

Emergence

Journal of the Australian Spiritual Emergence Network

Vol. 4 No. 2 Spring 2000

"There is Nothing Linear About the Spiritual Path"

Marie Gundersen interviews clairvoyant healer, Lena McGregor

Lena, you work as a clairvoyant healer. What was it like discovering that you were clairvoyant?

I don't know that there was ever a point where I actually discovered that I was clairvoyant – it was always there. There were times up to quite recently, about six years ago, when I found it very difficult to interpret my world and felt extremely isolated at times.

All my life I have chosen an isolated lifestyle because of not having any way of interpreting what I saw and not having any teaching of how to work with what I saw. I think in a sense we are all clairvoyant. There is nothing special about being clairvoyant, except that for me it was a lot more conscious.

How did you become an auric healer?

In my early twenties I lived in a beautiful place quite removed from society. That is where I had my two children. During that time, growing our own food and living a self-sufficient lifestyle, I discovered that I had the ability to bring about changes in the energy field of plants. I noticed how trees were suffering or lacking something and how they would respond energetically to a particular fertilizer. Or, when a tree needed water, I could see the energy field of the tree changed by just placing a bucket of water next to it.

How do you explain that the tree responded before you actually poured the water?

Say you are really thirsty, your throat is dry and your

tongue is parched and swollen. If I placed a cup of water next to you, your salivary glands would be activated. Energetically I would see you respond to the knowledge that your thirst would be quenched.

Your energy would relax and be satisfied even before receiving the water.

Everything is consciousness. The tree is part of consciousness. Whenever a person comes close to a tree the energy field of the tree will change – the tree will receive you energetically. Most trees respond to human affection. There are some trees that don't, like the coral tree which is also a poisonous tree.

With plants, smaller plants have smaller energy fields that are not so easy to see. Everything responds energetically. Everything is conscious of its surroundings, its environment.

So living close to nature was beneficial for you?

Yes. Living in a natural environment with very little contact with society, maybe going to town once a fortnight, I became more sensitive. I had time to experiment and to observe the changes in the energy fields of plants and trees. During this time I started to acknowledge my ability: that I could actually bring about change.

After some years I separated from my partner. This became a time of great healing for me as I had felt both

... continued on page 3



... continued from page 1

humiliated and crushed after the relationship break-up and I had developed very low self-esteem. I then chose another isolated environment to hide my feelings of worthlessness and a sense of not knowing how to use my particular ability. I had lost trust in people and I couldn't reach out. This was a time of crisis; a lot of emotional pain and physical hardship but also a time of learning and deepening my gift for healing.

Would you call this crisis a spiritual emergence?

I think we are always emerging. Crisis leads to a spiritual deepening. It wasn't like I emerged as a result of this crisis and was suddenly complete. It was very much a deepening over a period of time – a time of meditation and prayer.

I had etheric spiritual teachers and teaching during this time of hardship. I was given instruction by these spiritual guides. This kept me alive and sane. Because of the high stress that I experienced during those years I had started to close down. I sometimes woke up at night having stopped breathing. At the same time, I experienced a deepening of my inner spiritual life. My external circumstances got worse and didn't improve for a long time but my internal life became vivid and totally supportive. I was living internally and I knew that one day this beautiful internal world would also become external. At this stage my house that I was building had a roof, a floor and a few walls. There were no windows or doors and it was often cold.

The guides taught me to witness my thoughts, to witness my childhood and past. I became the witness. By the end of this period I had actually recovered and become a healer who respected myself. I was beginning to love myself through the help of Louise Hayes' tapes.

Around this time three spiritual beings told me that it was time to come out into society. By now I had accepted my external situation and had learnt to accept who I was, so it was difficult for me to think about shifting into society.

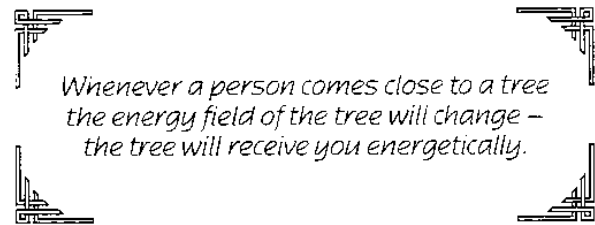
Could you tell me more about these spiritual guides, their appearance and way of communicating with you?

