

Developing Your Sensitivity: Understanding Energetics

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The “Szysh - Phenomenon” in Body Language

Do you recognise the following situation? You meet someone you’ve never met before and decide from the first instant that this person is unpleasant.

How is this possible?

Clearly, within fractions of a second, an exchange of information has occurred.

How does this information reach me?

This happens through body language, appearance as I observe it, but also through the aura of this person which I feel! It appears to be so that not only the physical body, but also the energy shell surrounding them shares information.

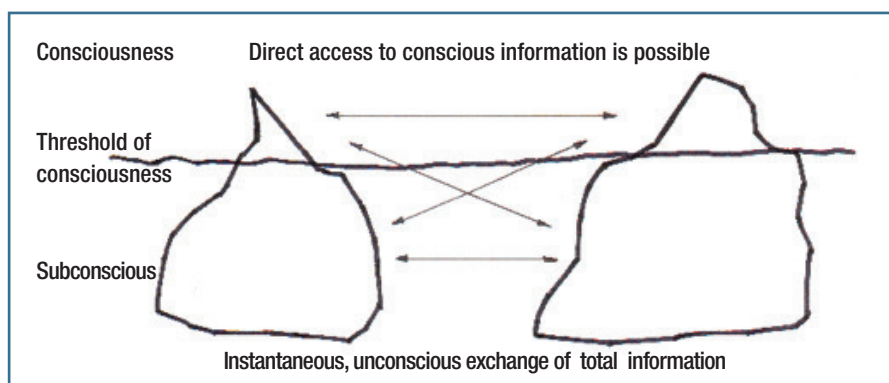
Where does this ‘felt’ antipathy come from?

Often we do not know exactly, and can hardly say anything about it. This is just the way it is, we can feel it! We experience clearly that something is happening and is having an effect that we can not, or can only partly be conscious of.

This is due to the “Szysh Phenomenon”, which occurs between two persons at first sight, when their eyes meet.

The “Szysh - Phenomenon” and the Iceberg Model

Let us compare the entirety of each person’s available information to a floating iceberg. (See above.)



The “**Szysh Phenomenon**”: The blink of an eye is enough to perceive and judge this entirety of information (including the unconscious part), i.e. to “accept as true” and to pass a “judgment” on it: “I don’t like you”. It is fascinating, how that is done with a single glance.

Important: You notice above all, those characteristics that you yourself are especially sensitive to or capable of resonating with. It is very rewarding to see yourself mirrored in the people of your environment. For this you need an important readiness and practice, as the mirror image has to be recognised at first.

How to Become Aware of Your Own Iceberg

1. Exercise “She is...”

The next time you walk the streets of your town or sit in a café and observe all the passers-by, please note all the people who you notice and your judgements! Allow these phrases to form in your thoughts, but really!- those phrases that you really

don’t allow yourself to think, as this is “not done”. However, these phrases are despite this, very present! They tend to start like this: “Her over there is...” (Minimum categories: Interesting - not interesting, sympathetic - unsympathetic).

Yes, this happens at the first look!

2. Exercise “You are...”

When you work in groups, observe the members of the group even when you already know them well. What standards of judgement do you have? Write down your criteria below and take enough time to do so! The phrases could begin with...”NAME, you are simply too...for me.”

Yes, these thoughts occur over and over again.

3. Exercise “Am I...?”

Observe all the people in your group or let your friends pass through your thoughts. Write down the characteristics of the person you find the most uncomfortable and the one you find most admirable. Take this assumption:



You yourself possess your own resonance-capacity for the characteristics you have written down, otherwise you would never have been able to detect such “vibrations”. Let this further assumption take hold in you: In some way, these people whom you have chosen and judged are there as your mirror: You have (hidden somewhere maybe, but nonetheless) exactly the same or similar characteristics in you, that you uncover in others.

Take enough time to play around with these assumptions.

The Body and Subconscious Sensations

Do you know the following situation? You are sitting, slumped into your work, hearing and seeing nothing else – and then suddenly you have the feeling that someone is standing behind you.

Yes, someone has approached you.

How is that possible?

Clearly the knowledge, or information over the presence of another person has reached you, perhaps first after a certain distance. It seems to be the case, that the aforementioned ‘aura’ is able to be felt here, even when you are not looking! This aura obviously influences, amongst other things, our sense of distance. It is fascinating how this all operates without looking!

How actually does this aura work?

Quite often we don’t exactly know why we seek to be close to another person or otherwise choose a greater distance, in order to feel comfortable. Our mostly

unconscious attitude to this behaviour pattern is for example clearly recognisable in people, who repeatedly move closer to us during a conversation, even though we move away from them. Therefore the aura has an effect also on our sense of wellbeing.

How close is too close?

This is self-regulating on a quite unconscious level. We feel this quite precisely when we find ourselves in a concrete situation. Expressions like ‘don’t breathe down my neck’, ‘keep your distance’ or ‘stay away from me’ are testimony to the importance of our sense of distance.

Again, it is our senses, on which we rely, that regulate many things in the environment with other people automatically (unconsciously). It is important to practice observing these events and your own sensations over and over again.

Developing Your Sensitivity

1. Exercise: Bamboo helps

In case you count yourself amongst those people who “feel nothing” (I know this thought – thoughts come from the head!), you can try the following practice:

Get hold of a stick of bamboo, ideally about 30 cm long and 5 cm in diameter. Hold this between flat hands, so that the ends of the stick are in the middle of each palm.

Now concentrate on the ‘centres’ of your hands and register all sensations that come to your senses in this region

of your hands, even if your thoughts interrupt (“this is simply imagination”). Imagine you are sending energy from one hand to another through the stick.

In case you now don’t feel anything, don’t judge yourself or the book, that you are now reading. As long as you have patience and discipline enough to read the book through to the end and exercise as many of the recommended exercises as possible (that’s why they are called exercises), you can come back to pick up the bamboo stick again at another time.

2. Exercise: The space in between

If the bamboo has helped you to any kind of “sensation” (sense also connotes to feel; sensible also connotes to receive; and ‘sensation’ could also stand for perception or experience), now try the same without the stick.

Hold your hands as if you were holding a large ball, and sense the space in between as well as the centres of your hands. Experiment with expanding and contracting this energy ball and – importantly! – keep breathing throughout (don’t hold your breath).

3. Exercise: Sensations for two

Research your “sensations” further as you allow your hands to come near the open hands of your partner. Give yourself enough time for this and repeat the process of approaching several times. In between, shake out your hands and keep them loose and relaxed. Share your experiences and note with which words you can most accurately and honestly describe your perceptions. ■

