



Human Energy Systems

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Personalities and Their Energy Styles

When you engage with another person in a passionate discussion about some issue of mutual interest, your auras take on vibrant qualities. They expand, shimmer, and flash different hues. Streamers flow between the two of you and your chakras. When one of you has a brilliant idea, your mental body expands in brilliant yellow, like the proverbial light bulb going on.

Most interactions are not this dramatic, but even if you ignore each another, much happens in the subtle planes between you. You can surreptitiously transmit energy without saying a word or even looking at the other person. Strong ethereal blocks might surround your aura — energy walls that indicate shyness or aloofness. Anxiety and irritability can make your field prickly to the touch and unpleasant, leading others to avoid mixing their auras with yours.

You have an energy style. You likely developed this strategy as a child in reaction to the energy styles of your parents. You resonated with their vibrations and became like them in many ways. In order for your ego to survive, you also developed certain chronic ways of dealing with the world that might not be healthy or helpful for you as an adult.

The Needy Aura

You have probably experienced being around needy people. They require your constant attention or support. They make you tired. You might feel a headache coming on when you're in their company, or you might feel restless or put upon. This all has to do with the subtle

energy interactions going on between the needy person and you, the target. Needy people siphon energy. They suck the life energy from others. Ironically, no matter how much energy (attention and support) they get, it is never enough to satisfy them.

There are many types of needy people. The martyr is all too willing to help and cater to people. They devote themselves to others, but there is a huge price to pay. They expect large energy dividends in return for their efforts. Such needy people are often selfish, in that their helpfulness is conditional. The price they extract is expecting to tap into your life energy as payment for their so-called devotion.

Other needy people are narcissistic. All they seem to talk about is themselves. They expect your constant attention. The world revolves around their lives and their issues. They use you but give little in return. They are takers but rarely givers. For these people, you are just a tool to make them feel good about themselves. Although they are capable of good actions, like the martyr, their giving is highly conditional.

Needy people are addicted to your energy. Watch them when they get attention. Their energy fields seem to liven up and glow. Something interesting is happening on a subtle level. As they talk to you, a steady stream of energy siphons from your aura and goes into theirs. This all occurs on an unconscious level, but you might feel your vitality being compromised as it happens.

Let's take a closer look at this vacuum-cleaner effect. What needy

people seek from you, first and foremost, is attention. Interestingly, attention can be thought of as energy: When you focus your attention on someone, you focus energy on them. In the subtle field, this attention/energy looks like streamers flowing from your energy field to the target of your attention. In normal interactions, a constant flow of energy passes between you. If one of you is less attentive, the energy flows mostly in one direction. But normal interactions usually involve a constant give and take, a sharing of energies. This is not the case with needy people. There is only a taking.

As they demand your attention, they siphon energy from your subtle body. This gives them the high they crave. When you try to pull away, they desperately try to continue the one-way stream; you are interfering with their fix. You feel spent after an encounter with them, because they are literally sucking your life energy. This might sound dramatic, but living for a long time with such an individual can have disastrous effects on your subtle field. It becomes faded, anemic, and distorted.

If you sacrifice your life energy almost exclusively for someone else, your incarnation can become compromised. You might make a strong break from a needy parent or spouse when you see that your life is in eclipse. The recovery from such energy vampirism is long, but you can speed the process with therapy and

spiritual practices that connect you with your inner source of strength and vitality. Needy people prey on the energy of others in a few ways:

- Some can't stop talking. They almost always talk about themselves and make sure the attention is constantly focused on them. As they talk, they pull a steady stream of energy from your auric field.
- They ask you to constantly repeat something you said by pretending they didn't hear you. Or they almost whisper when they talk so that you must strain to hear them. Again, this sucks your energy as you work hard for them.
- They get you to feel sorry for them. When you feel pity, you open your heart chakra. This weakens your aura, because you feel their suffering and start to resonate with it. It is a perfect opening to get you to pay attention to them and work for them.
- They do something for you that you need, but there is a price to pay: They expect you to be open to them all the time and forever. This is a trap, because what they ask for can be much more than what you might freely give.