I could see them visually. I think they could take on any shape or form they liked but their appearances would always make me feel at ease. They talked but with expressions that would not be my way of speaking. There were also times when there were beings around the house that were malevolent. Again my spiritual teachers instructed and guided me as to when to stay in the house and not go outside. I felt protected but at the same time I was often frightened. Being clairvoyant I could see that sometimes I created forms out of fear. I learnt to open up

to my own fear and to recognise that some of these images were my own manifested fears. I am grateful now to this malevolent being which taught me the lesson that fear will attract entities that like the energy of fear!

What was it like starting to work as a healer?

When the spirit guides told me to go out into the world to share what I know, I was unsure of what to do. Having lived in isolation for so long, I had lost the ability to communicate and here I was being asked to give healing to other people. There was also hesitation because I was unsure if I should do environmental healing and teach Permaculture or if I should concentrate on healing people. With so much background and experience in healing nature, this seemed to be the way to go, but in my heart I knew I had to heal people. Whenever I have to make a decision, I have this inner knowing of what I must do. Even if it is a hard decision to make. Rather than me deciding what to do next, I see it more as an inner guidance, a knowing.



Listening to this inner voice, I started renting a room in Nimbin, to work as a healer. At first, when no-one came for healing, I would sit with my fears. This happened until I learnt to walk up the street to meet people and talk about my work. Then people started to come for healing.

Over time, through learning and through my work as a healer, I developed my clairvoyant ability. The thing with clairvoyance, as with all skills, there are many different levels of skill. It is not something static. As my auric vision becomes clearer through understanding, I can see deeper. If somebody comes in with a particular auric conglomeration of energy or symbolic movement in the energy field that I have not seen before, I keep asking questions until I understand and can interpret what I see. When I see the same energy pattern in another person, I will ask questions until I understand what I see. I will do that four or five times and if each person I see indicates the same response, I can then begin to interpret what I see. So it is the people that come to see me that I learn from.


One of the most exciting times of my life was when I met a man from the Philippines, Gregory Castenarez, who is also clairvoyant. I always describe this meeting as being like a foreigner in a foreign land and all of a sudden

... continued on page 4



... continued from page 3

finding a friend who speaks the same language. It was only when I met him, because he had worked with many people and was also teaching clairvoyant work, that I found a language to describe what I saw.


We saw a very similar depth of detail. He was also learning from me, asking many questions about what I saw. Together we built on our interpretation. Gregory gave me the language and confidence to share what I saw and to talk about it. He was the Vice-President of the Institute of Inner Studies in the Philippines. Through my study and work at this institute I further developed my skills and healing abilities. I was asked to start the Pranic Healing Institute here in Australia. I also worked as a Pranic Healer until it was time for me to teach my own work. I chose to leave the organization when I recognised that I felt limited in how I was working. I needed to progress and not continue someone else's work.



What used to happen in spiritual communities was that the teacher would 'ignite' the Kundalini experience by bringing down light through the crown and guiding it down to the base chakra. This downward energy would be blue and cooling and would join with the red and heat of the base chakra. Together this warm energy would then rise back to the crown chakra.



Are there different etheric bodies which one can learn to interpret?



Yes. There are different levels of energy 'outside' the physical body – different energy-bodies surrounding the body. In my healing work I touch on all of them to bring about balance. For instance, a broken leg needs healing on a physical level but we also need to heal the emotional aspect: the trauma associated with breaking the leg and what is behind the carelessness which could have caused the accident. On a mental level, we look at what the person is doing to themselves because of the broken leg: the mental anguish. So I work on all these levels.

In the work that I do as a healer there are two basic principles: clearing the energy and energising it.

As a clairvoyant healer do you see the kundalini energy and complications to do with this process?


Kundalini processes are many and varied. They depend on the personality and the obstacles that may have been ignited in this process. There are a lot of misconceptions about Kundalini experiences. A common fault is to think that it has to start in the base chakra. From my own clairvoyant experiences, Kundalini often starts in the base

chakra but it can also start from the crown chakra and work down or it can start in any other chakra like the heart chakra and work in both directions. I have seen a person whose Kundalini energy had come through the crown chakra and this person had a lot of disturbances. Because their heart is open, they believe they are working with unconditional love but they are not responsible for their own wellbeing. They are unable to support themselves and become dependent on others.



