



AN ASTRAL WALK-THROUGH A CITY STREET

By Charles Shahar

If you could experience phenomena beyond the physical senses, through the power of your own consciousness, a wondrous new world would be revealed. Feelings and thoughts, which previously seemed ephemeral or fleeting, would now take on a much more substantial reality. They would appear as luminous forms having particular shapes and colors. Depending on their intensity, they would waft through the subtle plane, affecting those who accidentally cross their path or magnetically attract them.

As an example of an astral ambience, let us investigate the downtown of a typical city while walking down a busy street for a few minutes. To examine this plane more thoroughly, we must keep the “ajna chakra”, or third eye sufficiently open, so that our consciousness registers the finer details of the subtle plane. Ironically, through such experiences, we will gain insights into the material world as well, at least the underpinnings for many of our reactions and behaviors.

The typical downtown on any day of the week is teeming with undulations of emotional energy. In the late afternoon, you would notice that everyone seems to be in a hurry. There is little eye contact or mutual recognition among passersby. The music blaring from the shops, punctuated by sirens screeching and horns honking, contributes to the scattered atmosphere. Your eyes are attracted everywhere you look by the bold signs and gaudy storefronts.

If you slow down, you start picking up on individual currents of energy. For example, tempers run high as a cab driver sticks his head out the window and yells obscenities at the driver in front of him. Red projectiles of negative energy accompany the verbal tirade. Interestingly, it is the solar plexus chakra of a passerby that seems most affected. You can see it contract and distort as the darts hit this unintended target. To protect herself, the pedestrian instinctively holds her arms across her abdomen as she walks quickly by.

A greedy panhandler hurls subtle vibrations of abuse at those who avoid him. Once somebody finally gives

him money, his aura lights up momentarily with some muted colors. His energy field is dark, blotchy and predominantly brown-colored from years of alcohol abuse. As people lean over to drop some coins in his can, their auras reflexively recoil to avoid mingling with his energy field. From those who are less cautious, he steals a bit of energy with streamers that pull prana, or vital energy, from them. He therefore demands more than just simple coins.



A child is licking ice cream and delights at watching a mime perform his routine. Her aura is fine-colored, pinkish-white and radiant, showing multi-hued flashes as she gets excited. The mime has mastered the technique of controlling the flow of prana, such that his movements have a mesmerizing quality. His thoughts actually project the objects he pretends to interact with, and people

picture them in their minds as they subconsciously tune in to these projections. At some point, he becomes almost entirely still, and as his focus is complete, his mind does not generate any thought forms at all.

The window-shopper is full of yearning for the outfit she sees through the glass. Her energy field is predominantly orange, and the desire she holds for the object of her attachment can be seen as subtle astral streamers of energy that project out of her second and third chakras. They are evident even as she walks away. These connections can actually last for days, or as long as her desire is intense. If they are strong enough they will literally reel her back to buy the item. These astral streamers projected by window-shoppers crisscross the perimeter of a shopping district.

The downtown is a mishmash of vibrations. In the astral plane this is represented by myriad forms and colors, which interpenetrate their physical counterparts. Even sounds carry emotional energies. For instance, the aerobic dance center will have whirls or bolts of intense astral vibrations shooting out from its premises as loud music blares from the upstairs windows. The poolrooms and sex shops will have dense vibrations, which people



would consider sleazy, and, in the astral field, they will be permeated by an unsightly orange-brown fog.

The tall concrete office buildings have a cold, lifeless energy in the pranic field. But their astral aura can be edgy, reflecting the stress experienced by the people inside. Depending on the building, one gets a sense of repressed and frustrated emotions. In fact, in the astral field, such places are rife with emotional undercurrents, which appear as rivulets or swirls, usually crimson colored, but always with mixtures of gray. Some buildings are dark and ominous looking and reflect the vibrations of what is going on in their premises. This may be true of hospitals, courthouses and police stations.

