

THE CHAKRA HEALING REPORT FOR

Michael Jackson

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Dear Friend,

This report is about how you can heal your mind and body by being aware of the latent energies in your aura and making the best, most spiritual use of them. Your aura is a field of energy that permeates and surrounds your physical body. It has seven special energy centers within it called chakras. Chakras are vortexes of energy, and they are the places in your aura where divine consciousness can come in and manifest in your physical body, especially if you are receptive to it and use your willpower to allow it to enter.

Your aura also has three channels where the divine energy flows within your aura, and in yoga, these are called the ida, pingala and sushumna. The ida carries the life energy in the left side of your body. The pingala carries it in the right side of your body. The sushumna, which is the most important, carries it in the middle of your spiritual column.

The chakras are the places where the ida, pingala, and sushumna meet together. There is so much energy in these places that the energy whorls around as divine creative potential waiting as an ever-present resource to be manifested into physical form, so that we can bring healing life-force into our daily lives.

To draw upon this infinite source of energy, we can use meditation, prayer, or affirmations. In this way, we transcend our everyday consciousness and become receptive to the healing power within us. There are specific affirmations that can be used to direct the healing force to particular areas of the body. These are contained in Louise Hay's book "Heal Your Body". Often these affirmations are sufficient to address a particular condition, but sometimes a more specific focus is needed to get the energy to come through. That is because we may have subconscious blocks to allowing the affirmation to work, and these have to be identified and dissolved. The blocks may be present because we have grown up in a culture that asserts mind-body duality, rather than mind-body unity. There may also be blocks because of individual karma from the past or individual lack of recognition of future possibilities. This is where astrology comes in - to identify any blocks you may have and to give you guidance as to how to dissolve them, so that you can become one with the Source and fulfill your divine purpose.

Louise Hay's book also links the physical conditions and affirmations with particular vertebrae in the spine. This is helpful because the sushumna is located in the middle of your spinal column, and using the most specific affirmation possible should bring the healing light to the part that needs healing. However, if there is a blockage at the unconscious level, it will manifest on the physical level in the form of a blockage in the energy of the physical spine. The tension from this will be observable, as one or more bones in the spine will be out of alignment and there will be various symptoms in the surrounding muscles, organs, or other parts of the body. This report then, is designed to give you insight into the nature of any such blockages that you may be likely to have as an individual. The report also suggests ways of dissolving them and getting your own healing energy flowing. It will still depend on your own willpower whether you choose to use these new insights and how, in order to better your own health.

This report neither diagnoses nor prescribes, but works on the subtler level of the astral aura, as described by astrology, to understand and potentially re-direct the energies before they manifest on the physical level, so that you may be in tune with the higher, spiritual purpose for which the energies are intended rather than have them manifest as any lack of vitality or health.

This report is dedicated to my chiropractor, Dr. John Bjarnason of Toronto, who has greatly assisted me in combining my astral knowledge of my aura with its unblocked, physical manifestation, so that I have been able to enjoy better health

Best Wishes, Lorna Houston Copyright 2005

Chapter 1: The Ascendant

Pisces Rising:

Your outward expression of your Heart Chakra is likely to be compassionate, sensitive, and imaginative. Your partner is likely to provide a balance for that by being practical, detailed, and hardworking.

Chapter 2: The Sun

Sun in Virgo:

As an individual, you have a great deal of energy in the area of your pancreas, spleen and intestinal tract. Just as your personality is discerning and analytical, your body is capable of sorting out what is healthy for you and getting rid of anything that is not. Keep up your health and resistance by eating only healthy food in the first place, but remember also that pure thoughts are what create a healthy body too. So, don't worry if you are exposed to any unhealthy influences. Instead, be joyful and non-judgmental towards yourself. This will do more good for your health than criticizing yourself or your environment for not being perfect. So, let go and enjoy the sweetness of life. Nourish yourself and be happy.

Keep the vitality coming into your body by maintaining the health of your heart and your spine. Teach others to do the same and, in that way, you will be spreading the happiness of being healthy. You will also be creating for yourself an environment of health-conscious individuals, who will make it easier for you to be able to enjoy your surroundings without having to be concerned about their effect on your health. Show others, by your example, the positive path to purity and the rewards of a healthy lifestyle.

Sun in 6th house:

The Sun rules your Solar Plexus, and its house shows how you bring the energy of this chakra out of this world. Your Solar Plexus gives you self-confidence, and you approach everyday life with the belief of "I can." You apply this in the area of your health, and your positive energy combines with diligent care to inspire others to be healthy too. You are also an excellent employer or employee because of your enthusiasm and hard work.

