



Human Energy Systems

Charles Shahar



Etheric Threads of Attachment

Whenever an attachment develops between two people, subtle threads of energy run between them. The quality of these connections depends on the type of relationship involved and its intensity. The intensity relates to the amount of emotional identification between them, their physical proximity, and the duration of their relationship. The latter is not necessarily measured in conventional terms, since it might include links established in previous lifetimes.

Threads of attachment are generally brightest when a person is actively thinking about another. Interestingly, if the connection is strong, both usually end up thinking about each other at the same time even if they are physically apart. Moreover, if both are angry at each other, it is likely that they will both experience the same feelings at the same time. That is what these connections are about: They keep emotions or sentiments alive for as long

as a person holds them in his or her consciousness.

Bridge the Psychic Distance

People who initially developed strong ties and end up living in separate cities or countries will maintain threads of attachment, but these will

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likely fade with time. How can these lines run across thousands of miles? It is a subtle connection rather than something physical. In the subtle dimension, distance is a term relative to the psychic distance between people.

If the relationship is intricate or complex, there will be many lines of ether running between people. An attachment does not have to be positive. The connection can be maintained by negative lines related to need, anger, or fear. Most relationships are mixtures of various identifications, and the stronger the emotions involved, the more powerful the binding forces of connections.

Connections don't have to be between two people. People also get attached to pets, and the strength of such relationships can be intense. Animals can develop emotional bonds and are inclined toward great loyalty and devotion. Animals also have great empathy for their human companions. They contribute energy and emotional support when their humans feel tired or depressed.

People also form attachments to objects. Most have possessions of sentimental value. We form ties to these by virtue of the emotions we invest in them. We might hold on to things that seem silly or trivial to others. We also might cherish a new object that we waited a long time to purchase. Even before it came out of the store, we had connections to it by virtue of our desire to own it. This bond exists on the etheric side as well, as streamers of energy between you and the object.

The Pull of Relationships

It is interesting that the lines between two people are often acute during the first stages of a relationship. They become deeper and more complicated as the connection wears on. We call the first stage infatuation, and there appears to be a certain vitality to it. The pull is strong,

and the people want to see one another often. This is when everything about the other person feels fresh, and the energy exchanged between partners is intense.

You can see the difference between a young couple in a new relationship and those who have been married for many years. Among the young people, there is a kind of electricity or magnetism. It is a subtle chemistry that appears as incandescent lines of attraction that illuminate the ether between them. They actually shoot sparks of energy at each other, and whenever they are in close proximity, their auras expand and envelop each other. This is the great dynamism of young love.

Most relationships don't maintain such a level of intensity. Gradually, the vibrancy seems to wear thin, and the ardor fades. The attachment takes on a different form. As emotions and attitudes between the participants crystallize, the bond between them might actually harden, but the energy that first suffused their relationship dissipates. What keeps them together is emotional attachment.

They share energy at another level. Their interactions generally become more subtle. They support each other by complementing the emotional side or contributing mental stimulation. As their auras intermingle, a connection is established that transcends the physical desires that might have dominated the relationship at the beginning. There is a merging of higher energy fields that reflects in a convergence of interests and attitudes.

Sometimes the dynamism fades completely, and the relationship burns out or becomes stale. The interactions lack inspiration, spark, or passion. Yet people remain together for many years under such conditions out of obligation, fear of being alone, familiarity, or convenience. Their lives wish to be sparked, so they might resort to drastic

measures to create dynamism. As frustrations build, there might be arguments or intrigues. The energy released in such circumstances provides relief from the otherwise tedious nature of the interactions.

The Effects of Separation

Separation due to the death of a partner is traumatic because most of the lines of ether sever. A connection might still be maintained even after death, but this usually fades over time. If strong ties remain, the partners will have opportunities to continue the relationship in future lifetimes, since they have developed a karmic bond. Anything left unresolved, particularly in a negative way, will be expressed in later interactions. There might be karmic debts to pay, help to be given, or love to be rekindled.

