



Human Energy Systems

Charles Shahar



The Power of Words

We know that we are expressive beings and that our communication takes place on many different levels. But most people don't have a clue about the subtle interplay of energy that happens between them every time they meet. They are even less aware of how others influence their emotions, thoughts, and even dreams. Whether they are in the same room or hundreds of miles apart is not relevant in the subtle dimension.

We are all intimately connected. There are cords of energy running between us. People who resonate at similar wavelengths will attract each other, and they will communicate on the same frequency. When people have extended exposure to one another, their subtle fields resonate more closely and their communication becomes more subtle. Partners, friends, and relations won't have to say much. They will know what the others are feeling or thinking by picking up on their subtle energy projections.

In this article, I want to look at the subtle energy communications that are specifically expressed through words, both spoken and written. Words express themselves in terms of meaning, and they are also vehicles for specific vibrations. These subtle vibrations are carried in the sounds and thoughts they engender.

There is a huge difference between the vibrations of swear words and spiritual mantras. These vibrations have an impact on certain chakras, and they also have specific effects on the auric field. People who have a coarser energy will resonate with the frequency of

swear words, whereas the sound of a mantra might actually agitate them. People living in a higher vibration might feel assaulted by the energy of profanities, but they will feel edified and uplifted when they hear the mantra.

The Vibrations of Spoken Words

It is instructive to listen to the speeches of great orators and watch how they sway large audiences with their words. First, their voices come from deep within the solar plexus, the power chakra. When they speak, they do so from the core of their power. Their words have strong energy and touch people in their core as well. People who do not speak from their core have little impact on their audience, and their speech comes off as weak, lacking passion, and perhaps too abstract or intellectual.

In the speech of great orators, the voice itself vibrates with power. Notice the intensity of tone and the cadence or rhythm of their speaking: raising their voices in a crescendo, pausing when a peak is reached, but then raising their voices again, each time a little higher. This type of rhythmic speaking has the effect of raising the kundalini of their audience. As they do so, they inflame the collective field of the group and send their listeners into a trancelike state.

What exactly is happening? As the kundalini rises, a type of transcendence takes place. The audience is left "mindless." Listeners enter a kind of reverie. This type of situation can be dangerous, as the

speaker can use this power to incite hatred and violence. There are people who possess what the Hindus call *siddhis*, or special powers. One of these powers is the gift of oration: the ability to inspire, arouse, and inflame. These people can, by the force of their personalities and the connection to their core power, move people's hearts, whip them into a frenzy, or lull them into a kind of slavish devotion.

Not many people have such powers. In their day-to-day interactions, words are exchanged along with the energy they carry. When we speak, we project energy as well. The sound carries with it a certain resonance, but it is also the vehicle for the energy we project. When we make a sarcastic remark, we shoot darts of energy along with the words and penetrate the auric field of the person we are trying to hurt. When we tease, we likewise shoot barbs of energy. When we swear loudly at someone, the words carry venomous energy that looks like red bolts or projectiles.

How Resonance Is Received

When we talk, the sound of our voices resonates with a frequency that activates or disrupts a certain chakra in others. A soft, breathless voice activates the second (sexual) chakra in men, making it glow and expand. A person with a gravelly, rough, or caustic voice will have a resonance that disrupts the solar

plexus chakra, making it disfigured and contracted. This type of voice will send shivers throughout the aura of the person who hears it, something like the effect of scratching chalk on a blackboard.

A person with a warm and soothing voice will open the heart chakra, making it appear large and luminous. That is why people with pleasing voices are successful in jobs that relate to people: hostesses, receptionists, or telephone interviewers. People don't mind answering questions on the phone or donating to a charity if asked with the right kind of voice. People with pleasant voices have the effect of grounding and soothing our auras. Our energy fields brighten, expand, and become smoother and more cohesive.

The ancient Hindus knew that words convey power. They created a language that resonates at a very high vibration. It's called Sanskrit. Certain sounds and words in this language trigger a meditative response that carries the mind to a transcendent state. Some of these words are names used to denote specific deities, and each resonates most strongly with a particular chakra and level of consciousness. Words in Sanskrit describe the subtle aspects of consciousness in ways that modern languages are unable to do.

It is interesting that even if people do not know their meaning, listening to Hindu scripture written in Sanskrit will send their minds into a meditative state. Chanting the words is also powerful. The vibration of the mind rises, as consciousness gets transported to very lofty heights. To some extent, the Hindi language (a modern derivative of Sanskrit) carries a subtle vibration as well although in a more diluted form.

Most modern languages resonate with specific chakras. Languages that are more guttural have a different resonance than those that are not. For instance, German and Arabic often originate in the solar

plexus chakra, whereas Latin-based languages originate mostly in the fourth, or heart, chakra. Welsh and Finnish originate in the fifth chakra.

It should be noted, however, that it depends who is speaking the language, the tone they use, and the consciousness they speak from. Thus, singing in Arabic is different from speaking it. The sensuous, wailing sounds resonate strongly with the second chakra. I have heard a spiritual discourse in German that seemed gentle and uplifting. People with coarser vibrations will speak a language in a way that will rub the energy field of a more refined person the wrong way.

The Release of Profanity

There are certain words in every language that carry a gross energy and a coarse vibration. I am referring to swear words. These words usually have a powerful and negative emotional charge, and people often say them to release energy when angry or frustrated. I know someone who only swears when inside her car and confronted with the poor driving habits of other drivers. When she swears at them (they can't really hear her), a puff of red energy exits through her mouth, and quills shoot out from her auric field.

