

## Extraordinary Senses in Common Situations

Charles Shahar

By virtue of their sentience, people emit all kinds of emotional and mental projections that have a very real effect on the subtle bodies (auras) of others. People often register these subtle vibrations unconsciously. You do not have to see the actual energy interactions to get a sense of them. If you are attentive, you can detect nonverbal cues as people react to something just beyond the horizon of the mundane waking mind.

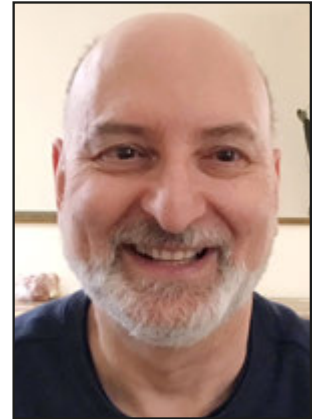
For instance, have you ever noticed what happens when you are engaged in an intense conversation with someone and a third party walks between you? Sometimes the person ducks or at least hurries as he or she passes through. Unconsciously, that person is aware that he or she is interrupting etheric streams that flow between you and your companion. In such situations, I can actually see the person's aura contract as he or she attempts to be as unobtrusive as possible.

Consider what happens when a passive person interacts with someone who is aggressive and controlling. The former will often fold his or her arms in front of the solar

plexus to protect the chakra that is open to emotional vibrations. His or her back will round, and the abdomen will retract to protect the solar plexus chakra from the offending vibrations.

Now consider the cues of aggressive or domineering people. They often lean forward, and their upper bodies, particularly their shoulders, puff out. Through subtle vision, you might see hook-like projections, or grapplers, emanate from their auras and seize the target. Aggressive people have honed the ability to intimidate the people they want to subjugate. Even the terms "brow-beat" and "overbear" hint at the energetic strategies they employ.

Nonverbal behaviors indicate reactions to the subtle environment that even the person performing them is not consciously aware of. Tone of voice, posture, and facial expressions often provide important clues to the ways people are energetically affected by those around them. The next time you see these nonverbal cues, know that there is an entire dynamic operating just beyond the register of the conscious waking mind.



### Mixed Vibrations in Elevators

If you want to experience the vibrations of several people in close quarters, tune in to the energetic interactions that happen in elevators. Elevators provide excellent opportunities for such investigations because people enter and leave frequently, and the environment is enclosed, retaining vibrations so that their effects are easier to sense.

When I worked at a social service agency, people of all types used the elevator, and it was easy to gauge the energetic effects within seconds. For instance, some people's auras seemed heavy and coarse. When they entered, their energy fields mingled with those around them, creating considerable discomfort. I noted that people recoiled physically by squeezing against the wall or along a corner or simply by leaning back. Their fields also contracted to avoid the overlap, but because the space was limited, there was no way to really avoid it.

What are your observations about such situations? What do you sense when a heavy field enters the elevator? One way to investigate these questions is to be sensitive to the illumination in the atmosphere. Register the illumination three times: before a person walks in, when he or she is standing in your midst, and when he or she exits. If you pay attention, you will notice that the elevator gets slightly darker and the air seems denser. It is as if a slight fog has intruded. It will lighten up again after that person leaves.

Another indication of a person with a heavy field relates to smell. Along with the physical odor of a person, there is a subtle smell that our astral senses pick up. The smell of strong body odor sometimes reflects a grosser energy field. The aura of a heavy smoker is likewise generally cloudy and grimy. People around such a person will unconsciously breathe in a shallow fashion and much less frequently so as not to internalize what they unconsciously perceive as dirty air. Notice that when the person leaves the elevator, the other occupants will breathe more fully and comfortably.

When a person exits the elevator, see whether you can sense the residue of his or her energy field. People leave a trail of energy behind them. I have had the impression that a person with a very coarse vibration can leave a residue that can last up to a couple of hours in a confined space. Also watch where people who enter the elevator stand after such a person exits. Most unconsciously avoid standing on the same spot, even if it means awkwardly standing closer to others.

If you pay close attention, you will notice that when someone with a particularly light and joyful energy field enters the elevator, the atmosphere will brighten. The air will seem more buoyant. The people

standing inside will feel charged, their auras expanding and gleaming in the subtle field. They'll drop much of their energetic posturing, which often happens in elevators because people adopt etheric defenses to protect their fields. In this kind of situation, they will want to absorb as much of the lightness in the atmosphere as possible. When a lighthearted person exits, the vibration slows, and the space dims to what it was before.

An elevator generally holds a mix of energies. The next time you enter one, try to tune in to the energies of the people who recently vacated it. When someone walks inside, see how your aura interacts with his or her aura. Do you feel pushed or pulled energetically? Does the person raise the level of illumination in the atmosphere, or does he or she lower it? When that person leaves, are you relieved? Or is there energetic residue that makes it feel as if he or she is still in the elevator with you?

