

## Article 126: Vampire Moments - part 2

Read our previous article before continuing, ...and keep your protective garlic handy ...just in case! In fact, if you tend to create **vampire moments** in your life, maybe you should carry a garlic clove in your purse, backpack, or pocket. And remember, larger cloves are less powerful than the smaller ones ...so choose wisely.

Do not deal with or medicate your emotions with assumed remedies or cures, as you do with your illnesses, unless you are willing to discover what they are conveying and binding together ...for that alone is significant. If you are, for example, depressed, changing or blocking that emotion without understanding what that depression is revealing about the lifeseff you are living is like cutting your phone line in the middle of a depressing conversation, ...and covering your depression with happiness, or sublimating it into cheerfulness or excitement is equally useless ...especially when you consider that all such actions will most certainly create **vampire moments** which will suck the life out of your life.

It used to be commonly believed that emotions were born out of instinct and heredity, that these things were responsible for most emotions ...and there was very little you could do to change your emotional make up and responses. Then it was taught that your early environment, especially joyful or stressful events and circumstances, or **vampire moments**, were responsible for your primary emotions. Since none of these beliefs or the treatments they spawned seem very effective, we are suggesting that your judgments~in this life and in previous lifetimes~of your self-created events, circumstances, and individuals are primarily responsible for the contents of your emotions ...and their enriching or destructive effect or nature in your self and life. Ohh, certainly, instinct, heredity, and environment all play active roles in your emotions ...and their content, but you chose and created those things for yourself through judgments ...and it is those self-chosen judgments that your emotions are conveying. Do your judgments seem hereditary and instinctual ...and beyond your control? If so, your body and life will be constantly filled with **vampire moments** ...seemingly beyond your control.

In other words, as emotions interpenetrate and bind together every aspect of your mindful body and life, your judgments, being conveyed by your emotions, interpenetrate every aspect of your lifeseff as well, ...and medicating emotions or judgments to relieve your problems ...or covering one emotion or judgment with a **vampire moment** is like taking an aspirin for a painful affliction ...and letting the disease rage on within you, ...does that make any sense to you? Are you struggling to control your vampire emotions, such as anger, depression, anxiety, need for protection, or unhappiness, while leaving your judgments to rage or within you?

Emotions being different for every person indicates that everyone has created a unique emotional-language to bind all things together in an understandable oneness of self. This is not the language of emotions, it is the language of judgments within emotions. After all, can you really tell whether someone's anger speaks of pleasure or pain? ...of courage or lack of confidence? ...of assurance or fear? Does anger talk about self-reliance or dependency? ...fulfillment or lack? ...enrichment or loss? If others' anger reveals their not getting what they want, do you really know, from the anger, what that is? And from your own anger or unhappiness, do you know what you truly desire ...and judge you have not gotten? Dealing with or relieving your anger or unhappiness, like stopping a conversation, will keep you uninformed about the judgments that are the content of your emotions.

As a child, did you cover your ears and throw a tantrum~maybe just a little tantrum~when you didn't want to hear what was being said? ...maybe that you couldn't go out and play? Well, medicating your emotions or creating **vampire moments** to conceal them with excitement is your way of covering your ears and throwing a tantrum today.

Have you learned enough about your "inner-self" to vaguely see and partially understand how you express your beliefs and ideas ...and your judgments? Your inner-self, completely immersed in and interpenetrated by emotions which convey your judgments, accurately empowers every aspect of your lifeseff as you direct ...and clearly reveals, in your emotions, the self and life you desire ...and what you are judging, creating, and living.

And if what you are creating and judging and speaking about in your emotions is, for you, desirable and fulfilling, you are an angel in your own life, ...but, if those things are undesirable ...and you are creating excitement and drama to overcome other feelings and judgments, you are the vampire creating **vampire moments** in your embodied lifeseff. It is not that you desire the excitement and drama ...so much as it is that you do not desire an ordinary self and life ...and you seem willing to do almost anything, even living with constant anger, distress, anxiety, irritation, dissatisfaction, and other drama-like emotions than ever being ordinary in your eyes, judgments, and emotions ...even if that sucks the very life out of your life. It seems that you have not learned that living the self and life you truly desire through self-evidencing is the most emotionally uplifting, enriching, and sustaining lifeseff you can live ...without the drain of judgments.

You alone are the vampire creating **vampire moments** in your body and life~and all illnesses are vampire moments sucking the life out of your life~are your moments of excitement and drama worth the loss of your most desirable, self-sustaining, ever-expanding life? As you can only kill a vampire by driving a stake through its heart, to live the immortal life you

truly desire, and without creating undesirable emotions and vampire moments, you might have to drive a stake through the heart of your judgments.