



*Delcia McNeil has experience of working with her chakras for self-healing and helping others for over 30 years. Here she examines a topic that is often taboo to many healers...*

# MONEY and The Chakras

**W**hen I put these two topics side by side I realised how powerful each of them is. Together they have become even more powerful. By powerful I mean effective in changing the energetic experience of money worries, and resourceful in that the chakras are gateways to the unconscious mind and all that lays hidden there.

I had been working with my chakras since the early 1980s and know how resourceful they are for self healing - as well as helping to heal others. A couple of years ago I began to focus on them specifically in respect of money and I created a process to help me do this. Once I had experienced and recorded this, I began to run workshops for others which have created an opportunity for tackling what is still a taboo topic, especially for many healers.

## Healers and Money

Over the years in the spiritual healing world I have come across challenging

money issues. It seems as if the idea of being remunerated for what we do is more difficult than it is for complementary therapists generally. This is not to say that giving service for free is not a good thing, rather it's to question the guilt or confusion that often seems to arise when healers need and want to earn their livelihood doing healing work. Let me ask you:

- \* *What are the main money issues that affect you as a healer?*
- \* *Do you spend too much time worrying about money?*
- \* *Do you feel out of control around it, or stuck in some way, or fear for the global economy?*

When I put these questions to a group of healers in the Association for Therapeutic Healers last year, we had a lively session. A main issue was one of self value which relates to the solar plexus chakra.

## It's not about the money ...

Within the unconscious mind we have conditioned and, I believe, inherited thoughts, feelings and sensations related to money. Generally, our fears and concerns have less to do with how much or how little money we have but rather, our relationship to it. What we have been taught and what we expect to happen tends to follow through into reality. So, if I fear I will not have enough money to live beyond paying my bills, then that's what I will experience - over and over again.

*"... all contain a great deal about attitude, beliefs and buried conditioning..."*

This kind of perception is not new and most of the energy, money, wealth creation books, CDs and workshops, etc., all contain a great deal about attitude, beliefs and buried conditioning. Introducing the chakras into this scenario brings

a fresh and straightforward way into discovering what is going on beyond our conscious thinking.

## It's not only to do with the Root (Base) Chakra

Most people who know something about chakras believe money issues are only to do with the root or perhaps sacral chakras. In working with my own chakras - and this has been born out by running chakra workshops - every one of my chakras has a lot to show me about not only my relationship and beliefs about money, but also what I can do to change things. This is not about techniques, but rather in giving time and space to 'allow' the chakra to reveal itself to me. This is a process. It's not a quick fix exercise, rather an unfolding, rich (excuse the pun), slowly 'coming through' realisations about just who I am in relation to money. I found that the chakras that easily gave me strong, positive images, words or sensations could help me with the chakras that were struggling, were blank, blocked, or contained negative or troubled thoughts, images etc., in respect of money.

## Chakra Psychology

I view exploring the issue of money and the chakras as part of something I call Chakra Psychology. One aspect of this is the use of the chakra system as a model for human growth and development of consciousness. Each of the seven major chakras



*The energy of 'Abundance' as seen and painted by Delcia McNeil*

can be viewed as a stage of life - from conception, early childhood, school age, early and late adolescence, through to young and mature adulthood. Contemporary writers and teachers vary on the definitions of these stages, although there is a broad similarity. (cf. Anodea Judith, Dr. Brenda Davies, Ruth White\*).

At each chakra developmental stage we can consider what was taking place in the wider economy, in our families and communities e.g. at the time we were born (root), or when we were teenagers (heart.) There is a 'history' to each stage. For example, when I was very small I can remember Ration Books after the War, and therefore can consider how frugality influenced my

developing thoughts and feelings. In addition, whichever socio-economic class or culture we are born into will have played a huge part in our money conditioning.

## The transpersonal and money

Most importantly, through a meditative process, the chakras highlight for us what the transpersonal or spiritual level of our being wants for us. We cannot fulfil our life's purpose without the financial means to do so. Each chakra can give us clues as to how to move forward and how to heal ourselves. This happens in meditation as our bodymind gives us imagery, symbols, felt senses, words and emotions. I, and others, have found that some chakras are 'strong' - confident around money, while others are fearful. The energy of the stronger chakras can be consciously moved to the weaker ones.

Money is a means of exchanging value. Money can come to us when our energy bodies are open, uncluttered and free flowing, and when our hearts are also open and willing to be of service. When we give to the world, others pay us for our time, energy and skills. When we stop worrying about money and trust that there is enough for us, then we are able to take good care of ourselves, have a joyful life and continue to help others.

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## Index:

\* Anodea Judith, Eastern Body, Western Mind, Celestial Arts 1996, 2004

\* Brenda Davies, M.D. The 7 Healing Chakras Workbook, Ulysses Press 2004

\* Ruth White, Working with your Chakras, