



Human Energy Systems

Charles Shahar

COVID-19: A Pandemic in the Mind Field

COVID-19 is an infectious disease that has quickly spread across many countries. The outbreak has resulted in many deaths, significant suffering, and personal hardships. It has disrupted the world's economies in staggering ways and changed patterns of social behavior and mobility. Finally, it has shattered the comfort and stability of modern life and forced humanity to come to terms with its mortality.

While the characteristics and impacts of this disease have been researched and documented extensively by scientists and the news media, dimensions of this phenomenon will likely get very little attention but will have overriding significance for

human experience. I am referring to the invisible or subtle dimensions beyond the understanding of human senses.

Seven dimensions of consciousness can be understood as planes or realms of existence: the physical, vital (pranic), astral, mental, casual, bliss, and cosmic. Only the physical dimension can be appreciated by the ordinary senses. The other levels require clairvoyant or spiritual sensibilities to be experienced. The question addressed in this article relates to the effects of the COVID-19 virus on these subtle or ethereal planes of existence. I will focus specifically on the mental field and also devote consideration to the pranic and astral realms.



The mind, or mental field, is where human thoughts congregate and interact with each other. It is responsible for directing thoughts and attracting specific emotions related to them. I will first describe the mind field in some detail before addressing the effects of COVID-19 on this plane of consciousness.

Introduction to the Mind Field

The moment we engage in a thought, it takes form in the mind

(Please scroll down for rest of article.)

field. A particularly intense thought creates an impression that can last a long time. Similar thoughts, especially obsessive ones, accumulate and feed on one another. People who are worried, anxious, or mentally unbalanced can affect those around them by injecting the mental atmosphere with thoughts charged with agitated emotional energy. Thoughts tinged with emotional energy have the most power and durability.

Some thought forms ride in cocoons of emotional discharges, and others are free-floating and represent passive intellectual activity. An emotional tinge gives a thought form its color. Certain thought forms stick around almost an entire lifetime: They float about us and are demonstrated as attitudes and long-standing beliefs that influence us from day to day. Other thought forms dissolve as quickly as they came — these are usually the ones we don't hang on to and least emotionally identify with.

Different qualities of thoughts have sublevels within the mental plane. A thought about a physical object, such as a particular house or a car, is the most basic thought form. It exists in the lower levels of the mental plane in a pictorial format that corresponds to the object. Depending on our memories of them, when we think about physical forms we have not experienced in a while, their impressions in the mind field are usually vaguer and appear less distinct to clairvoyant vision.

Attitudes exist as complexes or masses of thought forms with strong emotional components. Their emotional underpinnings bind them together. This clustering of thoughts comprises “clouds” of concepts, and together these clouds form the mental landscape of the mind. These clouds have relative degrees of denseness: The denser they are, the more rigid the mind, and the more impervious it is to alternative viewpoints. People with a lot of

long-standing concepts or attitudes are literally surrounded by obstructive mental masses, particularly around and above their heads and upper torsos.

Thought forms generally have defined shapes, colors, textures, and durations. Their qualities are determined by their content, strength of focus, and emotional context. Some thought forms are nebulous, and others are more sharply delineated; some have ragged edges, and others are smooth.

The more harmonious a thought, the more symmetrical and regular the shape of its form. The more lucid or vivid a thought, the clearer and more distinctive its features. The loftier a thought, the brighter and more lustrous its qualities. Finally, the more sophisticated a thought, the more delicate and fine its details.

It is sometimes difficult to separate a thought from an emotion, because unless a thought is devoid of emotional content, both astral and mental matter are involved in its expression.

Pervasive Mental Currents

When we think, our mental bodies not only generate specific thought forms, they also send out vibrations in the mental ether. These types of mental waves, or undulations, influence the mental bodies of others, particularly those in our vicinity. They affect others in a general way: Not specifically, in terms of their content, but rather as general atmospheres of thought. For example, a worried thought will engender a state of worry for those who pick up on it in the mental ether (although the object of worry might differ), and an introspective thought will stimulate similar mental reactions in others.

