

“IT’S SO GIRLIE I’D EXPECT you to be wearing a tutu!”



From ballerina to pioneering spirit, *Katy Evans* discovers more about her aura, chakras and past lives when she puts this new energy therapy to the test

You’ve probably heard and read a dozen times before how the colours of the chakras – the spinning vortexes of energy that run in a line up and down our spine – relate to the colours of the rainbow: red at the base, orange at the sacral, yellow at the solar plexus, green at the heart etc. Well, my basic knowledge of the seven major chakras was turned upside down when I met Michelle Roberts, the new energy therapist at the Hale Clinic in London.

According to Michelle, not all base chakras are red – they will vary from person to person. This makes sense to me, as we are all individuals and presumably all have different colours. So someone might have blue as their first aura layer and base chakra, and perhaps orange as their sixth aura layer and third eye chakra (instead of the ‘usual’ purple colour). “Each layer of the aura and each chakra vibrates at a specific colour, and this varies from person to person and can also

change over time. We’re not all the same colour or we’d be energetic robots!” says Michelle, in her soft, Californian accent.

Michelle tunes in to clients’ energy fields, noticing any tears or energetic ‘cords’ that might be draining energy away, then helps them to overcome these problems, looking at each individual chakra to tell the client what she sees. And what she does see, she describes as like looking at a big movie screen, with pictures and colours, which she translates into something tangible the clients will understand.

Michelle graduated from the Berkeley Psychic Institute in California in 1988, having completed a two-year programme of meditation, healing, kundalini, female healing and advanced clairvoyant programmes. Now a member of the British Register of Complementary Practitioners, Michelle feels her work is of great importance in helping people understand their

issues and creating a more positive future. “People often come to see me with perhaps an inkling of what they want to do in their lives, but after having had a reading, they seem more able to clarify and even justify their goals, often based on what I have told them about their energy field and what their past lives reveal,” says Michelle, who points out that her therapy is not the same as a psychic reading. Her aim is to assist in the healing, balancing and clearing of the aura and chakras as well as promoting the client’s own natural ability to heal. “We all have muscles, bones and tissues, but then we also have energy layers on top of that, which need attention as well. This can open doors to other avenues of healing. Some people come to see me once and that’s enough for them, but some come each year because they are working on themselves spiritually.”

“Your seventh chakra is bright pink, creating a very feminine, gregarious, attractive cloak around you”

THE TREATMENT

From the name on the business card – energy therapist – I am expecting a session similar to reiki or spiritual healing, where you lie down and the therapist goes about silently channelling energy into you. But this is completely different. All I have to do is sit in a chair and listen. After about five minutes of Michelle walking slowly around me and ‘smoothing out’ the buzzing, frantic outer layers of my aura (I’ve just made my way through central London after all, so no wonder I’m a bit scattered), Michelle sits opposite me, with eyes closed, and just starts talking ... and talking, and talking. The only time

she opens her eyes through the entire session is to stop, pick up a wax crayon and scribble a coloured ring around a line drawing of a person. This happens seven times, so as to illustrate the different colours of my aura.

But while this is different to any other therapy session I’ve had (not to mention quite odd) I find what she tells me to be fascinating stuff, and, I have to say, mostly pretty relevant to my life. Over the course of the hour she tunes in to each of my chakras, tells me about the energy in my aura and about any past lives cropping up.

Starting with the base chakra, Michelle tells me I have strong, healthy energy there, and that I was very much wanted and welcomed into the world and was surrounded at birth by healing, positive energy (I can vouch for this, as other than being a week late, I was my mother’s first child, and grandparents’ first grandchild, so I guess I was a bit doted upon). Michelle also talks about my

‘grounding cord’ which is the energetic link we all have to the Earth. She emphasises how mine is very clear and clean, and keeps getting the word ‘organic’ springing to mind, apparently showing how my connection to the Earth is very strong, vibrant and with no rubbish! (She obviously can’t detect all the sugary food I stuff down my oesophagus, then!). The colour for my base chakra and first layer is light blue (not red, as I’d expected) and she draws this on the diagram.