### **Observe Vitality Globules**

Subtle energy is also in the environment, and you can sense or observe it. There is a life force, and it is recognized in most scriptures throughout the world. For example, it is known as prana in Hindu religious texts and as chi in Chinese philosophy. This vital energy exists everywhere: in the food we eat, the air we breathe, our bodies, and nature. Without this animating energy, there would be no sentient life on this planet.

You can actually see prana. In the countryside, it may be so rich that it is sometimes visible as sparkles dancing in the air. The theosophists call these little particles vitality globules. They describe these globules as brilliant and colorless and say they depend on sunlight for their manifestation. According to some healers, prana tends to move slower under overcast skies. The

longer the cloudy conditions remain, the more sluggish and darker these little particles become and the less charge they provide. A person around such prana could become more irritable.

These vitality globules are a common sight. In fact, if you would like to see ambient sparkles of prana, experiment by going out on a particularly vibrant day and looking up at the clear blue sky with a soft gaze. By that, I mean keep your gaze relaxed, and do not strain to see this phenomenon. There will seem to be little translucent globules zipping about. If you practice sufficiently and the atmosphere is clear and bright, you might see these sparkles anywhere.

There is another indication of a particularly "pranful" day. It is when the colors or textures of the environment appear especially vivid or bright. When the subtle vision opens, it is possible to see hues in nature that are not usually apparent. These are particularly rich colors that are a veritable feast for the senses. They seem to have a very ethereal quality and are only visible when the ajna chakra (or third eye) opens. I sometimes can see these magical colors after sunrise on a particularly fresh, dewy morning.

### **Find Energy Vortexes**

There are numerous power sites around the world where the contours of the landscape and its mineralogical composition interact with Earth's magnetic field to create powerful energy vortexes. Numerous vortexes exist in the Sedona area, which is known as a region of intense magnetic anomalies. If you walk through the canyons around Sedona, you might experience bizarre sensations (feeling bodiless, spaced out, or disoriented), or you may experience mystical or revelatory states.

The phenomenon of energy vortexes is not confined to the spectacular power sites at Sedona, Mount

Shasta, Monument Valley, and so on. There are also minivortexes that you can feel or connect to. For example, you can try a simple exercise by walking in a forest. Empty your mind, and allow your subtle senses to open. As you walk, you will notice areas where the vibrations seem normal and areas that feel unusual, such as a stillness or void in the atmosphere.

If you stand in such an area and close your eyes, you might experience a curious sensation of rising or floating. It is an energy vortex. These

are natural and usually very small — probably only a couple feet across. What causes such vortexes? They are likely not geophysical in origin. I suspect that the configuration of the trees funnels energy in a certain way. You have simply stepped into a current of energy, which accounts for the subtle sensations you might experience.

Once you develop sensitivity to these energy currents, try closing your eyes as you walk forward (assisted by a companion). You might feel the energy fields of

individual trees, but the vortexes will have a different effect. If you find a strong vortex, try sitting in a meditation posture instead of standing. You might notice an uplifting sensation, a tingling, or some pressure around the crown of your head. If you “go with the flow,” I suspect you will then have an excellent meditation.

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## Use Carnelian for Creativity and Action

Margaret Ann Lembo

Are you involved in a creative project or thinking about starting one? In many ways, we are always about to create something. It might be a delicious meal, or perhaps you want to rearrange your living room or your desk. Perhaps you are ready to take a photography course or learn how to do calligraphy.

You are always fertile with good ideas. Sometimes it is a matter of pausing long enough to allow the inspiration to come through. Once it does, grab a piece of carnelian to help you bring it into reality.



Carnelian

Carnelian carries the vibration of creativity to help you give birth to new projects. This stone acts as a catalyst to put things in motion so that they can come to fruition. The orange color is warm and vibrant to activate the motivation and courage to manifest your goal.

Use carnelian to mentally integrate the true meaning of active courage and the ability to move forward to create a positive future. Allow growth and change to occur to reach new heights. Call on Archangel Ariel for general health and vitality, and call Archangel Camael to help realign your emotions.

Whether you use carnelian in business for growth in your career or in your family life to engage the courage to grow your family, carnelian becomes an ally for your creative spirit. Use carnelian to improve your visualization skills, because it always helps the manifesting process when you can see your creative venture in your mind's eye first and then take the action to



make it unfold. Use this affirmation with carnelian in hand:



“I am fertile in body, mind, and spirit. Creativity flows through me in myriad ways. I am courageous and bravely bring my ideas into actuality. My imagination is the key to my success. I envision my future and joyfully participate as it unfolds.”



*Margaret Ann Lembo is the author of Chakra Awakening; The Essential Guide to Crystals, Minerals, and Stones; Angels & Gemstone Guardians Cards; Color Your Life with Crystals; The Essential Guide to Aromatherapy and Vibrational Healing; and more. Margaret Ann is a spiritual entrepreneur, aromatherapist, and the owner of the Crystal Garden — a bookstore, gift store, and spiritual center in southeast Florida. To learn more, go to [www.MargaretAnnLembo.com](http://www.MargaretAnnLembo.com) or [www.theCrystalGarden.com](http://www.theCrystalGarden.com).*