



Human Energy Systems

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Energetic Defense Mechanisms

There are numerous ways we protect ourselves on an energetic level from what is happening around us. We learned these strategies as children when coping with situations that made us feel insecure. We used them to get what we needed or to gain a semblance of control over a situation. The problem is that they are often no longer useful coping mechanisms for adults.

These strategies often involve a closing off of our life energy, a denial of reality, and an overreaction to situations that may have threatened us as children. These defensive strategies close us off, because they prevent us from either experiencing intimacy or from expressing ourselves in ways that reflect what we really think and want.

As adults, we have a much larger behavioral repertoire and much more dimensionality to our thinking than when we were children, yet when deeper fears take hold, we respond irrationally in ways that constrict and bind us. Of course, not all defensive strategies are counterproductive. Some help us cope with aggressive or disturbing vibrations. It is only when they become our usual way of relating to people, or habits of the mind, that they are problematic.

The Energy-Sealing Defense

There is usually an exchange of energy between people in their day-to-day encounters — an active give-and-take. This often takes the form of energetic streamers that

flow between two people. In the case of the sealing defense, people not only shut off the streamers that reach out and touch other people but also prevent the feelers of others from connecting with them energetically. They do this by literally creating an energetic wall around themselves. They seal the space around them. In normal interactions, people's energies intertwine and mingle. People who try to connect energetically with the sealed aura will be stymied. It is a downer when our energetic advances are not accepted. Instead of getting a

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charge, we are left feeling cold and empty.

Some people form long-standing energy protections related to the sealed aura. They seem distant and aloof in just about every social situation. This is purely a defensive reaction designed to avoid intimacy — to avoid letting people in. Often people who usually seem cold or distant have been hurt, and there are likely to be long-standing wounds embedded in their auric fabric. Tears in the solar plexus chakra and a closed heart chakra are often characteristic of these people.

The feeling of having your streamers bounce off the auric field of a person is unpleasant. When streamers connect between two people, they charge each other's fields. If you keep projecting and there is no reciprocation, it is frustrating and tiring. If you make many such efforts, it can be discouraging to the point your heart chakra will close as well. The result is that you will respond coldly to the cold person.

When two people ignore each other, they set up strong auric walls between them. In the subtle field, though, there may be a war going on. They may be hurling hostile energy projectiles at each other. These projectiles look like little energy bolts or darts. Their fields may be bristling with quill-like protrusions, prickly to the touch. What seems on the surface to be a cold war is actually very hot on the subtle level.

Some people use the cold defense as a manipulation to soften up others and get them to do what they want. When the other person surrenders, it is often out of desperation and badly wanting a charge of attention or affection. Such people are needy on an energetic level, and they pay for submitting to such blackmail. They give up their dignity in the bargain, and they become passive and dominated. This happens in couples when one person withdraws

affection to assert control over a partner.

The Passive-Aggressive Defense

This defense seems very benign at first glance, but it is noisy and distracting on an energetic level. It is characteristic of people who brood, sulk, or imply self-pity but do not directly seek the attention or confrontation that they badly want or need. Such an energy stance is insidious because it employs indirect manipulations that people — often with good intentions — will fall for.

People employing a passive-aggressive stance may feel left out at a party and sulk or brood quietly in a corner of the room. Energetically, however, they are not quiet at all. There are little arrows and spikes shooting out of their fields. People around them will naturally feel uncomfortable. They may try to include the person, who will resist such attempts until everyone is falling over themselves to please him or her. The reason that other people in the room will make such efforts is that the brooding style is irritating to their subtle fields.

The problem is that the passive-aggressive person will often only stop this energetic manipulation when he or she can switch to a needy sucking, which feeds off the auras of others. This sucking will happen only if others allow themselves to be thus manipulated. In most such situations, the passive-aggressive person will find just one or two victims who will fall for this strategy. They may be people who are needy themselves and who thus open themselves up to such victimization.

It is interesting to watch the passive-aggressive response, say, in the party situation I described, if the rest of the people continue to ignore the sulking individual. The latter will keep getting noisier and

noisier energetically until finally ready to pop. The person may then use any excuse to explode into another type of energetic manipulation — the rage reaction or perhaps crying. This will get the person the attention that he or she craves.

Passive-aggressive people will employ their energetic strategy in most social situations, including in their families and work lives. A spouse, for instance, will feel hurt by something her husband said but will not directly confront him. She might “vibe” him for hours. She might be silent on the outside, but there will probably be a bit of an edge to her that her husband can sense. On an energetic level, she will be assailing him with little darts until he either gets angry or submits to her with apologies and a wish to make it up to her — anything to stop the vibes. Of course, once the passive-aggressive person sees that the strategy works well, he or she will not hesitate to employ it again.

The passive-aggressive defense is a way to avoid asking for what one needs in a direct and forthright way. It is usually used because in infancy the child was not given what was needed and had to find alternate and indirect ways of manipulating parents to get satisfaction. He or she may have also seen this style used by one parent (usually a martyr type) and learned that this is a valid way of having needs met.

Energy Disconnection

To deal with the world, some people try to disconnect from it. Such people are often slightly spaced out. They may not hear what you are saying when you talk to them. They may be accident-prone and have memory lapses or difficulty focusing on tasks. A person may seem disconnected in certain situations (in noisy places, confrontations, and so on) but may seem perfectly fine in others.

