



Human Energy Systems

Charles Shahar



Yin and Yang Energies: The Anatomy of Seduction

Male and female aspects are opposite extremes along a continuum of energy. When these two energies meet, a spark is created. This dynamism is one of the most powerful forces in nature. It is a supremely creative force, because from the union of these opposite energies, physical life arises and perpetuates.

What is female energy, and what is male energy? For those who have a problem with these terms and think they are stereotypical, I will substitute “female and male” with “yin and yang.” Yin energy is considered receptive, yielding, introspective, and nurturing. Yang energy is considered active, dominating, passionate, and initiating.

In the extreme, we have a sense of what a “manly” male is like. It is machismo energy: virile, headstrong, aggressive, and powerful. But females can have strong yang energy as well. Some women have very evident yang characteristics in the ways they behave, the clothes they wear, and so on. So yang energy can exist in both men and women to varying degrees.

We have a sense of what a very yin woman is like, but some men can have a strong yin side as well. Such men often empathize more easily; they are more compromising and sensitive. In the extreme, such men are labeled effete. Since these men can fall outside the culturally accepted norms of behavior for males in our society, they are sometimes subject to teasing or ridicule.

Yin and yang energies exist in all of us to varying degrees. An imbalance can lead to extreme aggression or passivity, depending on

which side dominates. If you examine your family and friends, you can often easily say which have strongly yang or yin sides, but most people fall in the middle.

Note the types of people they couple with. Often, an effeminate man will couple with a woman with strong yang traits. This is because opposites attract and balance each other. On the other hand, those who fall in the middle of the yin-yang continuum usually seek people who similarly fall in the middle range.

Interestingly, the fact that opposites attract holds true for homosexual couples as well. In the case of lesbian couples, for instance, one partner often assumes a more yang role, and one assumes a more yin role. This again is done to balance the energies between them.

There is an unfortunate stereotype of gay men as weak-wristed and emotional, but gay men also fall along the entire spectrum of the yin-yang continuum. It is perhaps more difficult to apply the yin-yang appellation to those who consider themselves gender fluid or non-binary in terms of their gender identity or are simply gender neutral. In fact, in modern societies, these differences in gender expression have gained acceptance as they stretch the bounds of what previously seemed conventional or acceptable.

The Mechanism of Seduction

Some women have intensely strong yin energy. They are sometimes in occupations where they can use such energy to an advantage. They might be models or actresses. These women have powerful allure.

When they walk into rooms, men are often intoxicated by their presence. Their energy styles are very particular. Their auras are usually a pink or rose color with a soft or fuzzy outline.

Certain film actresses have exceptional yin energy. They are so powerfully yin that this energy drips even from their images on film. One can think of the “sex symbols” of modern times. These women have actually developed an energy style. They intentionally project particular vibrations through their looks, voices, and breath. These vibrations resonate with men’s second chakras, pulling their consciousnesses to this center.

It is easy to stimulate the second chakra. It responds, for instance, to particularly breathy speech as well as to a certain flowing intonation. This type of sexy voice immediately stimulates the chakra. A certain look can also convey second-chakra vibrations: chin slightly bent, eyes fixated and wide. Photographers know this type of seductive look is effective in turning on men, which is why it is used in advertising.

It is interesting to watch a woman with an intense yin allure interact with men, say at a social gathering. The men seem to become like little boys around her as their consciousnesses regress into their lower chakras. They seem to lose their senses of reason, again because their consciousnesses have

moved downward. They are attracted to such a woman like bees are to honey. They will try to please her and become intensely competitive as they vie for her favor.

Their auric fields are, in fact, “energized,” and quite flashy and colorful. In a way, it is the energetic equivalent of a male peacock’s tail the bird uses to attract female attention. They intuitively know that females don’t like drab or limp energy in males. These boys also show off or act silly or childish. Again, their consciousnesses operate from the second chakra.

I mentioned that men might feel intoxicated around very alluring women. The same is true for women attracted to very appealing men. These are sometimes the “hunks” or “beefcakes” one might associate with certain male movie actors or models. The aura of such a male is often tinged with orange, a color that stimulates the second chakra of women. The orange can also mix with a crimson color, a sure

sign that behind the seductive nature is seething aggressiveness.

Attention at a Higher Level

Depending on whether the attraction is purely physical or if there is also an emotional component, the heart (fourth) chakra might also be involved in the magnetism between two people. A certain bliss relates to this mix of second- and fourth-chakra influences. We call it infatuation, and it can find very sweet expression. But this is not the samadhi (or bliss) that one attains in profound meditation, which is more related to the sixth and seventh chakras.

Seduction vibrations happen in everyday life as well. I was once walking down the street when I found my gaze turning to an attractive woman who had just walked by, specifically to her wiggling bum. The reaction surprised me, and I thought about it afterward. This was where her energy (awareness) was most concentrated. I was drawn to look at her bum because she was focusing

her attention on that part of her body; that was what she wanted people to notice.

We are often unconsciously drawn to look where energy or attention is most focused. Indeed, in our society, sexuality is freely expressed, often provocatively. The attention of most people is in their lower chakras. People think about sex all the time. They dress to be noticed. They want to feel attractive.

An interesting contrast is the *bindi* worn by married women in India. This is a small round spot they put on their brows meant to attract attention to a higher point of consciousness, specifically to the *ajna* chakra, or the third eye. When you look at the face of a woman wearing a *bindi*, your attention turns to a higher level, because your consciousness is drawn there.

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.



Ask Sara

Sara Wiseman

Trust Yourself

My question has to do with finding the best source of information or reading material on certain topics. Can you recommend anything about the meanings of numbers, letters, sounds, sacred geometry, and astrology? I have the same question regarding the elements (fire, earth, air, and water). They keep popping up in my meditations, and I'd like to learn more.

— Laura

Sara: There’s a wealth of information on all the subjects you’ve mentioned. Of course, it’s great to want to learn more. However,

the universe is providing you with visions or messages about the elements and so forth, and it’s important to remember that the universe communicates with each of us in a personal way. These messages are not generic. They are specifically for you. While it might feel natural to want to find a source to unlock the key to the message, in truth you are the key. You already understand the answer.

This can take some getting used to if you are new to the practices of spiritual intuition, going inward, and working with beings of the universe to receive guidance. However,



once you understand that you have the answer within you rather than from an outside source, you can work with the information more easily. For example, if you continually receive messages regarding fire, you might want to reflect on the qualities of fire, your own memories or experiences with fire, and any past lives you are aware of. The universe might be asking you to put out pesky fires in your life, burn