The people involved are fated to meet again. Past-life connections are powerful. Almost every significant person in our lives has a karmic link with us. It does not matter if two perspective mates are born on opposite sides of the world. They will eventually meet in circumstances that appear coincidental but are definitely not. There is a psychic pull for them to join, and physical distance will not get in the way of it.

Sometimes people have such strong past-life links that even before they meet their partners, they have a sense that they are waiting for someone special to appear. They might see this person in dreams or fantasies. If they are fortunate, they will take birth at similar times so that their ages will be compatible. The moment they see that special person, a part of their fate will be fulfilled. They might be struck by how close they feel to that person in such a short time. Karmic links are not confined to perspective mates. They often include parents, children, siblings, close friends, and sometimes significant business associates or teachers.

Connections with the Dead

Often, widowed people will die shortly after their spouses. It would not be an exaggeration to say that the pull is strong to join the object of attachment. They might feel lost by staying behind, and the ties that bind them to their mates will be stronger than those that tie them to the world. After spending much time together, their energies locking and intermingling, it is almost as if pieces of them have left. They feel pulled to join their other halves.

There is a negative aspect to being very attached to a deceased person. If many people are grieving after it, the soul will be pulled back to a semiearthly consciousness particularly in the first few days after leaving the body. The dead person might also be attached to the sensual realm and hang around until it becomes clear that the work for this incarnation has finished. The soul wants to soar back to where it came from, but the weight of a grosser consciousness will keep it moribundly here.

The attachments of family and friends might delay the person's departure. When a well-meaning family visits the bedside of a sick relative regularly, perhaps the soul would have left the physical realm if the relatives had stopped interfering; their attachment keeps the person here. Such lines of attachment are a major obstacle to the soul's more fruitful evolution. If the dying person is insensible, his or her consciousness has likely left. However, the grosser part of the soul might not be able to completely disengage if the family keeps pulling strongly the other way.

The breakup of a relationship through divorce or separation is, in a way, as the death of a partner. Most people have a hard time severing the connections they feel and might maintain them even without the physical presence of the other. These might be negative identifications that are nonetheless attachments the

person is unable to drop. It is common for divorced people to have lines of attachment running between them years after their separation.

Lingering Lines

If the separation is sudden or intense, the severed lines will sometimes leave gaps in the subtle body, mostly in the heart or solar plexus chakra. The person might look for new relationships to help heal the wounds (plug up the holes). A broken heart is felt almost as a physical pain in the chest and stems from a sudden disruption of etheric links connected to the heart chakra.

In the case of superficial arrangements where the relationship does not carry a strong emotional identification, the lines of ether are fewer and much weaker, and the individual will not suffer from separation as much. If the relationship is very superficial, the lines of connection will lack the brilliancy or richness of texture that characterize a relationship based on deep respect and affection.

Divorce is often a very delicate time for one or both people involved. In some cases, the aura will change color and texture. It might get a dark, almost muddy appearance reflecting the confusion and grief that a person feels on an emotional level. Breaks in the aura translate into feelings of vulnerability. Because the person is in shock, her subtle body is in slight discord from the physical, and she will feel lost or beside herself.

It is not advisable to maintain bitterness or enmity. The lines of negativity drain the energy from the aura, as they constantly pull at your attention. The partners might be physically but not psychically separated. They will remain bound by these negative links until a proper resolution is reached. That is why it is important that couples who decide to divorce part as amicably as possible. If there is not a proper

resolution of their relationship, negative karma will be accumulated. This means that they will have to do further work together between lifetimes or in future incarnations. This fact alone should be a sufficient incentive to make their parting a smooth one. Someone wronged will be put in a situation where the offender has a chance to remedy the offense and improve karmic links with the person.