A major reason for such disconnection might be shock or trauma, either of an emotional or a physical nature. For instance, a severe emotional shock in childhood can lead to a dissociative type of personality, to the point there seems to be something slightly off with the person. In fact, what is off is the subtle body. The energy body will stay in slight discoincidence from the physical body. The larger the separation between the two bodies, the greater the dissociation.

There are various degrees of emotional shock. For instance, immigrants who are uprooted and leave their home countries still maintain etheric connections to their birthplaces and are constantly pulled in that direction. It is interesting to observe their subtle bodies, which seem out of kilter with their physical bodies when they arrive in their new countries. The result is that they seem slightly confused or disoriented. It may take a long time for this disconnection to be righted, as the etheric lines to their home countries gradually become weaker. In some cases, the two bodies do not realign in their lifetime. They seem permanently out of their element.

Emotional trauma in childhood often throws the subtle body into discoincidence from the physical. This is a defensive reaction. The person is trying to disassociate from the intense, unpleasant, and hurtful situation experienced as a child. In some cases, the subtle body stays separated until therapy or some other type of intervention allows the person to feel secure enough to reanchor into the physical body.

Schizophrenics, and psychotics generally, have subtle bodies that are in discoincidence from their physical bodies. Interestingly, this often translates into a type of far-away look. It seems that they are not really all there. In their cases, the mental and emotional bodies are significantly disconnected from

the physical. There are ways to temporarily ground psychotics to the physical body, including eating, doing exercises, and taking walks in the countryside.

Another form of disconnection from the physical body happens after severe trauma such as a car accident. Looking at the subtle bodies of accident victims, it is obvious that they become disengaged and literally knocked out of their physical bodies. If they are not treated quickly, they could disconnect permanently and leave their bodies altogether. It is also interesting that survivors of airplane crashes are sometimes seen walking around aimlessly near the crash site. They too have disconnected from their physical bodies and wander around in shock.

There are many people who have a mild form of disconnection, sometimes temporarily. They might experience a feeling of unreality when a close relative dies, as if they are living in a dream. Or they might feel spaced-out when under pressure or stress. They might say they don't quite feel present or are feeling kind of scattered. In all such cases, the physical and subtle bodies remain in slight discoincidence.

Energy Dumping

Energy dumping is a very common way that some people use to relieve themselves of anger, stress, or frustration. It would therefore more appropriately be called negative energy dumping. The mechanism behind this process is quite simple: A person feels angry and frustrated, whether in relation to you or not, and dumps the negative energy they are carrying directly on you.

The result is that they feel fine afterward, quite relieved in fact. They have just unloaded their anger. The problem is that the recipient will now feel frustrated or angry. Recipients may have knots in their stomachs and feel upset or victimized. They have literally assumed

the emotional disposition of the transmitter. What exactly happens in such situations? We can see a stream of negative energy, usually crimson or scarlet-colored and sometimes mixed with brown, that moves from the auric field of the transmitter and settles or embeds under the auric skin of the recipient. It can become enmeshed in the recipient's aura rather quickly, as the emitted vibration is often strong and clearly focused.

Often negative energy enters through the solar plexus — the power chakra and seat of strong emotions such as anger and fear. The solar plexus contracts as it absorbs negative vibrations, often becoming deformed and disfigured. The person it is transferred to may carry this negative energy for hours or may just dump it back on the other person. In the case of couples, one member usually initiates dumping more than the other. The transmitter usually does so unconsciously. It can become habitual because the dumper (transmitter) feels good afterward. He or she can get hooked on the relief such behavior provides despite the damage it causes the other person.

There are a couple of ways to protect yourself against dumping. One way is to react with equal vehemence and anger when the person tries to initiate dumping. This will not allow the transmission to take place, and the negative energy will stay stuck in the aura of the original dumper, who will continue to feel angry and frustrated — in fact doubly so, because negative energy bounces back even more intensely. The result is that the potential victim feels fine and is free of the transfer, but the dumper continues to feel miserable. The negative energy transmission is met with equal or greater force and stopped in its tracks. The frustrated dumper might then need to release energy quickly — for example, by crying.

Crying has the effect of bringing etheric mucous to the surface and cleansing the subtle body of negative energy. It is basically a cathartic process.

Another way of dealing with such dumping is to simply turn away and leave before much of the energy transmission takes place. You need to do it before the negative vibrations have time to settle in your aura, which means a quick reaction is required. This is often difficult, because for most people, there is a period of shock as the subtle body gets hit with unpleasant energies. If you can leave quickly enough, the effect on the dumper is that his or her energy will be left dangling. This approach is more positive in the sense that, unlike the reaction of confrontation, the person will have partially dumped the negative energy and

won't be confronted with a bounce-back effect.

One of the interesting things that I have noticed about energy dumping is the dance between the people involved. After receiving the negative energy, the victim (receiver) will become miserable and then take distance from the dumper. The dumper, now feeling better, will try to draw out and cheer up the victim. The victim may then respond angrily, trying to find relief in becoming the dumper, thus reversing the roles. In this way, negative energy is exchanged continuously — or at least until one of the parties finds a way to deal with it more constructively.

Due to their passive nature, some people take on the dumped energy from their spouses, parents, or friends for years without

confronting the people doing the dumping or maybe only occasionally blowing up. These people are martyrs. Most of the negative energy will stay embedded in their auric fields. The pent-up anger and frustration in these people often results in physical symptoms, such as high blood pressure or digestive difficulties.

Psychologists call a form of energy dumping “scapegoating.” However, the type of scapegoating I am referring to here is much more insidious, and it takes place in the day-to-day interactions of people who are unaware of the ebb and flow of energetic encounters between them.

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