



The Energetics of Extroverts & Introverts

By Charles Shahar

The labels extrovert and introvert are imperfect ways to describe how open an individual is on a psychosocial level, and how they energetically interact with the world around them. People mostly fall somewhere in the middle of this continuum. However, it is by describing some of the more extreme manifestations of these two personality types that we can get a clear picture of their energetic dispositions. Hence, in this article, I will often speak in generalizations simply for illustrative purposes.

Extroverts and introverts have distinct qualities in the subtle field. The extrovert often has more expanded fields related to their vital and emotional bodies, and their chakras are usually more open as well. It is more complicated to describe the auric characteristics of the introvert. Some have a large mental field, and contracted vital and emotional auras. Others have all levels of fields contracted. The more spiritual introvert will have expanded fields higher than the mental body; namely, the spiritual (bliss) body and perhaps the causal (higher mental) body as well.

The Extroverted Style

Extroverts are usually friendly and talkative. They generally have large etheric or vital fields, indicating that they are very dynamic and display much vigor about them. These fields are usually a bright blue in color. Athletes often have such brilliant vital or etheric auras, although if they lack refinement there may be an admixture of grey as well.

Extroverted individuals are usually expressive and uninhibited, so their emotional fields are also much expanded and well-defined. Extroverts usually display their emotions on their sleeves, and their emotional fields thus generally show a myriad of well-defined colors that do not lack in brilliance as well. There are less pastel-colored auric emanations, and more strong shades in their aura.

Whether an extroverted person has an expanded mental field or not depends on the mental clarity and acuity of the individual so it is difficult to generalize. However, in the case of extroverts, their emotional and vital bodies are usually the dominant fields.

Extroverts generally have vibrant chakras, particularly on the first five levels: the first (general dynamism), second (sexuality), third (power), fourth (affection) and fifth (expression) chakras are usually large and bright. Actually, the heart chakra may or may not be open on a deeper level, depending on how superficial their affections are.

Another characteristic of extroverts is that there are usually numerous streamers emanating from these chakras, connecting them with the chakras of others. Extroverted individuals thrive on energetic interchanges, and their auras shine brightest when in interaction with others. They welcome auric meshing, and one can see

this, because they don't mind being in close physical proximity with others.

In the subtle field, it is easy to spot an extrovert when they walk into a room full of people. They are usually immediately noticed by others on an unconscious (energetic) level. Their expansive nature attracts people to them, who want to bathe in their light. They get sparked by the extrovert; their field literally gets charged.

People instinctively know that the extrovert has energy to spare. A true extrovert will not be easily depleted by others. They have so much vitality that depressed people will be uplifted by them, and sick people will feel better around them. It is enough just to be around the aura of the extrovert for the resonance of one's own aura to speed up.

Extroverts get particularly energized when they are the center of attention. In such situations, the streamers of energy will flow both ways with both parties getting something from the exchange. This type of dynamic interchange is seen on a much larger scale in the case of entertainers, when currents of energy flow between the performer and their audience.

It is interesting that many highly extroverted people are also somewhat selfish by nature. They can sense the pull of a needy person, and will not easily give them their juice, unless there is something in it for them. An extrovert will often marry an introvert, because the latter will balance them by settling or slowing them down.

There are a couple of problem areas for the extrovert. Extroverts often have a prestigious amount of energy, and unless they learn how to channel it effectively, their attention will seem scattered, and they will lack focus. Such individuals often have trouble concentrating, are generally restless, easily bored and impulsive. They need to find a way to channel or focus this energy.

Given their abundant energy, extroverts will often seek some form of release by directing their energy outward. Interacting with others or engaging in robust activity can often provide a measure of release, but it is not always enough. In more extreme cases, highly charged extroverts may become thrill seekers and risk takers, for instance, by engaging in extreme sports-- trying anything to find release.

One extreme type of extrovert is very charming and skilled in getting people to bed with them. In fact, their sexual activity may become compulsive, again, looking for release. Their sexual proclivity may spell a lack of faithfulness. They may have trouble staying monogamous. For men, all that sexual activity may eventually deplete them of their vital energy.

