

# The Chakras and Healing

T184 The Inner Teachings 25th May 1948 St Mary Abbots Place, London

## Invocation:

Beloved brethren, let us rise in spirit to meet the Lord. Humbly, confidently we approach the blazing heart of life. Thou from Whom we have come, Source of our being, Eternal Light, breathe on us. May we breathe in Thy life on every plane of our being. Thus we receive Thy blessing; we are blessed.

Amen.

It is not easy for anyone whilst imprisoned in the flesh to realise the eternal presence of the Creator. You can be mentally baffled by the manifestation of a power in nature beyond human comprehension, but God has given man\* an intelligence and a spiritual organism through which he may contact the invisible, incomprehensible forces of life. This organism, which every human being contains, is the mystery of human life and is its secret. For this reason it is called the mysteries. These mysteries were always protected and hidden from the multitude, guarded by those whom we know as initiates. Initiates are men and women who have been received into the temple and given the sacred work of protecting the mysteries from the profane. Not from any sense of antagonism does this need for protection arise. The love the initiates hold for their fellows prompts them to protect the unready from rushing into danger. This is why the mysteries are guarded so carefully. Were man given knowledge too soon of the powers which lie within himself, he might be seriously harmed.

*[\*For editorial policy around gender, see the introduction.]*

You will wonder why we have spoken so seriously on this subject. We want everyone to understand that until the soul has attained a degree of love and wisdom it must be content to walk slowly along the path of spiritual evolution. It is not for every individual at the present time to have the soul's inheritance revealed.

One or two of you asked at our last meeting that we should speak to you on the centres, or the chakras, as our Indian brethren call them. We will do so in order to give fuller understanding (but not a complete understanding) of what you are doing when directing rays of light to your patients in the absent healing. Some here will be well acquainted with the different chakras. For those not so instructed we will give a simple description.

Let us consider the spinal column and think of it as the trunk of a tree. The spinal column is the support of the body and, simply put, these chakras appear like flowers growing on stems from their trunk or the spinal column. We are describing the appearance of the etheric, the soul body. In the centre of the aura, which is egg-shaped, we see the human figure; from this human figure we see these centres or chakras attached to the spinal column as centres of light shaped rather like bell-shaped flowers.

These flower-like attachments to the spinal column are like receivers. How can we describe it to you? They seem to absorb, take in the light, and in another sense they appear to breathe in forces from them. In the ordinary unawakened individual these chakras do not seem to be very strong or alive. In a soul beginning to be aware of spiritual life we notice that the central

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chakra, the heart, commences to become active. With the majority of people (unless they are completely shut down, as some are) and particularly in the more sensitive woman of the race, the chakra at the solar plexus is the more active. It is receiving impressions. It is linked to the emotional body. The emotions are centred here in the solar plexus chakra. In the people who are stimulated mentally we notice that there comes a glow at the throat chakra; and when we look upon an individual alive to spiritual inspiration and illumination we notice a glow on the forehead and faintly on the crown of the head.

We are not concerning ourselves in this talk with the base of the spine or the root chakra. We shall consider the solar plexus, the heart centre and the throat centre. We will include the spleen centre, and take the centres at the forehead and the crown of the head together and call them the head centre.

The pivot of all these centres in the evolved type of man is the heart, which is like the sun of your universe. The heart centre in man is the sun of man's universe. The heart chakra breathes in and it breathes out. It absorbs, it takes in sunlight. The physical sun is, shall we say, the body or vehicle of the Lord Christ. The ancients did not worship the sun, as is often stated; the sun-worshippers of old were taught to worship the sun-spirit, thought to abide in the sun, the spirit of goodness and love, the influence of which came into man's heart. So man takes in from the light. As the physical sun sustains life in the body, so the spiritual light and warmth behind that sun sustains the spiritual life in man.

In the course of his spiritual evolution man becomes aware of a power within himself—not just this glorious Christ love which man learns to give forth from his heart, but a more intense power which threatens to overwhelm him if not controlled and directed by the master of his being. Man's being would appear to represent the Lodge, and the master of every human lodge is seated in the chakra of the heart, from whence he rules the lodge. Man comes to realise as he advances on the path of spiritual evolution that a power can rise from the base of his spine up into his head. This is referred to in the Bible as the 'serpent', which is also symbolic of wisdom. 'Be ye wise as serpents and harmless as doves.' At a certain stage of spiritual evolution this power becomes active and if uncontrolled by the master the serpent power can disturb and cause confusion to the lodge—in other words overthrow the temple.

We tell you these things to impress upon you the danger of forcing spiritual development. Everything must be taken lawfully. It must follow the path of spiritual evolution.