At the opposite extreme, there are words that have power of another kind. Some words in the Western tradition, such as "amen," are considered sacred. The sound vibration of "amen" has a very high resonance. When said with focus and conviction, it is similar to the mantras of the East. When said in a long and drawn out manner, this word will take prayers to another level.

More specifically, there is a way of saying "amen" that makes it special. If you draw out the first part, the "aaamm," the kundalini gets stirred. Then as you roll into "ennnn," the kundalini rises. Pause for a couple seconds when you finish; then repeat this sound.

After you have done this exercise a few times, the frequency of your field will begin to change, and your mind will begin to transcend. If you sit in silent meditation after the repetitions, you will give the kundalini a chance to rise still farther and blow through the top of your head. Words and their sounds are definitely powerful!

The Vibrations of Written Words

Written words also have power. It is not just contained in their meaning but also in the way sentences are structured, their rhythm, and the subtle vibrations of the sounds resonating in people's heads when they read them. Writers imbue words with their own energy, as any creation is imbued with the energy of its creator. This energy has the power to touch us and to raise our vibration to a higher level.

My spiritual teacher, an enlightened master living in India, wrote a translation of the *Bhagavad-Gita* several years ago. This book is very powerful. It is the main scripture in the Hindu religion. When I first started reading his version, I rarely got past his introductory comments. Reading the introduction sent me into a transcendent state. I also noticed that I could open the book to any page and be deeply touched by any sentence or phrase.

When my father died, I read this book for spiritual succour. I opened it randomly, and any paragraph I read soothed my spirit. What was particularly striking was the fact that wherever I opened the book, the passage I looked at had particular relevance to my situation. The book itself blew me to another level of consciousness. The words led me to understand that the self is immortal; at the level of consciousness, we were never born and we never die.

In my book collection, I also have a copy of the *Gita* translated by an academic and published by

a university press. This version always struck me as somewhat dry. It reflects a mundane, flat-level interpretation. I do not mean to be insulting here, but this interpretation never inspired me, and it never felt particularly meditative. The reason is that the person who wrote this translation approached it from an intellectual perspective. The words were filtered through his mind, which sought to understand knowledge that transcended any concept or idea he might have about it.

What was the difference between the two books? My teacher wrote the words from a state of enlightenment and knowledge of the deeper meaning from which they stemmed. One might even say that, as he translated the book, he was tuning in to the consciousness of the original author. The words were alive in his book; they vibrated at a very high level and touched the soul of the reader at a very profound level.

When I say that my teacher infused the words with his energy, this can be taken at a very literal level. I remember delivering a letter he had written to someone. As I carried the letter in my hand, it throbbed with energy. I could feel the energy course up my arm. The letter itself was suffused with my guru's power. I had the impression that it glowed.

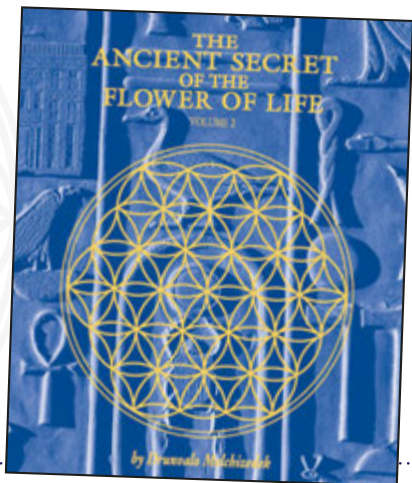
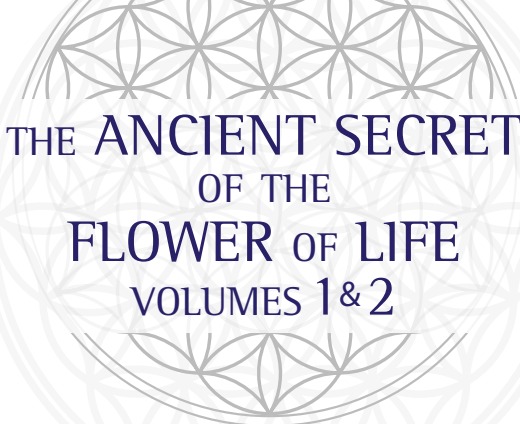
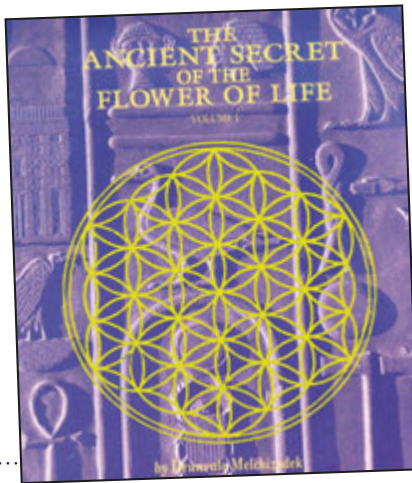
There have been other times when I have felt the power of a book in an entirely different way. I once held a book on the subject of the witch hunts that took place during the sixteenth century. I never intended to read it, but I could feel the intensity of the book in my hand. There have been times when I picked up books related to demonology and similar subjects at a bookstore and felt a sharp pain run up my arm. I quickly put the book down. I should have known better, given my sensitivities.

Books can open dimensions of consciousness in the reader. They might open the heart space, the libido, or the intellect. As we read them, different chakras get activated. I remember reading books by Carlos Castaneda and experiencing strange pressures at the top of my head. I didn't know it at the time (as I became more receptive to a spiritual reality), but my crown chakra was being opened.

The written word can be just as powerful as the spoken word. The pacing, rhythm, and tone all combine to create a certain energy and to open the mind of the reader. Ultimately, it all depends on the consciousness of the person who wrote the words and the consciousness of the person who reads them.

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.

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BY Drunvalo Melchizedek

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