Your best protection against a needy person is to close off the tap of your energy. You can do this through an effort of will. First, withdraw your energy field. Then close your solar plexus and heart chakras so that no emotions pass between you. These chakras are where emotional interactions take place in the subtle dimension. How will you know if you are succeeding? Use your intuition. There is a difference between opening and closing the tap, and you can learn to distinguish it.

This strategy of withdrawing your energy freaks out needy people. They need to be liked and appreciated all the time. When you close the tap, they might get desperate

and resort to outrageous or dramatic ways to get you to pay attention or work for them again. They will try to open your heart chakra by getting you to pity them or to laugh at a joke. Remember, if you let them in, it won't be long before they start sucking your energy again.

The bottom line is that if you are a needy person, another needy person can prey on you. But if you are not needy for attention or support, they have little power over you. In fact, once they realize they cannot penetrate your field, they will go on to another person to get what they need. It is not about the needy people and their energy style; it is about how you react energetically to them that makes the most difference.

The Victim's Energy Field

The victim's energetic style is characterized by a feeble and porous energy field. It is anemic due to fear. Fear contracts the subtle body, making the person appear small and weak. People in authority are often judged to be taller than their actual physical height. The opposite is true of the fearful aura.

Self-defense classes teach women to walk with confidence at night, keeping their bodies erect and minds alert. The moment you straighten your back, your aura expands. The moment you hunch, your aura loses brilliance. Having poor posture prevents the flow of life energy from circulating freely in your system. It is also interesting that when you straighten your back, this partially energizes the kundalini. There is a great force within you, and activating it is the key to finding the core of your inner power.

A woman I work with walks wonderfully erect, with a strong and confident gait. She is in touch with her inner power. Her chakras are quite open. When she speaks, the force of her words comes from deep within her solar plexus chakra. As she walks, her aura extends quite

a distance in front of her. I notice people move to the side as she approaches them.

Contrast this style with the victim's aura. Victims walk with weakness; their fields are anemic and contracted. When people walk by, their auras easily assert dominance over the shriveled energy fields of the victims. For the predator, such an energy style is an invitation. This vulnerable aura says: "I am weak and easy prey for you."

Predatory animals in the wild have a sense of who to attack. The weakest animals — the sick, young, and elderly — have feebler energy fields. Predators have a sixth sense that notices such signals. They have developed this perception as part of their survival skills. They know that animals with more robust energy fields take more work and skill to bring down.

Human predators have a sixth sense as well. They don't necessarily wait in the bushes to ambush someone, but they prey on their victims in other ways. Their predatory tactics can take the form of emotional manipulation, bullying, and domination. All predators have one thing in common: They can "smell" a vulnerable energy field.

Let's take another look at the victim's aura. It is not just characterized by an anemic field. In normal human interactions, you often define the boundaries of your personal space by creating openings in your aura to allow others to come into your field. You also create energy blocks that define just how far you allow others to penetrate. Some defenses are necessary, particularly when you first get to know someone.

In the case of some victim styles, there is no such boundary definition. They allow other people's feelers and streamers to penetrate deeply into their fields without first developing a trusting relationship. By extension, they allow all people to impose themselves or assert their

dominance over them. On a psychological level, such a lack of boundary definition is often expressed by constant agreeableness.

Other nonverbal cues of the victim might include a whiny voice. It is interesting that the resonance of such a voice is irritating to the solar-plexus chakra. It is usually employed out of neediness, specifically the need for attention or support. It invites rejection and sometimes aggression if the victim continues to complain.

The Bully's Energy Field

Bullies are often pushy people who throw their weight around. This happens quite literally in the subtle field. As bullies walk by, their auras are often inflated and bright with a scarlet or crimson hue at the fringes. Auric projections extend from their fields, which seem to shove or press against the fields of others.

Bullies often have certain vibrational qualities that are unpleasant and send shivers down the spine of those they intend to intimidate. In men, it can be a hoarse or gravelly voice; in women, it can be a high-pitched or penetrating voice. In both cases, the resonance of the voice is cultivated over time and designed to have maximum impact on the energy fields of their targets. These people are also adept at shouting or speaking with intimidating intensity.