We remind you of the healing of the Master Jesus, who is still concerned with the spiritual healing of man. We have observed that when a healer who has developed a great degree of spiritual healing power puts forth his or her hand to heal there flows from that hand a light, an emanation, which sometimes extends beyond the fingers for two or three inches. If you observe an operation which sometimes is done internally to a patient by a healer, you will see that when his hand treats the patient these etheric fingers appear beyond the physical and seem to penetrate the body of the sufferer. This of course is dependent on the development of spiritual power in the would-be healer.

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We are thinking particularly tonight of the Master Jesus. This light flowed from him so powerfully and so clearly that it could be seen by those about him. Power to observe this light depends upon the degree of vision of the disciples present. Jesus once said, 'Who has touched me?' knowing that strength had gone from him, knowing that someone had made conscious contact with his aura and withdrawn healing power. Much lesser healers than Jesus are aware at times of this power going from them.

This power arises from the creative centre of man's being, up through the body, and when fully developed and controlled causes a very beautiful aura or illumination to project from the man or woman. One arrived at that degree of spiritual healing power can be called an initiate.

The central chakra, as already stated, is the heart centre. When this power is released in the individual it should go forth from the heart in love..... It must go through the heart for safe use; it must go forth from the heart, as Jesus the Christ directed, in great compassion, in selfless love. We will go so far as to say that all people who have developed the heart chakra and are in the habit of loving their fellow beings, loving animals, loving nature, loving to give out love—are healers giving the most vital and the greatest healing power that can be given to the world through love.

Now we must remember that the heart centre represents the sun and is the centre of the Master Christ. The Christ is the pure White Light. The pure white light contains all the colours of the spectrum. These seven colours when all blended make the white light. We now begin to realise the meaning of the seven angels around the throne, the seven planetary beings, each in charge of a certain ray of life or spiritual vibration, each one at the head of its own colour.

In your absent healing you direct a selected colour to some chakra of the patient. You attune yourself first to the Great White Light of the Christ spirit. You become at one with your master. You surrender yourself to your master, and are put in touch by the use of certain words which form a ritual. The ritual enables contact to be made between you and the particular angel which is working with you and then with the patient whom you are treating. Your ritual is building up the power, linking you in with those centres that you are going to help.

Certain colours when directed to a particular chakra in the patient fill, as it were, a gap in that patient. Something is lacking usually when a man falls sick, or there is unbalance in the spiritual being, in the soul of the patient. You are working in company with the angels to supply that missing element. The patient receives a colour through the particular chakra indicated and it helps to restore balance, health or wholeness to his soul.

We have endeavoured to describe the workings of spiritual healing. What we would impress upon you all is the reality of this invisible, this spiritual power. Little is known at present by students—the doctors as you call them—of these chakras or centres of power. They are, nevertheless, discovering from a different angle—though they are going a long and laborious

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way round to do so—the spiritual truth always known to initiates. The knowledge coming on the mental plane to doctors today will eventually exactly correspond with that of long ago.

With us at the present moment is a great spiritual power, a company of angelic ones and human brethren, your own guides and helpers. These brethren are waiting to help mankind up the steep path of spiritual progress.

One thing more we would like to say. You may notice that sometimes a spirit healer will work very hard upon the spine of a patient. At certain points on the spine these chakras are attached, and there are some students of disease who claim that every disease, all bad health of the body, is due to maladjustment of the spine. They are partially but not wholly right. You will see how important are correct posture, correct breathing, correct poise of mind and a balanced state of life. You will see how important right thinking is.

One thing more we will deal with, but only briefly. That is the condition known as obsession. Much obsession is not recognised and understood. When we say the soul has become unbalanced we do not necessarily mean that soul is insane. We are referring to disease—dis-ease, lack of ease. The soul is out of balance, out of tune, and when the soul is out of tune it is unhealthy and not protected, not under control of the master of the lodge. When this lack of control and unbalance exist, the aura can become entangled with an elemental. It may not appear to show mentally; the person seems as usual but something is worrying [them]. Upon investigation an elemental is found in the aura. Remember, you get elementals connected with earth, air, fire and water. According to the element affected you will get disease in the body, a disease connected either with the emotions or with the nervous system and so on, since all four elements—earth, air, fire, water—are related to the body.

We can only just touch upon this subject. These elementals attach themselves to, get entangled with the aura. Sometimes this is called being caught up in the etheric web. You may have noticed when we treat patients at certain times we make a cutting action. When we notice such an entanglement in the aura of a patient we cut either at the top or the base of the spine. We then seal that place. This releases the elemental and the patient is relieved.

There is much more that could be said about obsession and the symptoms which indicate obsession or attachment in the aura.