Sun Sextile Neptune:

You were born with a special talent for acting as a channel for the divine light, and you owe it to yourself to take advantage of your many opportunities to develop it. The Sun rules your Solar Plexus and gives you a great potential for creativity, energy and willpower. Neptune rules your Throat Chakra and gives you very subtle receptivity that elevates your potential to a high compassionate level.

Sun Conjunct Pluto:

The Sun rules your Solar Plexus, the centre of your creativity and willpower, and Pluto rules your Spleen Chakra, the centre of your reproductive and regenerative power. These two very intense energies are juxtaposed in the conjunction, so that whatever you do is very dynamic and intense. This energy is meant to give life and to transform. Give it enough scope, so that you will not just be dominating others.

Chapter 3: The Moon

Moon in Pisces:

You need to value your keenly tuned emotions in order to maintain your wellbeing and to know that your finer perceptions are the key to solving your problems. The Moon rules your Second Chakra, your source of emotional insight, and Pisces relates to your Root Chakra. The Root Chakra usually pertains to the earth, but because of the water element of the fish (Pisces), it refers to the water in which the fish swims, and the water is always lower than the surface of the land. From this vantage point of reflecting what is on the land, you are able to see things in a very different and special way. You have the ability to swim to different angles or depths as you choose, or to swim away any time you want to escape. You can teach others about the connectedness of all things, as you perceive it, or you can reflect back to others how they appear, just as the water reflects what is on the land.

Moon in 1st house:

The Moon rules your Second or Spleen Chakra, and its house shows how you bring your emotions out into the everyday world. You can always tune in to it and say, "I feel," because your emotions are a vital part of your being. You are likely to be assertive with your emotions and to have good, positive self-esteem, and you can inspire others to move beyond their problems to a more constructive outlook.

Moon Quincunx Venus:

In the past, you may have been discouraged from expressing your emotions in a loving way, but you can overcome this by being adaptable and open to the fact that you may meet nice, loving people who would help you create a loving home. Focus on elevating your kundalini from your Spleen Chakra to your Heart Chakra by working on your self-esteem and free flow of energy. Heal any past emotional blocks.

Moon Square Saturn:

It is a challenge for you to find harmony between your emotions and your practicality, but with a positive attitude you can succeed in maintaining a joyful outlook despite any responsibilities and limitations. Work on maintaining the flow of energy between your Root and Spleen Chakras by consciously accepting a positive responsibility for your emotions.

Moon Quincunx Uranus:

You may have had older people in your past inhibit your ability to let go of limitations and spontaneously move ahead into the future. However, by being adaptable, you can now adjust to your more fortunate present circumstances by building your self-esteem and moving on to the highest possible development of your genius potential.

Chapter 4: Mercury

Mercury in Leo:

Mercury rules the Throat Chakra and Leo rules your heart, so you have a very dramatic way of speaking right from your heart. Your words would attract the attention of others and you could inspire them in acting or public speaking. You would also know how to take charge of children in such a way as to be able to teach them and have them listen.

Mercury in 6th house:

Mercury co-rules your Throat Chakra, along with Neptune. Its house shows you the areas of life where you are likely to gain information and express your thoughts. It has to do with communication, and can be summarized in the words "I speak." You are very skilled at handling detail and being exacting in your work. You have an organized mind and environment.

Mercury Square Mars:

It is a challenge for you to communicate without sounding too aggressive, but with conscious willpower you are able to apply tact and diplomacy. Mercury rules your Throat Chakra of communication and Mars your Solar Plexus, so the key is to become more detached from your ego, so as not to be argumentative.

Mercury Sextile Jupiter:

You have many opportunities to speak to others about your positive, philosophical ideas in your travels, in the classroom, or in front of audiences. Mercury rules your Throat Chakra of communication and Jupiter elevates your verbal ability to the level of the keen perceptions and ideals of your Brow Chakra.

Mercury Conjunct Pluto:

Mercury rules your Throat Chakra and pertains to your logical thought and communication. Pluto rules your Spleen Chakra and pertains to your regenerative and reproductive ability. Your speech is likely to have a strong emotional impact on others and you are likely to study scientific subjects in great depth to determine the real causes of things.

Mercury is Retrograde

Mercury rules your Throat Chakra, and this is an area that may have some indication that you do not think you are moving ahead, even though you really are. For example, you may have had throat problems in your childhood that were somehow not real problems, but still seemed to hold you back. There may have been situations where you could not speak up for yourself. These situations seemed to originate from your ancestors rather than from you. You need to acknowledge your own goodness and be assured that it is okay to express yourself.