The intimidating quality of a bully's voice sends reverberations through your auric field, much like chalk grating on a blackboard and with similar results. Your aura contracts and your field become unstable. The sound and intensity of the voice also disrupts your solar plexus, or power chakra, which shrivels and contracts. In the face of such assaults, you become more vulnerable, unsettled, and unbalanced.

Another bully strategy for control and intimidation has to do with temper. Their energy fields are usually quite noisy but controlled. That

is, their fields are volatile but kept at a certain intensity. On an energetic level, you sense that they could blow at any moment. This is intimidating and can cause you to do anything to avoid rousing the bully.

When they blow into a rage, they literally explode on an energetic level, hurling spurs, arrows, and needle-like projections. It is like a most unpleasant kind of fireworks, and your aura recoils in response. Your solar plexus chakra likewise shrivels in the face of such a barrage. As a result, you're left feeling devastated, weak, shocked, and beleaguered. That is exactly the intended effect of such a demonstration.

These people often gesticulate forcefully with their hands or engage in some other nonverbal expressions of aggression. A pointed finger shoots energy barbs. Leaning forward as they try to convince you of something sends hook-like emanations from their heads and shoulders that try to press your auric field into submission.

The Irritable Aura

Perhaps the most distinctive feature of the irritable aura is that it literally looks prickly. Its edges are rough and sharp, and it has a reddish hue at its fringes. This aura is unpleasant to be around. Even if the irritable people say or do nothing, you feel uncomfortable in their presence, because they shoot off all kinds of energy projectiles. They are rarely quiet in the subtle field.

There are two types of irritability, what psychologists call state or trait qualities. The first is a temporary state. These people feel irritable because they lack sleep, are hungry, or have been upset by someone. Sleeping or eating can smooth out their auras and calm them, and grounding can help with emotional upset.

The second type is the irritable personality, which is a trait rather

than a state. What makes people constantly irritable and moody? This is a complex question. One factor is the parents' vibrational resonance. As mentioned, you often take on the resonance frequency of your parents. If your parents are constantly nervous and edgy, you resonate with this frequency, and your subtle field reflects this.

When you are very young and pure, you are like a tuning fork. You pick up on vibrations easily, and because you are most exposed to the frequencies of your parents, you often assume their resonance. This factor is rarely spoken of in psychological literature, but it is very important. Traits assumed to be caused by genetic predispositions might be partly related to vibrational resonance.

Irritable people have prickly auras that are unpleasant to the touch. Brushing up against their auras with your energy field will make you uncomfortable, if you are sensitive enough to feel it. Irritable people will often shoot out sparks from their auras. The only other creature I have seen do that is a hissing cat.

The verbal jabs and sarcasm they employ have counterparts in the subtle field. A sarcastic remark sends sharp projectiles that assault your auric field. Their verbal hostility is intense, and their energetic barrages are likewise relentless, aimed at your solar plexus chakra. Your aura will start to become discolored, an indication of the bruising by negative energies it receives.

The chakras of this individual are convoluted and disfigured and release violent and disturbing streamers. Their solar-plexus chakras are in constant turmoil. This chakra is the seat of anger and other strong emotions, both positive and negative. In the case of chronically irritable people, this chakra is over-activated.

Their vital fields are often thin, pale blue, and mixed with some grayish tones. You can see darkish

perturbations of negative energies bound up in their emotional bodies, particularly around the heart and solar plexus chakras. They get energized when they unleash toxic barrages, partly because they release a lot of pent-up energy bound in anger. This is why they enjoy berating their spouses or children. It gives them temporary release.