Onto my second aura layer, linked to the sacral chakra, and this time the colour is the one I’d normally expect – orange. She describes it as a “warm tangerine colour” and says it’s communicating my intuition and creative side. “You have a very highly charged feminine creative energy. This is not just the energy to create other humans – although yours does show you are very fertile – but can be used in other creative ways,” says Michelle, who also recommends I find outlets



Michelle Roberts works from the Hale Clinic, Park Crescent, Regent's Park, London. Call 020 7631 0156 or visit haleclinic.com. A session costs £85

for my creativity or I'll feel stifled. Now comes the interesting part, as the first of two past lives starts to emerge. "I see you as a little girl, aged seven or eight, living in Paris, and you love ballet. You want to become a professional dancer one day but you come from an aristocratic, academic family who think the creative arts are not to be considered as a profession. It's something to play at, but not as a career. During puberty this feminine energy got stronger but I see you dancing behind closed doors, so as not to let people see you. This creative energy is literally screaming to get out but you go with your family's wishes and move into academia instead, shutting down your creativity. I then see you marrying an older man and having a child but you always really regret that you never utilised the gift you had by becoming a dancer," says Michelle.

Then it's on to the third chakra (solar plexus) and aura layer, which she describes as "bright, key lime green" (key lime pie being a typical American dessert). This chakra, according to Michelle, represents my personal power, and is around three-and-a-half inches open (chakras apparently vary from around an inch to four inches wide). Michelle describes this chakra as having a "thin layer of glass" over it for protection, behind which she can see lots of little "pin pricks" where other people's 'energetic cords' have attached to me in the past. "People often try to influence us and 'cord' us – i.e. they send out cords of energy from their own solar plexus into ours to try and control us. This happened to you in the past, and was very debilitating, hence the little 'scars', but you went through a transformational time and healed these cords, and have now put a screen up to stop it happening again. But even though you've got this protection, your solar plexus is still quite open and honest and experiential." Michelle then started telling me about my dreams, and that I "file things away in an orderly fashion" at the end of each day, as if I am cataloguing my experiences.

My fourth aura layer is gold – Michelle uses a yellow crayon for the diagram – and this is linked to my heart chakra (most often seen as green in books about chakras). "This chakra has the blueprint of our soul within it and what will happen within our lifetime," says Michelle. She tells me I have a very strong, pioneering spirit. Also that I enjoy my job and the level of competition within the industry. "There's a signed agreement (in the spirit world) that you'd become a pioneer in some field and go into challenging situations," says Michelle. This is when the second past life starts to flash up in Michelle's mind's eye.

"You were a pioneer in America; one of the new settlers. I can see you on a wagon train with your husband and two children, crossing America from east to west." She then goes a bit quiet as if not sure how to tell me the rest. I can sense she is uncomfortable with what she's seeing. "You are pregnant but because of all the jolting and bumps of the train, you go full term but then have a still birth. You almost die as well. Your husband is devastated and says you will settle where you are and not continue on the journey, but because of your pioneering nature you insist you will all carry on to your destination."

Whoa – that's pretty intense. But then Michelle moves on to talk more about this fourth chakra, and how it's linked to love and romance. "I really see a gypsy-like spirit in you – a free-spirited girl not wanting to be tied down now. Independence is your middle name. You have long-term relationships but yet your energy is that of a wild child. Commitment will come in time, though."

We then move on to the fifth chakra, which on me is royal blue in colour (again, the same as I would have expected as this chakra is always depicted as blue). "This is about communication. It's a very dominant space for you. I'm getting



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I'm not careful; that people will want to influence me and tell me to be like this and look like that, but my spirit wants to be natural and more wild. "You're a bit like a diamond before it's been polished!" I take that as a compliment (I think).

Now to my seventh chakra, which I am delighted to report is bright pink – my favourite colour. "This shows you are putting a very feminine, gregarious, attractive cloak around yourself. I'd almost expect you to be wearing a pink tutu, it's so girly!" says Michelle. "But yet you don't dress in a girly way most of the time," (this is true – I'm sporting jeans and a grey T-shirt). "This is to stop people assuming you are a certain type; it defends your independence and keeps people guessing."

