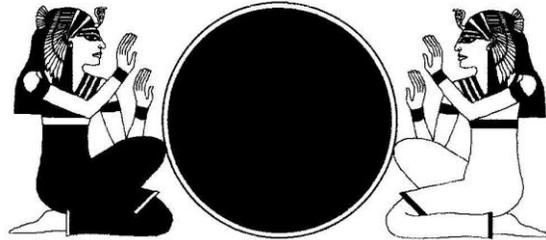


Temple of the Dark Moon



Metaphysical Aspect of Healing

By Frances Billinghamurst © 2008

When you suffer from an illness, whether it be a sore throat, or something more serious, have you ever found yourself wondering why? Many alternative healing practices have some degree of metaphysical reasoning included in them. This is when the person as a whole, being mind, body and spirit, is assessed, as well as lifestyle. The focus behind metaphysical reasoning is to try and find a possible cause to such an illness and treat that, instead of providing a cure for the symptoms alone.

One of the fundamental beliefs of metaphysics is that we are all multi-dimensional beings. Therefore, in order to heal our selves completely, we need to heal more than just the physical self. Within metaphysical reasoning, illnesses are thought to be the result of negative thoughts or actions that have caused blocks within the chakras and/or a corresponding auric field. When the “illness” has reached the physical body, it presents itself in a way that grabs our attention so we can no longer ignore it.

Before you write this off as something disillusional, I ask you to stop and think about this for a moment. Have you ever developed lower back pain after worrying about your finances? I know I have. This is because our base or Muladhara chakra (energy centre) relates to our core survival needs and our confidence in fulfilling these needs, such as paying the rent or mortgage.

The chakras also relate and connect with specific glands, as well as seven layers of the aura, the electromagnetic field that surrounds the body. While these fields can be referred to by various names, I have used those as described in Barbara Brennan’s book “Hands of Light”:

- The Muladhara or base chakra is located at the coccyx, at the base of our spine. As mentioned about, it relates to our core survival needs for food, water and safety. Our security and self-preservation instincts originate here. When this chakra is open and balanced, we gain confidence in our abilities to fulfil our deepest needs and desires but when blocked, the opposite happens. The associated gland is the adrenals and the auric body is the Etheric body.

- The Svadhisthana or sacral chakra is associated with sexuality and creative expression. When this chakra is open and balanced, we feel intimately connected with the creative power of the Universe. However when we are denied such creative expression, we can develop problems relating to our reproductive and associated organs. Women who have problems menstruating might like to try to expressive their creativity more. The associated gland are the gonads and the auric body is the Emotional body.
- The Manipura or solar plexus chakra is the seat of our personal power, inner strength and self-worth. When this chakra is open and balanced, we feel empowered and confident in our ability to manifest our evolutionary intentions in the world. The associated gland is the pancreas and this chakra is linked with the Mental auric body. “Personal power” is often misunderstood as power over someone or something else, whereas it simply means accepting our own abilities.
- The Anahata or heart chakra relates to the sense of touch and the ability to give and receive unconditional love, as well as compassion and forgiveness. When this chakra is open and balanced, our life is filled with love, peace, harmony and laughter. The associated gland is the thymus and the astral is the auric body.
- The throat or Vishuddha chakra is the centre of communication. When this chakra is open and balanced, we feel comfortable speaking our truth, confident in the value of our voice being heard. The associated gland is the thyroid and the Etheric template body is the auric body. The next time you develop a sore or tight throat, take a moment to ask yourself – Are you speaking your truth? Or are you saying only that which others desire to hear in order to keep the peace and not upset people? These days to express openly one’s anger and/or frustration is frowned upon however these are emotions that if bottled up for extensive periods of time and observed within ourselves can actually resort in illnesses.
- The sixth chakra is the Ajna or Third Eye chakra, which is the centre of formless consciousness and is the centre of our psychic and intuitive sense, where intuitive insight transcends that five body senses and limitations of time and space. When opened and balanced, this chakra allows us to see with the eye of the Soul. The associated gland is the pituitary gland and the Celestial body is the auric body.
- The crown or Sahaswara chakra is the thousand petalled lotus. This chakra connects us with the higher forces in the Universe, our spirit guides, guardian angels and our own higher selves. When opened and balanced, we feel clarity in thought and purpose as our intensions and desires are in alignment with the Cosmic will. The associated gland is the pineal and the auric body is the Ketheric body.