If you live with people who are chronically irritable or moody, your challenge is to not resonate with their frequency. You need an exceptionally strong and grounded aura to resist their barrages. But they will

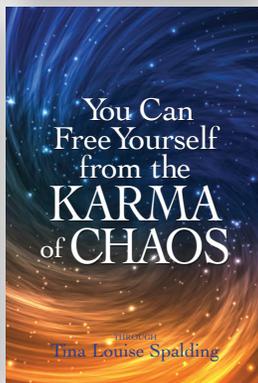
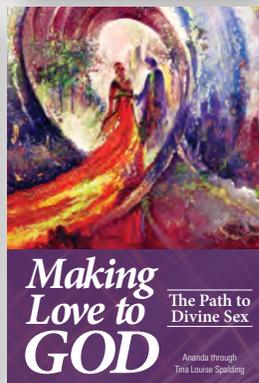
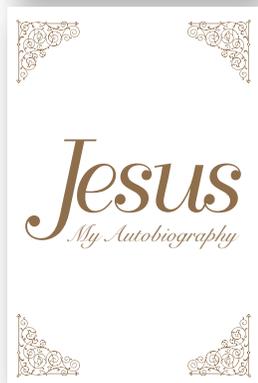
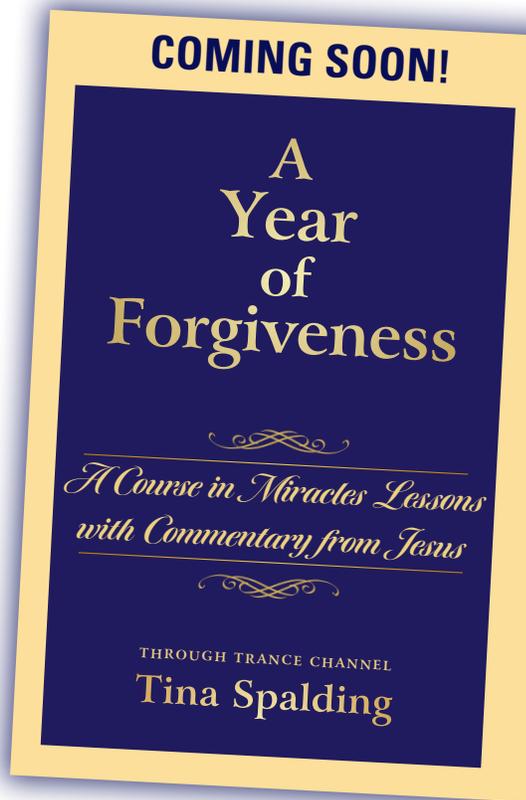
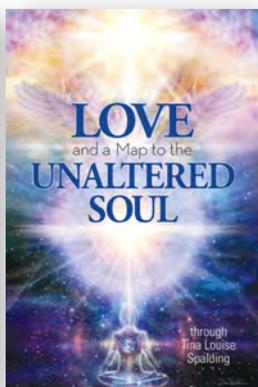
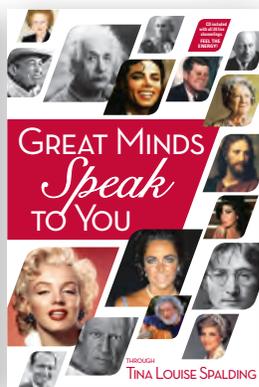
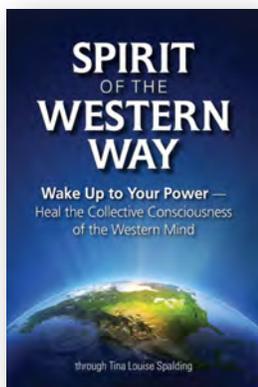
invariably make you upset and irritable too; they will get under your auric skin and aggravate you.

Prolonged exposure to the irritable personality can have serious impacts on the integrity of your subtle body, which will contract and become convoluted. Psychologically, this means you will have problems with your self-esteem and become cautious and anxious. Most people try to escape such a situation, which explains why chronically irritable people have trouble maintaining long-term relationships and their marriages often end in divorce.

A child exposed to a chronically irritable or moody parent doesn't have much of a chance to escape. As mentioned, the vibrational resonance of the parents is often transmitted to the child. Having one very grounded parent might make a difference, depending on the dominant energy in the home. Interestingly, the irritable resonance can carry in families across numerous generations.

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