# THE LIGHT BODY AND THE CHAKRAS

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# ABOUT THE AUTHOR

**Ambika Wauters** is a trained homeopath, completing her studies in the UK in 1995, where she became a member of the Society of Homeopaths. She brought homeopathy into Visa International and Piatkus Publishing, and offered developmental training for the John Lewis Partnership.

In 1998, she returned to the States to begin the Institute of Life Energy Medicine, offering homeopathic training programs and courses on personal growth and spiritual development.

Ambika is the author of 28 books on homeopathy, chakras, and the realm of angels.

For more information on her classes, products, and books, please visit her website at www.lifeenergymedicine.com.

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# HOW TO HEAL THE CHAKRAS

Chakras are mutable, meaning they can change and transform rapidly. They respond to emotions, negative and positive input, contracting or expanding their capacity to receive goodness and blessings.

Affirmations open the chakras and transform their field of resonance. Learn to create positive affirmations that honour you, respect your desires and longings, and teach you to love yourself. They can help heal your negative emotions.

Chakras close down with negativity by blocking the flow of energy. They shrink when we block our feelings. All negative emotions contract the energy field. We calibrate the energy flow in the chakras by using a pendulum, muscle testing, and doing chakra assessments.

## How to use a pendulum and do muscle testing

The pendulum measures the flow of the electromagnetic field through the chakras. When placed on or near a chakra, it moves in a circular or back-and-forth motion. If the chakras are stunted or damaged, they block the flow and may not move. Generally speaking, the energy flow is positive when the pendulum swings clockwise. If it swings counterclockwise, it indicates a negative field with little or no flow. Ask your Higher Self to reveal the flow of energy in your chakras. First, ask for a positive swing.

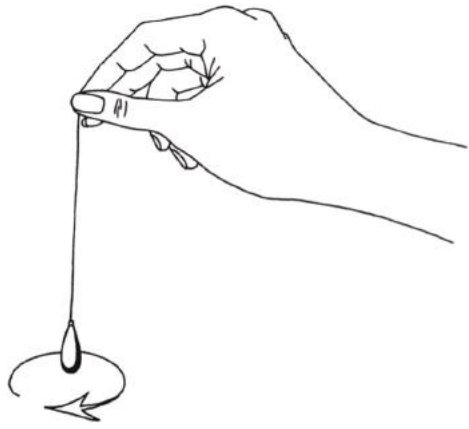

***Figure 2.1*** *Using a pendulum*

*Pay attention to:*

1 The direction of movement. Is it positive(clockwise) or negative (counter-clockwise?
2 The speed at which the chakra spins will tell you if the chakra is healthy or stagnant, and
3 If there is a deviation in the spin, which indicates an imbalance in the energy field.

### Muscle testing

Muscle testing lets you know what strengthens you and what weakens you. If something is good for you, it strengthens you, and your muscles will hold under pressure. If something is unsuitable, your muscles weaken and fail to maintain the pressure of a hold.

This is how you can do a muscle test with another person to get an accurate reading of their chakras.

1 Stand facing your partner.
2 Have them put their right arm out to the side while you hold a pendulum over their chakras in the front of their body.
3 Start with the bottom chakra and move up through the chakras.
4 As you move up through the chakras, push down on their extended arm while the pendulum is over a chakra.
5 Ask them to resist your effort by pushing down while you push up on the extended arm.

If the arm holds steady, the chakra is strong. If it doesn't resist the push downward, the chakra is weak. If a chakra is weak, you have many options for strengthening it. You can meditate, say or write affirmations, offer a prayer, or reflect on what weakens you.

**Retest the chakra** after doing some inner work to enhance your energy field. You will be surprised at how quickly the chakra revives with positive input.

**Move up the chakras** as you test each one.

**Watch the pendulum spin**. Note the differences in each chakra. If a chakra appears weak, ask the person to recite an affirmation.

