

Psychic and Spiritual Healing

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Every one of us is a potential healer. Every one of us has the Life Force (which is also known as chi, ki or prana) flowing through us at every moment of every day. But only some seemingly "special" people appear to have the ability to transmit large doses of this energy to other people to accelerate the healing process.

There are two distinctive sources from which we can draw this Life Force. They will *feel* the same to the recipient, but their difference is of special significance to the therapist. One source produces the phenomenon known as Psychic Healing and the other, Spiritual Healing. It is very difficult to discern between them, unless you can read the "energy field" of the healer. And this is where Astrology comes into its own.

To understand the difference between the Psychic and the Spiritual approach, we must first explore the manner in which they each may bring about a reversal of disease, and also the relevance of this Life Force within our human energetic systems.

Firstly, what does this healing energy *feel* like? Most will describe it as a sensation of heat or warmth which, in actual fact, cannot be measured by temperature. It usually emanates from the palms of the therapists hands, and has been known to bring about miraculous healing on not only the *physical* but also the *emotional, mental* and even *spiritual* levels.

This multi-dimensional capacity is possible, due to the fact that these four distinctive levels of human expression are actually progressively higher vibrations of *each other*. We have peeped inside atoms to find protons and then photons and rishons dissolving into particles even smaller until the very core of matter has shown itself to be pure vibration. In the words of Siddhartha Gautama the Buddha, as also understood through Lao-tzu and the Taoists, and the Indian Vedic scriptures, all of centuries long past, "form is emptiness and emptiness is form"¹.

Our physical bodies are only a manifestation of an energy field vibrating at a particular frequency. Our emotional, mental and spiritual energies are

vibrations that surround the physical body to become what is known as the "aura". The physical being the lowest, the most dense of these vibrational fields, while the spiritual is the highest in frequency. In fact, we really possess seven "subtle" bodies, in all, that clothe our physical like the layers of the Egyptian sarcophagi surrounding the mummy.

We can all sense these fields in each other. When we are angry, for example, the people in our close proximity are always aware of our emotional state, even though we may try to appear cool and calm. They can sense the strong vibration of anger around us, and react to us accordingly.

But it is when the *emotion* of anger is not expressed but contained, rather than released (in a, hopefully, positive manner!), that the result is often the degeneration of the physical liver. So there must be a *connection* here.

The repressed anger has to go somewhere. According to Traditional Chinese Medicine (TCM), which has been practised successfully for thousands of years, the unexpressed emotion known as anger causes heat, or "fire" energy, in the body, which damages the "wood" element of the liver. Of course, this is not good for the functioning of the liver, so this organ begins to deteriorate under the stress. If you then try to heal the liver only at the physical level (which has been our usual Western approach), you will not be alleviating the *cause* of the problem which was actually emotional. So, you can expect an eventual recurrence of the physical symptoms.

This leads us to the issue of "How does an emotional problem manifest itself at the physical body level? How does it get there?" Quite simply, it travels - from a higher frequency to a lower one.

The Higher or Spirit aspect of our Being is the outermost and fastest vibrating of these fields. This is often referred to as the Causal Body. And this is the level at which we "receive" astrological influences. Naturally, this energy pouring in from the cosmos is of a very high frequency. Well, for starters, we can't see it or hear it. So the energy needs to be safely filtered down, by degrees of frequency, to eventually reach the physical level.

¹ From the *Heart Sutra* (The Essence of Wisdom Sutra, from the *Prajnaparamitasutra* collection)

This works just like electricity. If you buy a tape deck from the USA that only operates at their standard 120 volts, you will have to buy a *transformer* which steps down the voltage. This plugs in between the tape deck and your 240 volts Australian wall socket, in order to avoid burning out the circuitry of the tape deck! This is exactly what our *chakras* do between each of our subtle bodies. If we had to assimilate the vibrational intensity of the sun, planets or stars directly at the physical level we would burn out our nervous systems!

A “chakra” (the Sanskrit word for “wheel”) is a vortex of energy. We have possibly hundreds of these throughout our bodies but there are seven major chakras in line with, and extending through, the spinal column. These perform the task of filtering down the higher vibrations from the other subtle bodies.

Back to our original example: the suppressed anger that has originated in the Emotional Body or Field is passed on down through the chakras of each successive vibrational body until it reaches the physical. All things lead to the physical because that is why we are here - to *experience* matter and to try to bring Spiritual energy into our dealings with all aspects of matter and the material world.

