



COVID-19: A Pandemic in the Mind Field

by Charles Shahar

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

While the characteristics and impacts of this disease have been researched and documented extensively by scientists and the news media, there are dimensions of this phenomenon that will likely get very little attention, but which have an overriding significance as far as human experiences are concerned. I am referring to the invisible or subtle dimensions that are beyond the ken of our human senses.

There are seven dimensions of consciousness that can also be understood as planes or realms of existence in their own right. These seven dimensions are the physical, vital (pranic), astral, mental, casual, bliss, and cosmic planes. Only the physical dimension can be appreciated by our 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, but will also devote consideration to the pranic and astral realms. The mind or mental field is where human thoughts congregate and interact with one other. It is responsible for directing our thoughts and attracting specific emotions related to them.

First, I would like to 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 you engage in a thought, it takes form in the mind field. A particularly intense thought creates an impression that can last a long time. Similar thoughts, especially obsessive ones, will accumulate and feed on one another. A person who is worried, anxious, or mentally unbalanced will 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 a cocoon of emotional discharges; others are free-floating, and represent passive intellectual activity. Their emotional tinge gives thoughts their color. Certain thought forms stick around almost an entire lifetime: they float about the person and are demonstrated as attitudes and long-standing beliefs that influence the person from day to day. Other thought forms dissolve as quickly as they come — these are usually the ones the person does not hang on to, with which they are least emotionally identified.

Different qualities of thoughts have their own sub-levels within the mental plane. A thought about a physical object, such as a particular house or car, is the most basic of thought forms and exists in the lower levels of the mental plane, in a pictorial format that corresponds to the object. Depending on our memory of them, when we think about physical forms that we have not experienced in a while, their impressions in the mind field are usually more vague, and appear more indistinct to clairvoyant vision as well.

Attitudes exist as a complex or mass of thought forms that have a strongly emotional component. Their emotional underpinning binds them together. This clustering of thoughts comprise "clouds" of concepts, and together these clouds form the mental landscape of a 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 longstanding concepts or attitudes are literally surrounded by an obstructive mental mass, particularly around and above their head and upper torso.

Thought forms generally have defined shapes, colors, textures, and durations. Their qualities are determined by their content, their strength of focus, and their emotional context. Some thought forms are nebulous, whereas others are more sharply delineated; some have ragged edges, whereas 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 or more lustrous its qualities. Finally, the more sophisticated a thought, the more delicate or fine its details.

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

Pervasive Mental Currents

When a person thinks, his or her mental body not only generates a specific thought form, it also sends out a vibration in the mental ether. These types of mental waves or undulations influence the mental bodies of others, particularly those in their vicinity. They affect others in a general way, not specifically in terms of their content, but rather more as a general atmosphere of thought.

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; an introspective thought will stimulate similar mental reactions in others; and so on.

Generalized thought vibrations of a similar frequency accumulate and enhance one another, particularly if there are many people thinking in similar ways. They

continued on page 16



Continued from Page 15

set the mental attitudes of communities, cities, and nations. There are two types: they may become a dynamic force or “current of thought,” with a definite momentum but coming and going with relative rapidity; or they can settle in the ether as a type of mental atmosphere, which is more resistant to change.

An example of the former case is when a tide of liberalism has swept over a country, reflecting political trends. In the second case, the attitudes of suburbanites are often remarkably uniform and lead to conformity in behavior. The thought vibrations that permeate the mental atmosphere establish such norms — and anyone who deviates from these norms will feel the pressure not only of their neighbors, who may “vibe” them if they fail to mow the lawn regularly, but also the pressure of resisting the prevailing mental atmospheres and currents. The result is the herd mentality that 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 shape the clothes we choose to wear, what we buy for necessity or pleasure, and our attitudes regarding just about every aspect of our daily experience. People who resist these prevailing currents of thought are often considered outsiders or eccentrics, fringe members of society, antisocial, or misfits.

What COVID-19 is Doing to the Mind Field

Firstly, it is inaccurate to say that COVID-19 is doing anything to the mind field surrounding our world. It is mostly the agitation, fear and worry of humanity which is inflaming or overcharging the mental and astral fields and is creating currents of negative energy that are reverberating on a global scale.