Chapter 5: Venus

Venus in Leo:

Venus rules your Heart Chakra and Leo rules your heart in your physical body. The key to nurturing your naturally very warm heart is to affirm that you are loved, that you are safe, and that you can stand tall with joy and self-acceptance. The Heart Chakra rules the thymus gland in your endocrine system, and for it to be healthy you need to visualize that you are loved throughout your life like the best-loved child.

Venus in 6th house:

Venus rules your Heart Chakra. Its house shows you the areas of life where you give and receive love and compassion. The key words for it are "I love." Your love is expressed in your place of work, where you create beauty and get along well with others.

Venus Square Mars:

It is a challenge for you to find ways to act upon your compassion and to form loving relationships with others, but you have the willpower and energy to succeed. You can convey your love better through actual physical actions than just through thoughts and niceties. Focus on creating an easy flow of energy between your Heart Chakra and Solar Plexus by first building your own self-esteem and then reaching out to others.

Venus Trine Saturn:

You are very fortunate in your ability to maintain long-term relationships, which you do by being loyal and dependable. You have an easy flow of energy between your Heart Chakra and your Root Chakra. This enables you to express your artistic talent with careful, practical skill.

Venus Conjunct Uranus:

As Venus rules your Heart Chakra and Uranus your Crown Chakra, you are able to direct the love and compassion of your heart to the highest of universal ideas. You will be able to express love and tolerance for everyone, and to transcend differences and see beyond polarities.

Chapter 6: Mars

Mars in Taurus:

Mars rules your Solar Plexus Chakra, and inspires you to be self-confident from within, rather than have to seek security from material possessions. You are capable of taking the high road and asserting that peace and harmony are the answer for both the health of individuals and society as a whole. Whatever houses or other possessions you have can best be used for a high, spiritual purpose in such a way that you will still have security yourself.

Mars in 2nd house:

Mars co-rules your Solar Plexus Chakra, along with the Sun. Its house shows the areas of life where you express your initiative, desire, and physical action. The key words for it are "I can." You would be likely to apply your strong drive by running your own business, earning money, and acquiring things of genuine value.

Mars Quincunx Saturn:

You may have been held back from learning how to discipline your strong physical energy when you were young, but now you can adapt yourself to the opportunity to develop a special skill, so that you will have something practical to work at where you can succeed. You have a good potential to assert yourself, from your Solar Plexus ruled by Mars, and a good ability for organized work, from your Root Chakra ruled by Saturn.

Chapter 7: Jupiter

Jupiter in Libra:

Jupiter rules your Third Eye, and Libra your relationship with a partner. This gives you the potential to have a very happy, psychic relationship with another person, based on higher values of sharing and mutual understanding. You are able to provide what your partner needs, especially by being able to tune in ahead of time to what will bring the most harmony.

Jupiter in 8th house:

Jupiter rules your Brow Chakra. Its house shows you the areas of life where you express your spiritual values, positive thinking, and prosperity. The key words for it are "I see." You are likely to have positive insights into life after death, and you may profit from inheritances or a spouse's wealth.

Jupiter Conjunct Neptune:

Jupiter rules your Third Eye and Neptune your Throat Chakra. You are able to perceive higher, spiritual truths especially if you are in a quiet place where you can tune in on the subtler level and listen. You would be able to express your positive insights through art, music or other creative means. You may be able to act as a channel for positive, higher inspiration.

Jupiter Sextile Pluto:

You have a special talent for accessing your spiritual, regenerative power and using it to uplift yourself and others. You are able to use the power of prayer and meditation very effectively. This is because there is an easy flow of energy between your Third Eye and your Spleen Chakra. You have the willpower to do what is positive.

Chapter 8: Saturn

Saturn in Sagittarius:

Saturn rules your Root Chakra, which is the source of your energy to actually manifest your goals on the physical plane. Sagittarius is the sign that most likes to set goals, like the archer aiming arrows. You have a vast ability to explore what you truly want, to decide on specific goals, and then carry them out. Rather than adhere to the dictates of the past, clear your subconscious mind of any strict religious influences that may be blocking your ability to set goals for yourself. You will then feel fulfilled because your goals will be genuinely spiritual, genuinely your own; you will be able to achieve them with great success.