Generalized thought vibrations of a similar frequency accumulate and enhance one another, particularly if many of us think in similar ways. They set the mental attitudes

of communities, cities, and nations. One mental current is a dynamic force, or “current of thought,” with a definite momentum that comes and goes with relative rapidity. The other can settle in the ether as a type of mental atmosphere, which is more resistant to change.

An example of the former is when a tide of liberalism sweeps over a country, reflecting political trends. In the second case, the attitudes of suburbanites are often remarkably uniform and can lead to conformity in behavior. The thought vibrations that permeate the mental atmosphere establish such norms, and any of us who deviate from them will feel the pressure of our neighbors' vibes if we fail to mow the lawn regularly. We also feel the pressure of resisting prevailing mental atmospheres and currents. The result is the herd mentality we see in various cultures.

Mental waves are constantly reinforced by the media, and it is difficult not to get caught up in such currents: They influence the clothes we wear, what we buy for necessity or pleasure, and our attitudes regarding just about every aspect of our daily experiences. Resisting these prevailing currents of thought can label us outsiders or eccentrics, fringe members of society, antisocial, or misfits.

What COVID-19 Does to the Mind Field

It is inaccurate to say that COVID-19 itself is doing anything to the mind field surrounding the world. It is mostly the agitation, fear, and worry of humanity that inflames or overcharges the mental and astral fields and creates currents of negative energy that reverberate on a global scale.

All of us are connected through the astral and mental fields. A thought ripples through the mind field, impacting the astral and mental bodies of others. When hundreds of thousands of us have the same

agitated thoughts, permeated by anxiety or fear, these ripples gather in amplitude and swamp mass consciousness.

The first emotional ripples began in Wuhan, China, and the faster the virus spread, the stronger their amplitude became. As the media more actively promoted the story, the ripples gathered momentum, surging across the globe. The effects of these emotional tsunamis are the following:

The astral field of the planet has become inflamed, or overactivated. It emits a harsh or intense quality. When fear permeates an atmosphere, it leaves an unpleasant edge in the astral space. This has an impact on the astral body, making us feel nervous and restless and ultimately promoting a type of mass hysteria. Those of us who are sensitive or high strung will find it most difficult to remain balanced or calm in the face of these emotional undercurrents.

Thought forms in the mental atmosphere have also become charged with fear vibrations. Since this fear represents the fear of death — the strongest of all fear emotions — the thought forms themselves literally become shaped and energized by their emotional content. In the mental atmosphere, their shapes seem rough or irregular, sharp, or pointy-edged. They are typically negative and obsessive in their content.

Fear or panic vibrations literally weigh down the thoughts that cannot rise to higher levels of the mind field. Irrational thoughts (those based on emotional identifications) dominate the mental landscape. These have a much-less-refined vibration than rational or abstract thoughts. They also seem more frenetic and agitated.

Prevailing thought forms swirl in the mental medium. They cluster in masses of similar thought patterns and coalesce as clouds of collective attitudes. Their content

includes information regarding the virus that is highly changeable and imprinted by fear. These clouds are often pale olive-green or khaki colored, fringed with crimson or scarlet, and always mixed with dominant shades of gray.

Other Mind-Field Effects

Fear binds these complexes of thought forms that have coalesced as attitudes. These masses are highly resistant to change and tend to bind with each other to form progressively larger units. They seem to have taken over the mental atmosphere, particularly in larger cities. Clairvoyant vision reveals them as dramatic thunderclouds of khaki and gray. They are truly ominous sights.

The mental landscape also contains clouds of conspiracy theories. Such mental constructions have often held places in the collective psyche of humankind, particularly in times of war and disaster, and this pandemic is no exception. These cloud forms are often complex-looking and intricate, but they appear bizarrely dense, bound by fear or animus. Gray is their dominant color, but there are also shades of brown, crimson, and a murky green.

