drinkers. The majority of blood-drinkers who have contact with the online and offline vampire communities refer to themselves as 'sanguinarians', or 'sang vampires'. The public's most common assumption is that these people are either kinky blood-fetishists, or have a serious psychological problem. The metaphysical reality is a great deal more complex.

Most sanguinarian vampires require life energy from others in order to maintain their health. This is also known as soul energy, core energy, or prana. It is a heavy, stable energy found at the center of a person's energy field. They often require other types of energy from living persons as well. Most sanguinarians draw this energy instinctively when they feed on blood. Many people in the sanguinarian community believe that they also require something nutritional from blood, though it remains to be systematically tested. Eating rare steaks or drinking stored animal blood are reported to help alleviate cravings, but eventually, in MOST cases, the vampire's health deteriorates when using these sources exclusively.

Sanguinarians are not, however, simply psychic vampires—they are unable to take all of the energy types they need without taking blood, and indeed, it does not appear that anyone else can either. The types used by Sanguinarian vampires do appear to be inextricably tied to blood itself, or to the living physical body. Because none of the vampiric types described in this book are 'all one thing', there may be those in the sanguinarian community who do have a purely physical condition which requires them to drink blood, but this is unverified.

Most sanguinarians who fail to feed eventually experience what is known as *blood rage*. There are other terms used for this experience (ranging from the obscure to the ridiculous), including 'beasting', 'craving', and 'twoofing'. This is not really a state of anger or rage, but is instead akin to a powerful addiction craving. This craving can be so extreme the vampire may be able to do little more than curl up into a ball. Some sangs

will self-injure to obtain blood, as the taste can help reduce the strength of an episode. In most cases, blood rage will subside after a period of time, and the cravings will return to a more manageable level, though blood cravings tend to be constant for a vampire who has not fed in a long time. While a vampire suffering blood rage may feel out of control, in truth it is virtually unheard of for such individuals to pose a real threat to other people as a result of their craving. Most sanguinarians who experience blood rage find it terrifying and very unpleasant.

Sanguinarians have some very distinctive physical traits, pointing to a strong connection between the physical and the psychic. Most have a high degree of sensitivity to bright light, particularly sunlight, and must wear dark sunglasses or even welding glasses for comfort during the day. The majority experience pain even from the light level on an overcast day. As well, some are far more prone to sunburn than most people, and many have sun-triggered skin allergies. Rapid dehydration and sunstroke are also reported. A majority of sanguinarians report that they see extremely well at night, barring other vision problems. This tends to be confirmed many times over by the non-vampires around them. Most report heightened senses of smell and/or hearing, and even heightened tactile awareness, when compared with the other people around them.

Additionally, some sanguinarians report that they are able to augment their physical capabilities at need, increasing their reaction time, speed, or strength. This may or may not be related to a typical adrenalin reaction. These types of reports are not uncommonly supported by non-vampiric onlookers. The vast majority of sanguinarians are innately psychic, and the most common abilities are empathy or telepathy, or other related abilities. Sanguinarians may have an innate ability to manipulate life/core energy, and many also appear to have an innate mesmeric capability. This instinctive grasp of life-energy manipulation means that sanguinarian vampires tend to make excellent healers, and in fact I have heard reports of more than one being very successfully employed in service careers, including paramedic, nursing, firefighting and rescue services.

Psychic Vampires

The other primary type of vampire is the psychic vampire. These individuals do not drink blood, but instead take subtle energy directly from other people, or other living things. Psychic vampires generally take psi energy, also called auric energy. Some require life energy in addition to this, or require life energy exclusively, though the latter is less common. The psychic vampire community refers to the taking of life energy as *deep feeding*. Psychic vampires may be commonly referred to as psi vampires, psi-vamps, or psy-vamps. Some psy-vamps require physical contact in order to initiate energy flow, but most are able to pull energy without physical contact, and many can pull energy at considerable distances, and/or while astrally projecting. Most psy-vamps do not have any distinguishing physical characteristics, other than those generally possessed by other types of innate psychics. A few report traits similar to those of sanguinarians.