Therein lies the biggest challenge for the extrovert. The world presents a large pull for them because they ultimately focus their energy outside of themselves. They have a hard time being alone, they have a need



for external activity and engagement, and hence are less inclined to engage in deeper introspection and soul-searching.

Of course, for the sake of illustration, I am speaking in generalities here; although these qualities will apply to some extent to most highly extroverted people.

The Introverted Style

Highly introverted people are usually more repressed emotionally than extroverts. They don't easily interact with strangers, they feel uncomfortable being the center of attention, and they have no difficulty being by themselves. The introvert often wants to be in control of their emotions, and as a result, they have problems letting go. They are generally not flexible regarding new situations, and enjoy familiar activities instead. Again, these are generalizations, as there are many individual differences among introverts.

There are many types of introverts. Some individuals are repressed due to early emotional trauma, often related to dysfunctional parents. They have developed their introversion as a protective mechanism, wishing to avoid further hurt or humiliation. They may be generally anxious or irritable. Some of these individuals may actually be lonely and crave affectionate interactions with others, but their need to avoid rejection has them create all kinds of energetic blocks or layers that prevent others from getting emotionally close to them.

The energy field of the introvert is not inclusive. They hate auric mingling, and therefore avoid physical proximity when interacting with others. They will do anything to keep people at arm's length. There are few streamers and feelers that emanate from their field for the purpose of connecting energetically with others. It is interesting that in the subtle field, one sees all kinds of armoring created around them. People sense these walls, and will give the introvert space.

The chakras of extreme introverts are generally closed or weak in the sense that they lack brilliance. The first, second and third chakras are usually compromised. These are called the lower chakras, but individuals who are not in touch with them often also lack passion and vitality. The fourth (heart) chakra may be the most closed of all, or it might be distorted, or spinning in a direction opposite to its natural tendency. The fifth chakra, related to expression, is also often closed in these individuals.

As with the extrovert, I am talking about an extreme of introversion. These individuals are highly closed-up. They are often withdrawn and may seem sullen and unresponsive to others.

Let us talk about some of the positive qualities of introversion. The extrovert is more active on a worldly level, will talk more freely, and will react to external stimuli more openly. There is a steady stream of energy flowing outward. The introvert on the other hand, holds their energy more to themselves. This is positive if they properly channel this energy.

What I mean is, if the introvert channels their energy into bitter thoughts, enviousness, self-pity or constant

sexual or aggressive fantasies, that internal energy will dissipate. On the emotional level, the person will become dried up, like an old prune. They will grow old before their time. Their life will feel empty and unfulfilled.

Again, it depends on the individual and what they are focusing on. For instance, if the introvert directs their energy to a higher channel, it can blow into some pretty amazing heights. If they are able to sit with themselves, and direct their thoughts into more creative or spiritual channels, some beautiful things can happen. The advantage of the introvert is that they can detach more easily than the extrovert. They are usually not as tied to people or the world.

This brings me to another type of introvert: the mild, gentle, and refined individual who may find the world to be somewhat harsh. This person may be spiritual, or just a delicate soul. In a certain way, they are introverted as a protection from the vibrations around them, but they also resonate at a higher frequency than most of the people they meet, and thus do not seem quite implicated in these interactions. They may seem more detached and reserved as a result.

The auric dimensions of such an introvert can in fact be huge. Their spiritual (bliss) body is amazingly brilliant and lovely to the subtle eye. Their causal or higher mental body is prominent as well. They are luminescent beings. No wonder they find this world of grosser vibrations difficult to navigate. Their challenge is to avoid being dimmed by the heavier and coarser energies around them. If they are brought up by aware parents such individuals will have a much easier time of it, as their sensitivities will be understood and their refinement nurtured.

As I mentioned above, most individuals fall in the middle of these two extremes of personality. Life is about finding a balance within one's self; and finding a balance between life in the inner and outer worlds. One has to know when to withdraw and conserve their energy, and when to invest or project it outwardly. These are choices of comportment that require wisdom and awareness, even if it means stretching beyond the comfort zone of one's personality.

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