



TRIED & TESTED

## LEARN from Your **Aura**

Ever wondered what your aura is revealing about you? You may not be able to see it with your own eyes, but Michele Roberts, an energy therapist at the Hale Clinic in London, says she is able to look at people's aura and chakras in order to help them understand past lives and current issues. "We are in continuous energetic growth periods, which are displayed in the multitude of colours I am able to translate into a personal and insightful energy therapy session unique to each client," says Michele. "The many facets of the personality and the higher self have the opportunity to express themselves allowing for a deeper understanding of one's self and why we are who we are."

Michele says people often visit her every six months to a year, sometimes to validate the spiritual growth they feel they are experiencing.

**"IN THE THIRD CHAKRA, A PAST LIFE LIGHTS UP FROM ARTHURIAN TIMES. I AM A LADY IN WAITING, WITH LONG, REDDISH HAIR"**

### Verdict:

I sit and relax as Michele closes her eyes and 'sees' my aura, focusing on one level at a time. Starting with the base chakra and the 'grounding cord', she works her way up, telling me what she sees at each stage. She says my sacral chakra is a warm, pinky orange colour. She sees an image of a woman mixing paint on an easel but taking a lot of time over how she wants to paint the picture; this, says Michele, shows I am being very careful about the future I want to create.

In the third chakra, a past life lights up from Arthurian times. I am a lady in waiting, with long, reddish hair; I've very petite and have striking blue eyes; I'm 13-14 years old and suitors are being considered for me. She says I'm also very spiritually evolved and have psychic abilities and am older than my years.

She provides enlightening information with regards to my current love life, and certain people who are showing up in my aura and what they are teaching me. My crown chakra also shows that psychic abilities are opening up, and that my main lesson is to be aware of synchronicities, and to trust them.

Energy Therapy can be extremely helpful in finding out where we are on the spiritual path and how to grow and develop from this day forward. I found it fascinating and helpful to know how my spiritual development was coming along.

**\* Visit Michele Roberts for an Energy Therapy session at the Hale Clinic, London. Sessions are £85. Call 0207 631 0156 or visit [halehealing.com](http://halehealing.com).**