We are all connected through the astral and mental fields. A thought will ripple through the mind field impacting the astral and mental bodies of others. When hundreds of thousands of people have the same agitated thoughts, permeated by anxiety or fear, these ripples gather in amplitude and swamp the consciousness of humanity.

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:

First, the astral field of the planet has become inflamed or over-activated, meaning that one could detect a harsh or intense quality about it. When fear permeates an atmosphere, it leaves an unpleasant edge in the astral space. This impacts on the astral body, making people feel nervous and restless, and ultimately promoting a type of mass hysteria. Those who are sensitive or high strung will find it most difficult to remain balanced or calm in the face of these emotional undercurrents.

The thought forms in the mental atmosphere have likewise 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.

The fear or panic vibrations literally weigh down the thoughts that do not have an opportunity to 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.

The prevailing thought forms swirl in the mental medium and cluster in masses of similar thought patterns. They 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, but always mixed with dominant shades of grey.

In other words, it is fear that is binding these complexes of thought forms that have coalesced as attitudes. These masses are highly resistant to change, and if anything, tend to bind with each other to form progressively larger units. They seem to have taken over the mental atmosphere, particularly around the larger cities. Clairvoyant vision reveals them almost like dramatic thunderclouds of a khaki and grey mix. It is a truly ominous sight.

There are also clouds of conspiracy theories evident in the mental landscape. Such mental constructions have often held a place 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 appear bizarrely dense, bound together by fear or animus. Grey is their dominant color, although there are also shades of brown, crimson or a murky green.

Who tunes into these cloud forms? There are people who are susceptible to these types of mental constructions. They have a mind channel that is 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 there is very little of a higher awareness that is animating them.

The social isolation practices implemented by governments also have an impact on the subtle field. Because there are fewer people out in the streets, there is a general somberness in the air. Human beings are the major animators of their environment, specifically of the astral and mental fields. When they withdraw their presence, these planes become generally less active or dynamic. That is why shuttered cities will have a forlorn feel about them. When seen with clairvoyant eyes, the astral realm interpenetrating such locations will have a kind of dullness or bleakness about it.

It is also interesting to consider the effects on the mental and astral bodies of individuals. In this atmosphere of fear-charged thinking, the subtle bodies (both astral and mental) will seem more contracted, darker and duller.



The aura will always contract when a fear response is evident. What I have noticed is that when someone coughs in their vicinity, people will reflexively retract their energy field. Their aura literally tenses up in such situations.

People will avoid auric mixing, a situation where their energy fields blend due to their proximity, often resulting in a meshing of emotions and thoughts. We often pick up or absorb emotion-forms into our own aura 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 people — usually from their third (solar plexus) and fourth (heart) chakras — again, because of fewer opportunities for socialization. If you are an extrovert, you will miss the contact of such streamers. This situation might even make you feel somewhat disoriented and forlorn. Introverts generally have fewer such streamers projected from these chakras.

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

On a larger scale, a vital sheath responsible for sustaining life in all its varieties surrounds this planet. This envelope of prana is regenerating, as factories shut down and spew fewer pollutants into the air; and car and airplane emissions diminish as well. In that sense, the virus has had a positive impact. The 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.

Going Beyond the Mind Field

What can we conclude from the descriptions above? It is obvious that there are many levels of a pandemic, 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 the emotional and mental bodies of people, getting under their auric skin. The result is that panicked thoughts and obsessive worrying now dominate the individual outlooks of people.

What can you do about these prevailing currents of negative thoughts and attitudes? How can you escape their pervasive nature? One solution is to connect to higher levels of the mental plane, or even to dimensions that are more spiritual. It all depends on where the attention of the individual is focused, and what channels are open in them. Two approaches might work here.

The first is to distract the mind into different channels of thought. Instead of watching the news regularly, perhaps tuning into more joyful situations (playing with one's children or watching comedic films), might be a good source of distraction. When you watch the news, you tap into the prevailing mental currents of negativity, which promote a fear space.

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

Charles Shahar lives in Montreal, Canada where he has been teaching yoga and meditation for the last 17 years, basing his techniques on the study of Vedanta philosophy.

For more on his work, visit www.lightfigures.com



Continued on Page 18