This is a simplified version of the process, but it serves to illustrate that disease actually begins at the Subtle Body level. Therefore, complete healing must take place at that level also. We need to go directly to the source. Sometimes this may even be at the Causal Body level where the Higher Self operates through the concepts it has created in past lives. We therefore need to absorb healing energy, which is *vibrational* and also known as *Light*, into all of the Subtle Bodies.

Acupuncture and shiatsu also help to channel and redistribute energy to where it is most needed. Naturally, when other modalities such as Herbal Medicine or Macrobiotic dietary balancing (which heal more specifically but not exclusively at the physical body level) are implemented along with high frequency vibrational healing, there can be a faster recovery of the physical body.

Of the seven major chakras, we will need to discuss three in view of their pertinent roles in the process of Psychic and Spiritual healing: the Crown, the Heart and the Base (or Root) chakras.

The Heart chakra, located in the vicinity of the

physical heart, and also at the midpoint of our chakra system, is the most important. This is the chakra through which we express and receive pure Unconditional Love energy. Love is of a particularly high frequency which has the capacity to heal at all levels. (Love is always a “warm” experience.) This is really the quality of Spiritual energy.

It has been discovered that the Heart chakra controls the thymus gland (in the upper chest/throat region) which in turn stimulates the immune system. If you cannot give Love, then you cannot receive it, either. A lack of Love produces a condition we call Fear. And Fear is at the root of every serious illness.

The 7th or Crown chakra at the top of the head is where the Universal Energy (which the Chinese refer to as “Heaven’s Force”) enters our Being. This is the area through which we contact the Higher Self, as in meditation. The Crown chakra is directly connected to our Causal Body.

Spiritual Healers have very wide open Crown chakras. They have access to Life Force energy at very high frequencies. Also, because of this development (which may have occurred through past-life histories of healing experience, or through activation initiated via a Reiki Master, or through years of consistent meditation practice and compassionate living), all of their chakras are able to channel higher than usual frequencies. In fact, adults cannot fully open the Crown chakra until the lessons of the lower chakras (and hence the denser Subtle Bodies) have been dealt with in succession.

Chiron (which may be a temporary visitor to our solar system) is the “planetoid” that connects us to our Higher Self. When this orbiting body is prominent in one’s astrological birth chart, especially in relationship to the sun and particular asteroids, the opportunity exists to channel good doses of the Universal Life Force Energy into the Crown chakra and down to the Heart centre where it then moves out to the hands which act as transmitters. Here we have one of the highest forms of healing energy available (along with Flower Essences which also activate healing at the Causal Body or Higher Self level via the vibrational aura of plants).

This leads us down to the first chakra at the base of the spine. This chakra relates mainly to our basic survival instincts. Its proper functioning is vital to our sense of *groundedness* as it channels what the Chinese call “Earth’s Force” into our Being. This is where the *kundalini* energy is stored - the vital life force that is ready for the fight or flight experiences

we may encounter.

As we mature we automatically start to raise this energy, very slowly, up through each chakra and we begin to balance our spirituality with our lower animal nature. Not surprisingly, for those who know a little of mythology, it is the planet, Pluto that controls the release of energy at this base chakra.

Kundalini is a very powerful force which can be directed towards healing when one has raised this energy to the Heart chakra level. However, there is a slight snag here. The healer needs to be totally centred in their intent to channel pure love energy to the recipient. This is due to the path this energy flow must undertake on its journey towards the heart. It must first travel through the sacral chakra (below the naval) and the solar plexus chakra (in the stomach region).

These two chakras deal partly with emotional/power issues. One relates to our perception of outside stimuli and thus our inner emotional reaction (for example, the way we interpret the frown on our bank manager's face as we enter his office). The other is our capacity to respond outwardly to this stimulus. If there are any murky feelings interfering with the proper functioning of these chakras, then the energy that has originated from the base chakra will not be pure.

This is a possibility with psychic healing only, as it utilises the kundalini force. Pluto energy can connect us with our unconscious past-life survival fears. But it also has the marvellous capacity to transform any negativity into a positive energy through stimulating the courage that Earth's Force brings via its sheer groundedness in the "here and now".

However, this energy is exhaustible. When engaged in intensive healing work, *Psychic* healers must guard against their own energy drain. Periods of rest, recuperation and proper nourishment are vital. They must also be totally conscious of their emotional states. In other words, the responsibility for the manifestation of our base chakra energy rests firmly with ourselves.