VERDICT

Although I still think Michelle would be better off calling herself an 'aura reader' rather than energy therapist – as this more accurately explains what she does, in my opinion – I found the session to be very revelatory and almost like a kick up the back side, in terms of following my dreams. The past life about the ballet dancer was particularly pertinent. I used to do ballet from the age of four up to 13, and for the past few months have been really thinking about starting up again (I've also had a tune, from my childhood classes, stuck in my head playing on a loop). Also, literally a few days before the session I was sorting my wardrobe and donned the little pink tutu I bought at a festival a few years ago.

And it's true about me dancing behind closed doors, as I often turn the music up at home and dance around – a bit of ballet mixed with ballroom and salsa, usually – so it made sense that if there are such things as past lives, I might well have wanted to be a dancer and this urge is now coming up in my current incarnation. However, my rational mind did wonder whether Michelle was not actually picking up on past lives, but on thoughts and actions I'd done in recent days/weeks, which would account for the ballet thing. But then that wouldn't account for the past life of the mother and her stillborn child, as I have no experience of that in this lifetime.

As for stuff about the solar plexus and people trying to influence me – well, I have to say this felt true, as some years ago I felt I was in a situation where other people were trying to drive my life, and I gave in because I wasn't strong enough to make my own decisions. And I have often been influenced by what other people think. Whether all this is linked to the so-called 'scars' in my solar plexus, I can never say for sure, but it certainly fits what Michelle says.

But the main upshot is that I'm trying to take more care of my feminine side these days, and have also gone and blown loads of cash on new leotards and ballet tights, ready for when I embark on those much-talked-of dance classes. All in all a very interesting experience, though not so much a healing therapy, more an aura counselling session.

a 'no-nonsense' vibration for this. You don't like verbal diarrhoea – you like yourself and others to be to the point. The blue is like a clear mountain lake, which doesn't tolerate pollution. Again I'm sensing the pioneering and individualistic nature."

My sixth aura layer and chakra are shown as purple, and Michelle says this relates to my creativity, which needs feeding, as the logical side can tend to take over. "You must take this abundance of creative energy and turn it into something tangible. The gypsy energy is so strong in you that you must rein it in a bit and harness the energy into something real."

Michelle also explains how I can have a tendency to get caught up in the world of appearances and to maybe become exploited by it if

WHAT ARE CHAKRAS?

The chakras are wheels of light that spin in the human aura at various positions along the body. They take in energy from the environment and from the Divine, and filter it into your mental, emotional and physical energy bodies. Each one is responsible for a different area of growth: well-being, stability, creativity etc.

SEVENTH (crown) chakra: this is a funnel of light that opens up and outward at the top of the head. It connects us with our soul and higher spiritual truth. This chakra is associated to our pineal gland and upper brain

SIXTH (third eye) chakra: this chakra opens outwards from the centre of the forehead, above the eyebrows, and gives us our psychic or intuitive vision. It also allows us to see the good in all situations. It's associated with the pituitary gland, lower brain, ears nose and nervous system

FIFTH (throat) chakra: this chakra funnels out from the throat and gives us the ability to speak our truth and express our authentic selves, via our work, hobbies and interests, and in communication. It is associated with the thyroid gland, throat, lungs and vocal chords

FOURTH (heart) chakra: funnelling out from the heart area, this chakra gives us the ability to love ourselves and love others. An open heart can

give and receive love. It's associated with the thymus, heart, blood and circulatory systems

THIRD (solar plexus) chakra: this chakra funnels out from just above the navel and gives us our sense of personal power and self esteem. This is why we cross our hands in front of our stomachs when another being is angry – to protect our own self-worth and power. This chakra is associated with the pancreas, stomach, liver, gallbladder and digestive system

SECOND (sacral) chakra: this chakra opens outward from the lower abdomen, and dictates how we relate to power symbols, which can be sex, money and/or control. It is the centre of creative expression. If balanced here, we can enjoy these symbols without letting them control us. A closed fifth chakra and an active second chakra often leads to addictive behaviours. This chakra is associated with the reproductive organs

FIRST (root) chakra: a funnel of light that opens downwards from the tailbone or base of the spine, this chakra grounds us, so emotionally and spiritually charged energies can run through us safely into the ground. If you easily pick up on others' emotions and are affected by them, make sure you visualise this chakra spinning clearly on a regular basis, to rid yourself of unwanted emotions. This chakra is associated with the adrenal glands, immune system, kidneys and spinal column