



7 VIEWS ON PARASITE SELF-DEFENSE

BY TRENT RHODES

A parasite is an entity that sustains itself from the resources of another without exchanging resources in return. In more layman's terms we tend to call this a leech. User. Vampire. Taker. Parasites take many forms from the obvious intestinal worms to people who consistently ask and never give. While we become more skilled at navigating consciousness traps it's also important for us to recognize when some thing or person is draining us, standing in our way of ascending.

The parasite's true power is its subterfuge; the idea is for you to not even sense your life force is being taken. You're not supposed to know it's there. Or your thinking has been commandeered. The moment you do become aware, you gain power to remove it. This series will cover these energies and how to establish solid self-defense. For deeper study, I reference the book, "This is a Your Brain on Parasites" by Kathleen McAuliffe.

#1 – The Guilt Trip

We can experience guilt when we know our actions created an outcome that wasn't in the best interest of something or some person.

Accidentally hurting someone or losing a friend's favorite item could produce this. In this case, our conscience is alerting us to acknowledge what happened and take responsibility for it.

This kind of guilt is a prompt to "own our shit." When we own it, the guilt-energy dissipates as we shift into the mode to create a resolution (how do we solve it?). But there's a malicious kind of guilt that can be pushed onto us, a psychological manipulation where the parasitic individual forces guilt as a pleasurable act, intending for us to suffer over the long-term.

This kind of guilt is imposed, woven into the psyche, an emotional crutch and method of establishing power. This guilt produces suffering by merely thinking that it should go away. To fortify so that these parasites cannot influence you with unwarranted guilt, distance yourself and know that you are not responsible for how someone responds, feels or their actions. Their dislike of your being is not yours to own, only your own responses to the situation.

#2 – Put Downs

This is one of the more dangerous parasites because it exists as more of an idea than an organism. A put down can be an obvious, direct expression telling you what you cannot do ("You know you're not XYZ enough to do that.") or rest in the form of a joking slight



(Really? Can't be serious about that. Stop playing!"). Both serve to plant doubt programs in your subconscious and suppress whatever seed thought was growing.

Put downs tend to come from people we know, hence the susceptibility to suggestion if not spiritually fortified. Those of us who feel unrelenting need for validation from others are especially vulnerable to put down parasites from friends, family, mental health providers, work peers and relationship partners. The way to fortify from these undesired entries into the mind is to establish self-esteem independent of others' identity for you.

Invest the time to go within and explore who you are without others' feedback. The core practice is meditation. As you develop your sense of Self from the inside out, outside attempts to crack what you've already come to know become futile.

#3 – Mental Impressions

An impression is an imposed intent, stronger than merely transmitting. When someone makes an impression on us, the presence remains in our mind for an extended time. They "pressed" it upon us with "pressure."

This doesn't have to be harmful. When the person is thought of, we immediately have an emotional association, the impression, and these can manifest uplifting energies, like those we have when thinking about relatives or a romantic partner.

It becomes harmful when our psyche is too impressionable; our minds constantly change based on someone's forceful opinion or idea. Easily swayed. One person's force can accomplish this but generally it's a mob-think style impression that does the job on the receptive.

The more you see it, the more it's pushed upon you and the more your mind is compelled to accept it. This is quite parasitic. Once altered, your mind is at the service of what alters you; you no longer direct it. It's at the root of cults and other dogmatic systems that have members' enslavement as the goal.

Your defense against harmful impressions is embodied knowledge. Study. Explore why you agree or disagree with something. Objectively learn about the thing you say you disagree with. Ensure that your current or new view actually serves your growth.

#5 - Platitudes

Platitude: "a remark or statement, especially one with a moral content, that has been used too often to be interesting or thoughtful." (Dictionary.com).

Affirmations come dangerously close to being parasitic platitudes as they offer up a dopamine hit upon receipt. Platitudes are also the chosen weapon for pseudo-teachers who really don't have tangible, practical steps towards leading another into a transformational space.

If I said, "You just have to think positive," that does nothing for the individual receiving it. It's beautiful language that sounds wonderful to the ear, melting to the heart, and in



actuality is possible, but the true steps toward attaining that state are neglected out of teacher-ignorance or willful knowledge manipulation.

Some knowledge, however, is too advanced to receive without the proper internal initiations, and we block ourselves from it by how we vibrate. Grand stage holders, those who hold massive platforms and executing their wealth accumulation by filling audiences with platitudes make for today's consciousness parasites. The seeker, seeking an easy path to flourishing, trying to step over the initiations fall as gullible prey to these beings. More than money, they extract time, effort, wishful thinking and create emotional dependency.

#6 - Multidimensional Perception

A parasite archetype can feed off of another thing while operating on multiple levels. Whatever exists here in the physical has an energetic, emotional, psychical parallel, so the parasitic worm that could be in our stomachs has the same qualities as a parasitic person who loves to steal our attention, who has the same qualities as a pharmaceutical company that banks profit off of sapping people's health, which has the same qualities as a media operation marketed to implant false knowledge into people's minds, which has the same qualities as an industrial-corporate complex that saps people's life force.

These parallels also exist for things that nourish us. When the eyes open to this, we manifest multidimensional perception. Pineal gland healthy and active. It proves to us how nature reveals signs at every level.

#7 - Justifying Hate

Hate, like the other feelings on the vibratory spectrum can trick a person into experiencing power. With hate comes the adrenaline rush and a laser focus on the target. The vibration creates inner energetic ripples strong enough to take action.

Hate has some motive force behind it, so much force that it feels like a need to release. A soda can shaken with bubbles and liquid about to pop the top. Comes in the form of, "I need to get back at them then I'll feel better."

Problem is this vibration is parasitic; consumes attention, diffuses reasoning and quickly lowers psychic immunity, making a person more susceptible to other parasites. Since all beings are emanations of The All, by hating another we actually hate ourselves.

When we develop ourselves to a point where hate isn't a reality within, we can take all the action necessary in self-defense matters or battle and protection with a purified power. Instead of vengeful intent, our warrior-ship is in accordance to universal law. The cultivated martial warrior can access power and immobilize an assailant without hate or anger. We can course-correct events with ambition and do so without the emotional baggage. We can recognize another's ignorance and not succumb to it.