Psychic vampires who fail to draw energy suffer ill effects on their health, similar to those suffered by sanguinarian vampires in the same situation. These include depression, immune system reduction, lassitude, irritability, inability to concentrate, and tiredness. Most psychic vampires will eventually lose control of their abilities and draw energy instinctively if they attempt to abstain. They do not usually experience an equivalent to blood rage, but this may be due to the loss of control of their energy draw, before their deficit can reach an extreme that might induce it.

Some psychic vampires feed through participating in or witnessing sexual activities. These persons are usually referred to as *succubi* (if female) or *incubi* (if male). A succubus in mythology is a female demon who would approach sleeping males and have sex with them, and drain their vitality in the process. An incubus in mythology is a male demon, who seduced sleeping females. The living vampires who have adopted these names are also referred to as *sexual vampires*. Sexual activity liberates a great deal of energy, both raising psi energy generation, and freeing up more core energy. The higher level of available energy makes it easier for a vampire to pull energy in quantity from the donor. Referring to a living person as a succubus or an incubus outside of the vampire community can be somewhat confusing, and such people may also be confused with otherkin who believe they have demonic souls; otherkin of these types may be vampiric as well, though they are not always vampiric. There are also people who may engage in sexual acts with others in their sleep via astral projection, but are not vampiric. If you encounter individuals who name themselves as such, it's best to ask for details rather than to assume which definition they're intending.

Hybrids

Some sanguinarian vampires also have a need to pull psi energy from others, and these individuals are often referred to in the community as 'hybrids', or 'psi/sang' vampires. Some combine their feeding, while others engage in separate habits for psi and sanguinarian feeding. The existence of hybrids is possibly one of the reasons the sanguinarian and psy-vamp communities have remained together as one entity, and within the community some confusion still exists as to the real differences between sanguinarians and psy-vamps.

A few people in the psychic vampire community still believe that sanguinarians are a type of psy-vamp who cannot, for some reason, draw energy directly, in spite of the fact that most sanguinarians don't appear to have any difficulty with direct energy draw. Sanguinarians who are unable to gain substantial benefit from drawing psi energy remain confused as to why other sanguinarians appear to do so. This demonstrates, once more, that there are many different subtypes of vampires in all three of these umbrella categories.

Vampire Community

Sanguinarians, hybrids, and psychic vampires have formed a loose community centered on the internet but containing many offline branches. In general, the offline parts of the community, or the community as a whole, is known as 'the vampire community', or the 'VC'. The online portion of the community is the 'OVC'. The OVC and VC in general have substantial influence.

As a result of the formation of the larger community, standards of ethics and acceptable behavior have been established. Sanguinarian vampires feed from willing donors, because to do otherwise would be an act of physical assault, which is condemned by the community (as well as being illegal). The vast majority conscientiously test themselves for STDs or other blood-borne illnesses, and require that their donors do the same. They take care to ensure that wounds do not become infected, and heal properly.

Psychic vampires, while they do not have any behavioral standards imposed on them by the law of the land, are also increasingly promoting a high standard of ethical behavior, and feed primarily from willing donors. Pulling shed energy from the surface of crowds is still common behavior, but this is considered (and in fact, is) quite harmless.

The ethics of taking energy from others is still being worked out in this community, and there are a fair number of psy-vamps who do not feel it is unethical to take modest amounts of energy from those who are unaware, believing that "what they don't know won't hurt them". Greater numbers, however, are promoting feeding only from those who consent to it.

Newly awakened psychic vampires (and even some older psy-vamps) may be unaware of their nature, pulling energy instinctively, and without control. These individuals should usually be treated with some understanding and gentleness, and TOLD what it is they are doing to those around them. In the vast majority of cases, a psy-vamp will become aware of the energy influx when it is pointed out to them. If you are tapped by a psy-vamp you believe is unaware of what they are doing, try to get them aside and explain it to them. This may be socially awkward, but it is the responsible thing to do. If you aren't able to speak with them, then a firm tug (pulling a small quantity of energy back down the link to yourself), or 'snapping' the link will usually cause the unaware psy-vamp to desist in pulling energy from you, though it doesn't always make them consciously aware of what they were doing.