Spiritual healing, which is always channelled from the heart via the Crown chakra, is quite another matter. But as already stated, the chakra system of the spiritual healer has previously undergone a refinement process, which always begins with compassion, to open the pathway through and above the heart to the Crown. When energy of this capacity reaches another Being (which also includes animal and plant life), it is absorbed by the Causal Body of

the recipient and redirected to the part of the aura

which has been blocked.

Another aspect of spiritual healing is that it always involves an interaction with Spirit Guides who work as healers from the "other side". These people have access to enormous amounts of the Universal Life Force, as they *exist* in a high frequency dimension. But without a physical vehicle, such as a human body, they cannot easily concentrate and focus this Light Energy. So they work *with* us in a somewhat symbiotic relationship. This is purely an act of Love on their part.

Healing at the vibrational level can never interfere with karmic lessons that need to be experienced. However, it does assist us in connecting to the Higher Self, which is our *true self*, to bring an understanding of the issues involved in our growth. The healing may be permanent if we recognise, and work with, the opportunities that vibrational healing can offer.

Not all healing is of the "hands-on" variety. The outer manifestation of this energy can vary quite considerably according to the therapist's own level of development. One gift which goes largely unrecognised is the quality of "Tonal Healing" which emanates from the Throat chakra. Some people are capable of channelling a healing vibration through the sheer sound of the voice. The tonal quality alone is enough to relax and soothe any distressed and fearful individual, as sound is a vibration that can set up a resonance which directly affects the chakras (and physical matter) for good or ill. A singer may be a tonal healer, as is the counsellor who may also "channel" the right words in the right tone and at the right time.

Even our Mental Body emits our thoughts as vibrational energy which others may register either consciously or unconsciously. Thoughts can be incredibly magnetic forces. What we think about is what we create for ourselves, and therefore, for those around us.

As we have seen, the human energy system is comprised of interacting vibrational *fields*. A field is a pattern of *energy*. And Astrology is a language for energy at *every level*. Astrological knowledge offers insight not only into our capacity as healers but, more importantly, into the reasons why our blocks and fears are there. And why we find ourselves continually faced with the very situations we fear the most. All of our fears are related to past-life

experiences that have not been adequately processed and dealt with. To release the fear is to release us to our own healing potential.

Therefore, the trick is to no longer respond to threatening experiences through negative expectations but to come to a state of understanding and forgiveness. Fear is like a dark room with a locked door. Unless the door is opened no light can enter the room. It will remain dark. To open our heart chakra, to feel compassion for ourselves as well as for others, will bring Light and healing into our own Being, which we can then safely transmit to others.

Each one of us has a responsibility to respond to all living things with a full heart of pure intent. To be mindful of the repercussions of our words and actions on others. And especially those of us who have chosen to work in the healing field. We need to maintain an image in our minds of our clients/patients/friends highest potentials rather than dwelling on their problems and issues. This is, in effect, Spiritual Healing on a very practical level. A gift that every one of us has the potential to develop. To inspire other human beings to follow their Hearts, to believe in their own Higher Wisdom, and to step confidently toward their Dreams, is a gift that will continue to heal them for the rest of their lives.

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Notes of Interest:

This article had been previously published twice, (reappearing at the request of the original publisher) in 1992 and in a slightly revised version in 1995, by **Southern Crossings Magazine** (now out of production) in Australia. The pdf web copy on this site has only minor alterations to its original publications, to keep the language fresh and up to date. As this was one of my first published works, it is a little clumsy in parts! But was well accepted at the time.

'Psychic & Spiritual Healing' was originally written due to a need to assist others to distinguish between these two types of healing and their consequences, as in the mid-80s to early 90s there were some individuals who were not being correctly attuned to Reiki energy, and who were consequently presenting to me with disturbing symptoms of accelerated **kundalini** in their meridians and hence nervous systems.

Only one Reiki teacher was responsible for this at the time, and as I could not mention the teacher's name, and was not willing to broadcast any disparaging remarks regarding Reiki Healing (which is a beautiful and powerful system), I was hoping to draw out other sufferers in order to steer them toward a particular Reiki teacher who was indeed busy re-attuning such cases.

There is one system in Buddhist Tantra that does utilise the **kundalini** energy rather than the usual Crown and Heart emphasis - this is known as **Tummo**, and should only be practised under the strict guidance of an experienced Buddhist Lama, or other such qualified teacher from a direct Buddhist lineage. For more information on Reiki and its origins, see my Reiki pages.

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