There are pockets of relief, however. A church in the city centre would have a finer aura, perhaps blue, silver or mauve intermixed with golden emanations. Its influence is often the only uplifting one in a downtown area. A small park would be like an oasis of soothing vibrations, having fairly uncomplicated astral and mental atmospheres; a library would be fairly neutral astrally as well, although it would be full of more subtle thought forms. Museums can sometimes have a depressing heaviness about them, although they can also elicit emotions of delight and amazement.

As you walk down a busy downtown street it is remarkable to see how people interact on the astral level. It all happens subconsciously. People who walk by will send out streamers or balloons of energy well before they reach one another. If these streamers merge or blend, eye contact will then result, and a more intense energy interchange will take place. This can all happen very quickly. If the energy “feelers” reject or repel, people will avoid eye contact or even displace themselves to avoid walking close to the other person.

Each individual leaves an “astral wake” as they pass — a trail of emotional energy. Depending on the intensity of these emotions, this residue can last for seconds or can take much longer to dissipate. Sometimes you can see emotional transferences take place, where someone catches a feeling, and their aura, or parts of it, change to the color of that emotion. People transfer emotions of all kinds to each other and are rarely conscious of it. This happens not only through astral trailing, but also simply because energy fields intermingle when people are in close quarters.

I generally tend to walk fast because the downtown is a vibrational soup. I don't want any energy sticking to my field. In fact, if I walk fast enough I usually manage not to be affected by any of the vibrations that surround me. Because I am sensitive, I feel the astral bodies of people brush up against mine. Sometimes their auras feel very rough or coarse and I am naturally repelled by them. This usually happens when they are sending emissions several feet around their energy field, often of sharp barb or thorn-like energies. These people are generally perceived as edgy or intense. They are also very vibrationally noisy.

I am quite good at dodging the energy fields of others by simply adjusting my path. I do it in a subtle way so that other pedestrians will not notice. My astral body will naturally recoil from certain energy fields and that will

determine any adjustments I wish to make. I will also try to get out of the flow of a crowd by walking out of their slipstream, preferring to walk on the other side of the sidewalk and passing them at a faster pace so I do not slip into their energy trails. All of these adjustments happen quite naturally. I do not give them much thought.

At night, a different energy prevails. The nightclubs and taverns come to life, often with vibrations that are decidedly edgy. One can feel this in the streets, particularly on a Saturday evening. People's energies, which are pent-up throughout the week, need to find release. Among the younger crowds, their frustrations are eased through yelling and carrying on. Their shouts punctuate the astral field, creating scattered ripples of vibrations which reverberate through several city blocks.

The bars and nightclubs are also permeated with a type of body consciousness. The sexual vibrations are powerful and quickly overwhelm the senses. The energy is drawn to the lower chakras and the attention becomes fixated on the physical aspect. One can see streamers of energy pass between men and women as they pass by each other in the streets. These currents of energy are mostly initiated by men, with their gaze focusing on the target of their attention. If a woman looks away in an annoyed fashion, these feelers will likely not be reciprocated; although some men will not necessarily be sufficiently discouraged by this slight. If a woman seems interested, these streamers will travel both ways and increase in their intensity, eventually pulling the two people together.

You can also tell where the attention of some people is fixated. A woman whose hips are swaying exaggeratedly as she walks by, has part of her attention focused on her backside, and men will naturally be drawn to look where the energy is most focused. The same is true if her dress style is revealing her cleavage. It is all intended to activate the second chakra of the young male, which is often hyped up to begin with.

So what can be learned from such experiences? Many of our behaviours and reactions result from stimuli that cannot be detected through our physical senses alone. Although it is not necessarily important to see these vibrations, it is very helpful to sense them. A sensitive person may find that the subtle world explains why they have such a hard time associating with certain people or frequenting certain environments. The world can be a harsh place for those with refined sensibilities. To avoid feelings of unease or suffering it is important to trust one's deeper instincts and to use a more discriminating eye that sees beyond the obvious nature of things.

Charles Shahar lives in Montreal, Canada where he has been teaching yoga and meditation for the last 17 years, basing his techniques on the study of Vedanta philosophy.