Occasionally, sanguinarian vampires also tap energy from those around them. This is more invasive than the typical psy-vamp's link, as it pierces the outer energy field into the core. In most cases, this link will be very brief, and the sanguinarian will only draw a small quantity of energy before releasing the link. This is almost always a completely instinctive action, and few sanguinarians are aware of doing it. It can take some time for a sanguinarian to recognize that they are engaging in this type of 'grazing', generally by recognizing first the sensation of the energy influx into their system. Because the quantity is small, and sanguinarians tend to be less energy-sensitive than psy-vamps, sanguinarians may need folks to work with them over time to learn to recognize this, and then to gain control over it. Some sanguinarians have so little energy sensitivity, they cannot detect it.

The most ethical way to deal with this type of grazing, if you happen to be on the receiving end of such a link, is to simply block the energy flow, or break the link. It is highly unlikely that a sanguinarian will pursue forming a link to a stranger once they have been blocked, because the linking occurs so unconsciously. Not all sanguinarians engage in this type of instinctive grazing, so it may be that you will never encounter it personally, even if you associate with many sanguinarian vampires. If the link is not broken, the quantity of energy taken by the vampire in such situations is generally negligible, though it can create a strong (though brief) sensation, due to the draw speed involved.

Sanguinarians may also take energy from one another, both consensually and without awareness. It can be a dangerous stress on the energy systems of a sang vampire to have their energy taken in this fashion when they are in a depleted state themselves, and it can trigger a violent blood rage. It could also easily cause real damage to their systems, so it is best for sanguinarian vampires to defend themselves, and not to offer energy to others unless they have very recently fed.

Vampires in general have a bad reputation in most metaphysical (and non-metaphysical) communities. This is largely due to misconceptions and media portrayals. The most important thing individuals can do in order to form a valid opinion on the subject is to throw out everything they think they know about the phenomenon, and approach anew with an open mind. The term 'vampire' has a lot of baggage attached to it, and most of that baggage does not apply to real vampires.

Psychic vampires as well as sanguinarians have been given a bad image, not only by popular films and books, but also by such authors as Dione Fortune and Konstantinos. While it is true that some vampires can behave in a predatory fashion, this is not the norm in modern times, and the majority of vampires should not be tarred with the same brush as a few unethical individuals. Additionally, the media seems quick to point out if any individual involved in a violent crime has ties to the vampire, gothic, or other alternative community. There seems to be a desire to find something to blame in the individual's interests that would explain why they chose to commit such a crime, and these communities make good scapegoats because they are 'dark', not religious, and not at all well-understood by outsiders.

In reality, there is no reason at all to believe that vampires are any more likely to commit a violent crime than anyone else. The number of vampires in the communities is huge; the numbers that exist outside the community, probably even greater. Most such people are relatively law-abiding, productive citizens--just like everyone else. In many cases, the ties to vampirism reported by the media in cases of violent crime are sparse to nonexistent, in reality. Obviously, the fact that a criminal liked to play a vampire game, dressed in black clothes, or watched scary movies, doesn't mean their crime is related to vampirism. Additionally, when real vampires do commit crimes, the crimes are rarely related to their being vampires, and instead are committed for all of the usual, ordinary reasons.

Astral Vampires/Spirits

Many entities draw energy from one another, from living things, or from other sources. A few scavenge shed energy. All entities need to take energy from somewhere at some point, due to the laws of entropy, and the fact that they use energy to do work and maintain their pattern. If they don't, then they will eventually deteriorate and 'die'. For this reason, the number of entirely different entities that could be considered vampiric is rather vast. Because this is such a common and ordinary trait in spirit entities, I don't personally find it useful to label spirit entities to be vampires. Thus, I will not be discussing non-corporeal vampires in any detail in this book. Deal with vampiric entities as you would any other entity--based on whether or not it is hostile, neutral, or helpful.