

The Energy of Relationships

Have you ever wondered why you are attracted to some people and put off by others? The realm of energy, particle physics and frequencies can add to our understanding of some of the mystery surrounding our connection and interaction with each other.

As we have been discussing in these articles, we are all made up of energy. If we could see our energy, it would appear as a multilayered radiant cloud surrounding *and* interpenetrating our bodies. This energy runs in pathways, ionic streambeds, throughout our bodies. In addition to the streambeds, there are also vortexes of energy located at various spots all over our bodies. These centers of energy are called chakras. According to ancient texts as well as current research, our physical, psychological and spiritual development is influenced by the amount, free flow and resonant frequency of the energies that move through our 'being'.

Each of us has a unique energy field that interacts with others and our environment. One way to understand this phenomenon is to think of yourself as a television set capable of broadcasting and receiving various frequencies. Some of us receive the basic stations and others have cable or satellite capabilities. Depending on the 'equipment' we have installed we can receive and broadcast within certain bandwidths. Some of our receptions are crystal clear while others are garbled or nonexistent. The quality of our receptivity depends on the 'basic equipment installed', as well as what shape that equipment is in! Also, we can have great basic equipment in good condition, but not know how to access all its capabilities.

Our energy system determines the quality, type of interactions and clarity of communication we will have with others. Fortunately this is a fluid and flexible system. We can change the clarity and strength of our broadcasting and receiving through understanding our 'equipment', how it operates and how to manage it in more effectively.

One of the ways that we interact at an energetic level is through pulsation rate or harmonic induction. We unconsciously seek to harmonize with those in our 'space'. If someone is too far out of our range we will feel misunderstood, like we are talking to a brick wall or not connecting. People who are very far apart in terms of pulsation rate may find it difficult or impossible to communicate. Also, a stronger field will influence a weaker one to bring it toward its frequency. The stronger field may not necessarily be the healthier field...just stronger in terms of intensity. We have all had the experience of being 'brought down' *or up* by our contact with another person.

When two people are communicating well, one field affects the other in a positive manner. There is a building of both peoples' energy. In this case a positive feedback loop is formed with new frequencies. Both parties feel at ease, have a sense of expansion and a lot of pleasure is experienced.

When vibrations that we do not like come into our range we immediately feel uncomfortable. Some people's fields can beat upon each other creating what feels like a high pitched screeching interference. This may register as dislike, fear, disgust, or simply unpleasantness. People who do not like each other may try not to interact and exchange energy flow. This can result in friction building until something like a high voltage gap develops. The result may be a lashing out, a lightening like phenomena that allows the energy to discharge. Energy will always seek to be balanced and if we do not take charge of a dynamic in our lives consciously, it will find some means to restore equilibrium. Unfortunately this may not always be the means, method or type of solution we may have preferred--hence the need for consciousness!

People in love exchange large amounts of energy, so much so that others enjoy being around them! Another version of this is those who are secretly involved, trying not to be obvious. Often those in their environment sense the energy and the 'secret' is not so secret!

In addition to influencing each others' fields through harmonic induction, we also send streamers of energy toward each other and attach 'chords' of energy between the various energy centers. We experience this when we have a mental connection with one person, an emotional one with another or a strictly physical attraction with no affinity in the other areas. And of course the type of flow between people that feels most rewarding and complete is one where there is a complete experience of physical, mental, emotional and spiritual rapport.

Our relationships are affected by all our energies. However the heart center is a major influence, especially with those we are closest to. Our heart center is the largest center in our bodies. Love, tenderness and care affect our hearts energetically. These feelings expand our field out in all directions and have a very positive effect on the body and mind. Our heart is capable of 2.5 watts of power with each beat. This is enough power to light a small night light or a small radio. It is 5000 times more output than our brain.

Our heart signal does not stop at the level of the skin but radiates out 4-5 feet. It is sensitive to our emotions, thoughts, level of well being and environment. Depression, illness, fatigue and stress all affect its proper function. 'Opening' our heart increases its coherence. Coherence is correlated with good health and a feeling of buoyancy. We normally have a slight incoherence from one heartbeat to another. When we have feelings of love the waves become dramatically more coherent, uniform and consistent.

At the Institute of HeartMath (www.instituteofheartmath.com) more coherent wave patterns were found to create more balance and harmony within the nervous system which correlates with greater immunity. Perhaps this is why we tend toward better health when we are in love!

The bottom line is that there is an energetic reality to our interchanges, interaction and attractions. If we understood and managed these energies consciously, we could significantly improve our communications at work and at home, as well as improve our health and well being!