Some of us are susceptible to these types of mental constructions and have mind channels open to these frequencies. Such minds resonate more with certain levels of the astral and mental spheres often associated with superstitious thinking and paranoid ideation. The fact that the cloud forms are so dark suggests that very little higher awareness animates them.

The social isolation practices implemented by governments have also had an impact on the subtle field. Because fewer of us are out of our homes, there is a general somberness in the air. We human beings are the major animators of our environments, specifically of the astral and mental fields. When we withdraw, these planes become generally less

active or dynamic. That is why shuttered cities have a forlorn feel about them. When seen with clairvoyant eyes, the astral realm interpenetrating such locations has a kind of dullness or bleakness about it.

It is also interesting to consider the effects on our mental and astral bodies. In this atmosphere of fear-charged thinking, the subtle bodies (both astral and mental) seem smaller, darker, and duller. The aura always contracts when a fear response is evident. I have noticed that people reflexively retract their energy fields when someone coughs in their vicinity. The aura literally tenses up in such situations.

We tend to avoid auric mixing, a situation where our energy fields blend due to our proximity, often resulting in a meshing of emotions and thoughts. We often pick up or absorb emotion forms into our auras without realizing it, particularly from people who are physically close to us; but the virus has caused us to avoid contact on such levels, simply because physical proximity now has negative implications.

There are also now fewer etheric streamers that flow between us — usually from our third (solar plexus) and fourth (heart) chakras. Again, this is because of fewer opportunities for socialization. Those of us who are extroverts miss the contact of such streamers, which can make us feel somewhat disoriented and forlorn. Introverts among us generally have fewer such streamers projected from these chakras.

The virus itself has counterparts in the panic, or vital, field that look like dark swarms of mite-like specks. In fact, the virus first infiltrates the vital sheath before manifesting on the physical level. Those of us with strong immune systems have the most robust vital sheaths, of a brilliant blue color. Those of us with compromised immune systems have paler vital bodies mixed with gray.

On a larger scale, a vital sheath

surrounds this planet and is responsible for sustaining life in all its varieties. This envelope of prana is regenerating, as factories shut down and spew fewer pollutants into the air and as car and airplane emissions diminish. In that sense, the virus has had a positive impact. Earth is benefitting immensely from curtailed human activity, to the point where some of the more detrimental effects on the pranic plane are beginning to be reversed.

Beyond the Mind Field

What can we conclude from this description? It is obvious that a pandemic has many levels, and taking into consideration only the physical dimension provides a very limited picture of what is transpiring. There is actually a global pandemic of

negative thought currents, charged by fear, dominating the subtle ether. These infiltrate our emotional and mental bodies, getting under our auric skins. The result is panicked thoughts and obsessive worrying dominating our individual outlooks.

What can we do about these prevailing currents of negative thoughts and attitudes? How can we escape their pervasive nature? One solution is to connect to higher levels of the mental plane or to dimensions that are more spiritual. It all depends on where our attention is focused and what channels are open to us.

Two approaches might work here. The first is to distract the mind into different channels of thought. Instead of watching the news regularly, we can tune in to more joyful situations, such as playing with our

children or watching light-hearted films. When we watch the news, we tap into the prevailing mental currents of negativity, which promotes a fear space.

An even more effective way of dealing with these fear-ridden thought currents is to engage in spiritual pursuits, such as meditation or yoga. In both these practices, we generate much more sublime thought forms that supersede the grosser thoughts associated with worry or panic. These practices are excellent for centering thoughts and cultivating detachment from the drama of worldly phenomena.

***Charles Shahar** has lived in India where he studied Vedanta philosophy. He has taught meditation and yoga to diverse populations for more than seventeen years. To learn more, visit his website, LightFigures.com.*