**Watch the pendulum move** faster and find balance.

Chakras respond to positive statements of self-love, healing words of confidence, blessings, and good intentions. Test as your partner affirms their worth and honours their choices. The chakra will strengthen immediately.

## Using the pendulum

Work with the pendulum till you feel comfortable and trust its responses. Take your time. Be sure to breathe. Hold the pendulum in your dominant hand, two inches over the palm of your opposite hand. Watch the pendulum's movement as it spins in a circle or swings back and forth. Do not will it to work. Let it find its connection to your life force and energy field.

This demonstrates how the pendulum responds when you connect with your feelings. Observe if the pendulum increases or decreases in speed as you allow yourself to experience your emotions. If this is positive or negative, you should have an immediate visual response from the pendulum.

The pendulum responds when you say or think affirmative or negative thoughts. Be sure to keep your breathing going. Please do not hold your breath when working with the pendulum, as it will block energy flow. A good exercise is to hold the pendulum over your Solar Plexus Chakra and say out loud, "I am beautiful, and everyone loves me!" Repeat it several times until you get a spin on the chakra. Now reverse the statement. Say

**Massage the Root Chakra** for about ten minutes. If you are comfortable, hum, sing, or chant to your partner. Play music that resounds with this chakra. Drumming music is Root Chakra music. Sound opens the channels for healing, and nothing soothes and comforts like the richness of the human voice. You can also play soft healing music or be silent. It's your choice.

**Keep energetic contact** with your partner. If the energy is blocked, you can gently rock the body back and forth.

**Draw circles**, lift congested energy, and fling it into the candle.

You can ask your partner what they experience while you are doing the massage. Are they aware of emotions such as anger, fear, grief, and loss being released? Do they have pictures that appear in their mind's eye? Are they comfortable? Irritable?

As they breathe, it becomes easier for them to release blocked energy. You do not have to identify the energy; you can move it out of the chakra. As the energy becomes more refined and you move up to the higher chakras, be aware and lighten your touch. The higher you go up the spine, the less you need pressure on the chakra. Ten minutes works well for the Root chakra; and each chakra requires less time until you reach the Throat, Brow, and Crown chakras, which take less than a minute to release energy.

When massaging the Throat chakra, turn your partner over onto their stomach to work on the back of the neck. It is easier and less threatening to your partner. You can also work on the back of the head for the Brow and Crown chakras. Be gentle and sensitive as you approach the heart, neck, and head. A feather-light touch works to impact the higher chakras.

## Emotions

Strong emotions can come up during this massage. If this is the case, be conscious as you work to decongest the chakra. They may experience anger, frustration, sadness, or grief. They may feel the need to cry. At times, they will know what is being released; at other times, it may be simply the need to release feelings without knowing the primary cause.

Allow these feelings to rise to consciousness. Do not try to suppress these emotions. Encourage your partner to let go and not hold on to old feelings that seek an outlet. Give them space to feel their feelings and let them go. Feelings does not require acting out emotions; it means experiencing their depth, breathing and releasing your attachment to them.

At the same time that energy is released, visual and sensory phenomena may occur. For example, a tingling sensation can occur in the hands, feet, and mouth. This sensation does not last long. Ask your partner to take a

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# HEALING THE LIGHT BODY BY IGNITING THE CHAKRAS

## The Qualities and Attributes of the Light Body

**Ethos:**

The Light Body's purpose is to identify with what is unchanging and permanent. It becomes the substratum, the hardcore seabed that never changes, unlike the ever-changing reality like waves crashing on the shore. This part of our being is always pure, innocent, beautiful, and free. The spirit is eternal.

| | |
|---|---|
| **Glandular Connection:** | It is connected to all our ductless glands. If there is a health issue, The Light Body heals what is dysfunctional or unbalanced. |
| **Color:** | White Light. |
| **Musical Note:** | Silence |
| **Type of Music:** | The harmony of the spheres. |
| **Element:** | Universal consciousness. |
| **Sensory Experience:** | A sensation of expansion from the inside out; an outflowing from the Solar Plexus Chakra. |
| **Essential Oils:** | Rose and Vanilla mixed. |
| **Crystals:** | None. |
| **Aspects of the Solar System:** | None. |

As you emerge from this meditation, take time to be silent. It takes a moment to adjust to being in the world.

