

Energetic Slavery

Energetic slavery occurs when others suppress, abuse, bully, or provoke us into disagreements and tension. Over time, this creates a kind of negative containment where we are no longer free to be fully spirited, present, or joyful. Our ability to think clearly, express ourselves, and embody our true character becomes diminished, and we can find ourselves cycling through draining emotional patterns.

In these dynamics, the other person, often acting from a place of being unhealed, may seem to gain a sense of energy or empowerment from the harm they cause, feeding on reaction rather than connection. This creates an imbalance that erodes the foundation of the relationship.

Healthy relationships are reciprocal. They foster positive feedback loops grounded in mutual respect, emotional safety, and genuine care. Within them, both individuals should feel confident, supported, and free to be themselves, able to show up fully, with comfort and a sense of peace in their growth and healing.

Ultimately, relationships are meant to be spaces of restoration, care, emotional safety and healing. Where they consistently diminish us rather than nurture us, it may be time to choose freedom and step away from these dynamics, reclaiming a full sense of self.

Union of Saints