We want you to understand that the true healing power flows from the Christ spirit into the healer and into the patient. That is the main and true source of all healing, and the true source of all disease lies in the soul or in the mind. Much disease is karmic in origin, and it is interesting to notice how the various weaknesses in the soul tend to bring out [matching] symptoms in the body. Worry and fear usually cause some digestive weakness. We hope we do not offend but often obstinacy and resentment cause trouble with the sight. Troubles that arise in this incarnation may come about as the result of obstinacy in the past. When sight is affected it is often due to a spiritual cause, and acceptance of the truth will clear the vision. Remember that difficulty with the eyes usually means that the soul is gaining spiritual vision. Blindness for instance suggests that the soul is receiving an opportunity in its present

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incarnation to develop spiritual vision. It may so happen that a man who accepts blindness with courage and cheerfulness in many cases will obtain divine illumination, spiritual vision. All is preparation for a future life when the vision will be entirely cleared and there will be opportunity for greater service.

It is the same with legs and feet. You will pardon us saying that a rigidity of mind is causing this hesitancy or inability to move.\* The power of the spirit is not flowing; it is held up somewhere. This hold-up causes difficulty with the feet and in the walk. A barrier exists somewhere so that the full flow of power does not come through.

*[\*White Eagle does not, of course, mean that this is always the case.]*

All physical troubles can spring from a definite spiritual cause. Disease is a way of teaching the soul spiritual lessons, giving it knowledge it requires. The soul often chooses the way of physical limitation. Sometimes it chooses mental limitation instead; sometimes it chooses emotional limitation and then you will get in the life emotional disturbance, great emotional conflict, sorrow and unhappiness. The four elements of earth, air, fire and water are all active to bring about ultimate harmony in man's being. They are all attached to one or the other of the chakras, and this is why we are working through the chakras to give the soul the help it needs from the divine source of life.

This is all we can say for tonight.

- Q. Does spiritual healing have to be given through a human healer or can a person's own guide give the healing?
- A. A healer if attuned to the patient can be of help to the patient in the same way as a doctor. It is of course possible for an individual's own spiritual guide to give the healing. I think it would require a certain knowledge on the part of the patient for he would need to tune in to the spiritual forces. Then the patient can visualise and receive healing rays from his or her own guide. It is much the same in life. You go to a plumber for some things and to a tailor for others. Being trained, they can give the required help. It is easier to go to a trained person than to try to do things yourself when you are not so knowledgeable. The patient gets low, unhappy and depressed and craves the love, sympathy and care of the healer much as a parched plant longs for rain. The healer supplies that which the patient needs.
- Q. You said that healing must be done with compassion and love. Is it want of this that makes the healer depleted?
- A. When a healer gets depleted it means two things: either that the healer has given everything to the patient and requires a little time to be replenished, or it may be that the healer is trying to work on his or her own power instead of being a channel for power to flow through.

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- Q. Is it possible to treat severe arthritic conditions by spiritual healing?
- A. There is nothing impossible. This is why we never give up any case as hopeless. We dare not say that because it would be against spiritual law, but severe arthritis may come about because the soul of the patient has put it there—in other words the causes are karmic and the soul is learning much of value, unconsciously, through the limitations and suffering brought by the condition. There is nothing that cannot be helped and cleared away by the Master of life. Nothing is hopeless and we dare not say ‘impossible to cure’. We know that some cases are very difficult and it may be that the patient is subconsciously holding up healing for a purpose. So in healing always give sympathy and love and compassion. Always give the healing but always surrender your will. The healer must never try to dominate the patient.

Give in love, but it rests with the patient whether he receives or not. The healer must not blame himself if there do not appear to be results physically. Always know that true healing, loving healing is never, never wasted, but of great and wonderful service to the patient. Indeed, this applies to all kinds of healing.

- Q. Is there any ray that can be directed to a cat which has always been loved and well fed but which continues to catch birds?
- A. The only ray that we can think of, my dear, is the rose ray of love. You are coming to a controversial subject. We must remember the two aspects of life, which are called good and evil. These two aspects work throughout life and the cat or any other animal which preys on other animals is in a way absorbing something which man has set in motion. You will not perhaps agree? You will think it a little far-fetched but we know—or we think we know—that when the love of Christ prevails on the earth and is manifested in full from man’s heart chakra, no cruelty of that nature will remain on earth. Animals will respond to love. When the balance of the earth is put right (it is not right now—there is unbalance) then the cat will not eat birds. This will seem a very big order but all we can tell you to do is to continue to be loving and project the ray of love to your cat.

### Benediction:

To the Great White Spirit, the Lord God, we give our humble thanks. We pray that we may be able to receive and to give the love of Thy Son the Lord Christ. O Beloved, may we Thy children live to love all life; to bring harmony, peace and beauty into the lives of mankind. Thus shall we receive the full blessing of Thy glorious life.

Amen.

So we bid you goodnight.

*The search matches with either words and phrases, which appear in the text, or the following ‘key’ words and phrases, which are similar in meaning to those in the document:*

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*Psychic centres, patience, kundalini*