## Crystals for the Throat Chakra

**Turquoise** is highly prized by North American Indians and Asian cultures. Turquoise is said to contain the spirit of the Creator. Use it to increase creative energy in the Sacral and the Throat Chakra. Wear or hold a turquoise stone. It will stop energy from draining from your Throat Chakra.

A**quamarine** is a beautiful stone that captures the beauty of the sea and the sky. It suggests balanced emotions and a deep commitment to sharing your feelings with someone you love.

B**lue Agate:** This stone anchors the spirit in the body. It dissipates anger and opens the channel for clear communication.

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# CHAKRAS AND THE ARCHANGELS

The angelic realm works within our chakras. It responds to the life issues of each chakra, helping you meet your challenges and grow physically, emotionally, mentally, and spiritually. Angels and archangels stabilise your spirit when you suffer, when you are volatile, disappointed, or heading in the wrong direction. Their influence is experienced through stimulating your chakras. There is an archangel for each chakra.

The spirit realm wants you to be aware of your choices and be transparent in your intentions. That way, they have your back and support your best efforts. Chakras are conduits and vehicles for spiritual energy. The more you open to receive angelic blessings, the stronger your physical body becomes, the more stable your emotions, and the more precise your

thinking becomes. The angelic realm can affect everything in you, from hormonal flow and physical healing to your spiritual development.

Each chakra's governing archangel helps you maintain that specific chakra's noble qualities. For instance, the Root Chakra is ruled by the Archangel Michael. He anchors the spirit in your physical bodies, grounding you in the earth's energies to keep you stable and rooted in life.

- **Archangel Michael** governs the Root Chakra. He helps bring our spirit into the physical realm and offers us divine guidance, protection and love throughout our sojourn in this life. When our physical life comes to completion he guides us to our heavenly abode. He encourages us to "fight the good fight, for love, victory and the glory of God."
- **Archangel Metatron** governs the Sacral Chakra. He helps build a robust, healthy immune system and expands your capacity to receive goodness. He governs finances, health, pleasure, and unconditional love.
- **Archangel Uriel** brings the light of God into the Solar Plexus to heal and empower you. He encourages you to think positively and reject anything that would diminish your self-worth. He is the angel of confidence.
- **Archangel Raphael** governs the Heart Chakra. He opens you to the power of love, joy, and brotherhood. He protects the heart from the pain of loss and rejection. He helps you in relationships and teaches you the power of love.
- **Archangel Gabriel** rules the Throat chakra, known as the "Mouth of God" in metaphysics. He helps you express your truth and listen with discernment. You can call on him to help you express yourself with clarity, positive intentions, and love. He plants the right words in your mind.

The archangels reside in the etheric body, the same subtle body that holds the chakras. The chakras provide emotional stability, healing energy, and the ability to regenerate.

Angels work constantly in your field. The chakras are their point of entry. They balance and heal the chakras, boosting your spiritual energy. Accepting the spirit realm requires believing that you are more than a physical body. The chakras teach you that you are a network of subtle energy bodies working together for maximum health and spiritual goodness.

Your job is to expand your capacity to receive that goodness. You do this by affirming your worth and honouring your choices for love. This is how you build confidence in your life and your future. The first step to understanding energy healing is to become aware of the power of grace that the angels and archangels bring to you. Through them, God's love blesses you and opens the way for healing.

*Blessings and gratitude for allowing me to share a lifetime of study and exploration into the human energy system. It has been a pleasure to serve consciousness.*