Saturn in 9th house:

Saturn co-rules your Root Chakra, along with the Earth. Its house shows you the areas of life where you express discipline, responsibility, and structure for your survival and grounding. The key words for it are "I have." You are likely to work hard to acquire higher education. Your values are traditional, honest and, practical.

Chapter 9: Uranus

Uranus in Leo:

Uranus rules your Crown Chakra, the source of your infinite potential for new ideas and knowledge. Leo is a fire sign, bringing enthusiasm and passion to the manifestation of your original thoughts. You come across as being confident that your ideas are good. You bring ideas to life and make others want to expand their minds too.

Uranus in 6th house:

Uranus rules your Crown Chakra. Its house shows you the areas where you express your universal understanding, knowing, and intuition. It also shows where you express your urge for freedom and individuality, and the types of friends you will choose and groups you will join. The key words for it are "I know." You have a good mind and are likely to excel in anything new or scientific. You would be interested in alternative methods of healing, especially those involving subtler energies or electronics.

Chapter 10: Neptune

Neptune in Scorpio:

Neptune rules your Throat Chakra and your ability to listen on the subtler level. Scorpio is capable of handling extremes. You are able to understand others in a very deep way. You could even help them handle grief by being sympathetic, and at the same time not being afraid of dealing with the intense topic of death. Your insights are very profound.

Neptune in 8th house:

Neptune co-rules your Throat Chakra, along with Mercury. Its house shows you the areas of life where you express your ability to listen and to reflect back creatively what you hear, especially when you are acting as a channel for a higher source. The key words for it are "I speak," but also "I listen." You have a special talent for healing those dealing with death because you have both empathy and courage. You would have a psychic understanding of your sex partner and an intuitive understanding of tantric yoga.

Neptune Sextile Pluto:

Neptune rules the subtler listening ability of your Throat Chakra and Pluto the regenerative and transformative power of your Spleen Chakra. You have a special ability to care and to heal in a very ultimate way. You could, for example, work on healing the planet. You could also express your compassion for the masses in a way that would make a real difference.

Chapter 11: Pluto

Pluto in Virgo:

Pluto rules your Second Chakra, in your lower abdomen. It has domain over your emotions and sexuality. Virgo, on the other hand, is a very rational sign of the mind and intellect. However, your mind would not exist if you had not been created in physical form, and your body is

essential as a temporary house for your soul. Therefore it is important to recognize the importance of your emotions and sexuality for your overall health, including the evolution of your mind and soul.

Pluto in 6th house:

Pluto co-rules your Second or Spleen Chakra, along with the Moon. Its house shows you the areas of life where you express your regenerative ability and your willpower to transcend mass karma, as well as your emotions and sexuality. The key words for it are "I feel." You have amazing willpower to regenerate your health and to apply discipline and determination to achieve almost anything you want to. You realize the importance of a healthy work environment and could change it dramatically to suit your needs.

Chapter 12: Chiron, North Node, and the Midheaven

Chiron in Aquarius:

Chiron represents the link between your individual identity and the Universal, as it is located between the inner and outer planets of the solar system. In your aura, it is related to your Heart Chakra, which is the link between your lower, physical chakras and our higher, mental ones. Aquarius already has command over the highest possible mental awareness. You are already open to the vision of infinite, new ideas. First, you need to acknowledge this wonderful ability within yourself, and to love yourself for it. Then you need to expand your heart to others, so that they too can open their minds and become free. Show them how they can think in such a way as to get outside of the box, and encourage them to trust their intuition.

North Node in Libra:

Just as the ida and pingala (the channels of life energy in the left and right sides of your auric body) meet at your chakras, the Moon's path crosses over the Sun's path at your lunar nodes. Your Libra North Node gives you special insight into how your male and female polarities can work together for your future. You will now be more easy going and balanced. Your Aries South Node shows that you have already mastered the lessons of self-assertion and physical action, freeing you to be more cooperative and sociable.

North Node in 7th house:

You are now learning to cooperate in a partnership or marriage, having observed in your parents and grandparents how disagreements and too much self-assertiveness can lead to problems and limitations. As you become more used to giving and taking in a proper balance, your Heart Chakra opens. Because there was too much anger in your past, you may need to clear out the lingering effects of primal emotions in your liver area in order to move ahead.

MC in Sagittarius:

You use your willpower to bring in the Light through your Crown Chakra, and you have many very high, mystical experiences, perhaps involving angels or channeled entities. You are able to teach others about religion and spirituality. At the same time, you bring in the stability of earth energy through your Root Chakra, so that your home can be a place of study and of communication - perhaps by telephone or by having friends and relatives visit.