If you are awakened in the heart chakra and the kundalini energy is working in both directions, it has to go to the base chakra first. With a closed base chakra and an open heart chakra the person can do irrational things like giving away their home and possessions and end up with nowhere to live.

By working on the aura, I can help to move this energy or shift the blockage. Within the central channel, the *Sushumna*, are seeds of Karma and these are often activated by the rising energy from the base chakra. When appropriate, I will talk to the person about some negative belief or quality they are creating or have picked up from group consciousness. The energy can shift when someone becomes consciously aware of what is going on.


What used to happen in spiritual communities was that the teacher would 'ignite' the Kundalini experience by bringing down light through the crown and guiding it down to the base chakra. This downward energy would be blue and cooling and would join with the red and heat of the base chakra. Together this warm energy would then rise back to the crown chakra.



If too much heat rises up the spinal column (the Sushumna), this fire can reach the head thus creating disorientation and delusions. Because the energy is not balanced the person can do uncharacteristic things.



But a lot of people seeking spiritual awareness do practices on their own. Through yogic or other spiritual practices the Kundalini can begin to rise by itself in which case it is then too hot. If too much heat rises up the spinal column (the Sushumna), this fire can reach the head thus creating disorientation and delusions. Because the energy is not balanced the person can do uncharacteristic things. An active Kundalini can be a tumultuous experience.



My experience is that the Kundalini awakens spontaneously without someone actively seeking this experience. The Kundalini process is a physical experience as well as an awakening in consciousness and

knowledge. Human lives are precious, so it is better to do things spiritually with knowledge.

Would you then advise against doing spiritual practices on your own?

No, not at all. We just need to be aware of the consequences of what we are practising and asking for. I believe everybody is ready for whatever happens to them at some level.

This enlarged base sometimes becomes diminished when the crown chakra becomes enlarged. This sometimes brings on fears and phobias or a feeling of grandeur.

You mentioned that a person with a closed base chakra and open heart chakra can do irrational things like giving away their possessions. This is one of the symptoms of manic-depression or bipolar disorder. How do you see manic depressive illness?

People with bipolar whilst in their manic period often experience spiritual truths. The difficulty arises because their state has not developed out of pure consciousness. Therefore the patterns, negativities and wrong perceptions or what is called deluded state of mind is also present. Everyone of us is living in delusion all of the time until we are enlightened or in those brief moments of enlightenment. In a manic state it is easy for people with bipolar disorder to see their own and others delusions.

From an energetic view the base chakra often becomes disproportionate to all the other chakras. In the manic period the person experiences a feeling of invincibility and endless energy which stops them from sleeping. Because of the size of the base they become totally absorbed in their own experience and beliefs. Anger arises when they are restricted because of the personal power they feel from the enlarged base chakra.

This enlarged base sometimes becomes diminished when the crown chakra becomes enlarged. This sometimes brings on fears and phobias or a feeling of grandeur.

The depression arises from the knowing of the existence of a pure conscious state, expanded existence and the spiritual possibilities but at the same time a recognition of the effort and time that it takes to overcome the patterns, blockages and negativities etc. and having no path to follow that would lead them beyond duality, pain and suffering. This results in the person feeling hopeless, helpless, depressed and feeling that everything has become grey.

These are very general descriptions and I ask those who

have suffered from bipolar disorder to get all the help they can and that soon we will know more and be in more of a position to help and heal this condition. I have never helped heal anyone who has had this condition although I have been able to help carers and families.

How do you see the chakras relating to Kundalini?

Each chakra has a different karmic seeding. The karmic seed within the solar plexus, for example, is about the soul, or the I. A blockage here will create resistance to letting go of one's identity. When the energy gets to the heart chakra you can experience the damage around self-love and the lack of unconditional love in your life.

When the Kundalini energy is flowing back and forth in the Sushumna channel there is usually a balance, no matter how small the Sushumna is. The channel can be the size of a pea in diameter or the size of a baseball. The chakra is proportionally small or large, depending on the development of a person's consciousness.

Is there a link between Kundalini awakening and the liberated or enlightened state?

When the Kundalini is rising there are still chakras, there is still an ego. Kundalini rising does not equal enlightenment.

My experience of meeting awakened beings where there is no self is that there are no chakras because there is no attachment to the body. What I see then is energy, a golden light emanating from the shell of the body without any definition of chakras or dark spots, or symbols, or this or that. Clairvoyantly it is easy to recognise an enlightened person.

