

Energy Depletion - Being with certain people can make you feel tired, irritable or depressed. Why is this?

Every person has a predominant vibration and spiritual resonance. We all have a unique energy field that is created by our life experiences, family background and our karma.

When we feel irritation, unhappiness or tiredness after being with another person it may be due to unresolved issues with that person or it may be due to their vibration or both.

Some people are natural energy donors while others are energy takers. It depends on a number of factors – age/health/state of mind/constitution/time of the month/time of the year.

People who are on a spiritual journey are generally more sensitive to other peoples energies. When we are on a spiritual journey our chakras become more active and our chakra energies become unstable.

See my article on Chakra Energy -
http://www.simonheather.co.uk/pages/articles/chakra_energy.pdf

When we are on a spiritual journey we are attempting to raise our vibration and take responsibility for our actions rather than blaming other people for our problems. This starts the process of purifying our chakras.

The chakras receive information from the environment and broadcast information to the outside world. When we meet another person there is a flow of energy between our chakras and the other person's chakras.

For example, the solar plexus chakra is constantly giving us information about the external world. When we meet a new person we instantly have a gut feeling about them. Generally this feeling is accurate but we often allow our rational mind to override our gut feeling.

Sometimes the information we receive from our solar plexus chakra can be incorrect. This may be due to us having a particular emotional pattern that colours our perceptions. It is as if we are wearing glasses that have a certain colour, everything in the world will have this colour.

For example if our Father was a very dominant person who we found frightening when we were a child. When we meet a person who seems similar to our Father we may have a fear response and shy away from them even though the person may not be threatening.

When we heal our emotional patterns and past programming our chakras will start to give us the correct information about the external world. See my book – “Reclaiming Your Sacred Spirit”.

Broadcasting

At the same time as receiving information from the external world we are also broadcasting information. Each of our chakras is sending out energy at different frequencies.

For example, a woman may be sending out the message from her heart chakra, “I would like to be in a loving relationship with a man”. At the same time her sacral chakra may be sending out the message, “I don’t trust men”. This may be due to her experience of past relationships with men.

In this case she is sending out a mixed message and will generally attract a man who has a fear of commitment. Until she changes her energetic pattern to one of trust she will find her relationships with men a challenge.

Three Bodies

Our energy field can be divided into three main regions – Etheric, Astral and Causal. The etheric body relates to the health of the physical body. Spending time outside, taking exercise, having a good diet, doing Chi Gong or yoga, having a strong constitution, walking barefoot on the earth all create a strong etheric body.

A weak etheric body can indicate ill health, poor constitution, poor diet, lack of exercise and too much time spent indoors. The etheric body is also influenced by the Astral and Causal bodies. These bodies are associated with our predominant emotions (Astral) and thoughts (Causal). There is a constant flow of energy between these three bodies.

All three of these bodies contain chakras. See my article on the Astral and Causal Bodies - http://www.simonheather.co.uk/pages/articles/the_astral_body.pdf

Positive emotions and thoughts create a strong etheric body. Negative emotions and negative thoughts weaken the etheric body. If these negative thoughts and emotions continue for a long period of time they will cause illness in the physical body.

Healing treatments like sound healing, acupuncture and homeopathy rebalance the etheric body, this then helps the physical body to heal itself.

Protection

Our energy field creates a protective barrier around us that prevents harmful energies from affecting us.

If we sit on a bus or train next to a person who is depressed at the end of the journey we may feel depleted or depressed ourselves. The transfer of energy is generally stronger if we make physical contact with another person.

Most healing courses teach students to protect themselves to stop them from absorbing the energy of their clients. Therapists are generally taught to clear themselves after giving a treatment. This can be done by smudging, using aura sprays, using ting shas, taking a shower, visualisation etc.

See my article on Psychic Protection - http://www.simonheather.co.uk/pages/articles/protection_techniques.pdf

We need to clear ourselves when we return home from work; otherwise we will bring this energy into the home. We also need to clear ourselves after being in contact with people who are unwell and when we have been to places where there are lots of people.

Spending time in nature, walking in the woods, being by the sea will re-charge our etheric body. Other activities that help to re-charge us include walking, dancing, doing exercise, doing yoga or chi gong, gardening or singing.

All these activities help to move negative energy out of our bodies and replace it with positive energy.

If you have been with a person and suspect that you have picked up energy from them you need to do something to re-balance yourself **as soon a possible**. The longer you leave it the more likely it will be that the negative energy will take up residence in your energy field.

It is generally not a good idea to give a client a healing treatment if you are feeling unwell or depleted yourself. If you do this you are more likely to be affected by the person's energy.

Most emotional patterns are formed when we are very young. If you keep meeting people who trigger the same emotional response in you, you may need to see a healer or therapist to find the reason why you have this response. It is possible to change our habitual patterns of behaviour by working with a good therapist.

Rooms

A person's vibration will tend to linger in a room even after they have gone. Their thoughts and emotions will create a predominate energy in a room or house. This may be positive, negative or neutral.

Places where spiritual practises are held tend to have uplifting vibrations. Hospitals, residential homes, shopping centres have a heavy energy that may leave us feeling drained.

If we are with people who are unwell or in a very negative emotional state they may drain our energy. If we are unwell, depleted or in a negative state of mind we are more likely to be affected by the thoughts and emotions of the people around us.

Sleep

When we are asleep we process all the activities of the day. There is now scientific research that says that we need to go to bed before 11pm because the brain clears out harmful chemicals while we are asleep.

Research has revealed sleep helps memories form, and it gives the body time to repair itself. The glymphatic system acts much like a sewer, helping to clear out the waste products that brain cells generate.

Conclusion

The stronger our energy field is the less likely it will be that we will pick up energy from other people. We need to keep our energy field strong by having a healthy balance between work, rest and play. Ideally each of these activities should take up a third of our time.