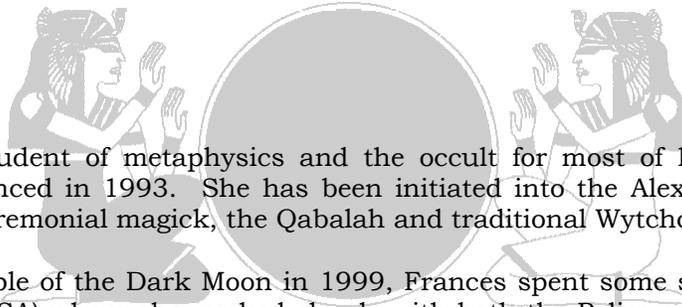
When looking at possible causes to illnesses, it could be insightful to take a look at what you are or are not doing. Injuries to the foot or feet could relate in the direction you are heading or should be heading. Are you are dragging your feet? It could also relate to the fact that you need to focus more on what you are doing and where your actions are taking you as opposed to just the here and now.

Bowel problems or urinary problems may be the result of constantly allowing people get to us, give us the “shits” or allowing them to “piss” us off. More importantly, we are doing nothing about things. We are not confronting the person to let them know what they say or do really annoys us. A further alternative is not removing ourselves from the

situation, allowing negative people constantly in our lives when for our health, we should really sever our ties with them.

Cancer, according to Louise Hay, is caused by constant negativity that has been pent up and being twisting around for many years, not expressing ourselves and our true emotions. Whether we agree with her or not, one thing that I know for certain is being afflicted with constant negativity (regardless of whether it is directed to us by others or even our own selves) is not beneficial to anyone's state of well being. Natural health author Mike Adam considers that cancer, along with diabetes and heart disease are actually not diseases but "the end result of specific causes, and when those causes are allowed to work their destruction over a long a period of time, they create a series of effects". Further, that cancer actually comes from within the body, as opposed to some kind of alien microbial invader – it is fundamentally a failure of the body to regulate its own metabolism and clean up unhealthy, mutated cells (For more information - www.newstarget.com/007211.html).

At the end of the day, I believe that there is a place for alternative medical thought alongside standard, more orthodox practices. Seeking accurate medical advice when it comes to serious illnesses is extremely important. However, metaphysical reasoning can be used alongside orthodox medical advice. If we become even a little more conscious of what messages our bodies are telling us that we are sending, we may develop within our own selves the ability to lessen, if not prevent, the need for a serious "wake up" call.



About the Author:

Frances has been a student of metaphysics and the occult for most of her life, with her formal training having commenced in 1993. She has been initiated into the Alexandrian Wicca tradition, with interests also in ceremonial magick, the Qabalah and traditional Wytchcraft.

After founding the Temple of the Dark Moon in 1999, Frances spent some six years as secretary for the Pagan Alliance Inc (SA) where she worked closely with both the Police and Attorney General with respect to changes in legislation. She has led rituals with Chief Druid, Philip Carr-Gomm, and occult philosophy Ramsay Dukes, as well as presented lectures at various national and international events.

Frances regularly writes for *Insight*, Australia's number one spiritual lifestyle magazine, with her articles also appearing in over 10 separate publications, including *Spellcraft*, *The Cauldron*, *Circle* and the Llewellyn's *Witch's Calendar*. She has further essays in a number of anthologies including *The Faerie Queens*, *Unto Herself: A Devotional Anthology for Independent Goddesses*, and *Memento Mori*.

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