Many Types of Links

The lines of ether maintain themselves with whomever we have a psychological attachment. In some cases, the energy that flows between these links does so mostly in one direction, meaning there is an imbalance in the energetic contributions of the two parties. In extreme situations, this will draw the force of one partner, leaving him spent and listless while the other gets all the benefits. This can happen in cases of excessive neediness or domination by one partner.

In other cases, the two partners' lines of ether become entangled and difficult to disengage. This can happen when the relationship is complicated or if there is lack of clarity in communication. Neurotic demands, unexpressed resentments, and insecurities can all lead to such a situation.

In situations where a person is domineering or overbearing, the connections can take the form of etheric streamers that wind around a partner leaving her feeling psychologically stifled or repressed. Even after the couple separates, these coverings might take a long time to dissipate from around the victim. I have seen this with the widow of a very dominating man. She took a few years to completely free herself of the oppression she felt while married.

The umbilical cord is the physical representation of what is ultimately an etheric connection. Normally, this etheric connection

weakens as a child gains autonomy and pursues her own path in life. If the relationship between mother and child is particularly intense, with the mother fostering dependence in the child, a strong etheric umbilicus can be seen running between them well after the child reaches adulthood. The adult child might not break free until after the

death of the mother or through a rebellious phase.

Healthy adult lines are vibrant and strong. They have a kind of shimmer in the ether. In a deep and respectful relationship, they seem multicolored and elastic, indicating flexibility in the interactions of the people involved. Lines of green show a nurturing relationship, and

rose-colored lines are indicative of affection. Dark lines indicate enmity, and dull hues suggest stagnation or frustration. Silver or golden hues suggest a spiritual connection.

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Traditional Insights into Yoga

Mally Paquette

Savasana: Corpse Pose

This restful pose is often overlooked and undervalued. Many consider it the hardest pose in yoga. To be still, totally relax, and pause life is a challenge. Most people have compromised nervous systems, and remaining still is difficult.

There are phases in the relaxation process. Begin by lying flat on the earth with your arms slightly away from your body, palms facing upward. Your legs are more than hip-width apart with feet splayed outward. Envision your neck long,

and stretch the neck muscles along both sides. This elongation of the sternocleidomastoid will be relaxing and enhance a deeper breath.

A slightly raised head on a blanket can help quiet the mind. Lifting the hairline higher than the chin allows the eyes to descend toward the heart. The body turns inward, and the senses withdraw (*pratyahara*). A flat lumbar spine also helps quiet the body; use a blanket or bolster under the knees to bring the sacrum to the floor. The flatter lumbar helps turn the adrenals off and relaxes you into the parasympathetic nervous system.

Rest and Digest

Rest and digest. The internal organs and spine relax with this position, and additional cellular space is created. The prana flows into the cells, and divine intelligence takes energy to the cells that need healing most.

Our bodies heal themselves when given the correct, relaxed space. As your body relaxes and your breath softens, the front and back bodies merge. The frontal brain drops into the back brain (the subconscious).

Releases occur in this calm energy, as cells open into the theta

mind-wave state. Glands and organs relax and recalibrate. The individual cascades into a state between conscious and unconscious.

At this time on Gaia, our bodies require more rest to integrate the shifts in consciousness. Light codes are pouring onto the planet and into human beings as our paradigm shifts to a new reality. All of us are volunteers at this special moment on Earth, and no one is a victim.

Finding trust and resting more during this process can give you additional health benefits and allow the upgrades to anchor into the cells. *Savasana* can be practiced throughout your day and reconnect you to your internal landscape: "Who looks outside, dreams; who looks inside, awakes" (Carl Jung).

Mally Paquette, a certified yoga therapist, lives in Sedona, Arizona. She has practiced yoga her entire life, and she founded Awakenings Yoga Studio and Wellness Center in Sedona. Her extensive work with Native Americans and the Kogi in South America expanded her teachings. She offers individual and group retreats that deliver deep shifts in consciousness and transformations to wellness. For more information, visit BestSedonaYoga.com.



Savasana pose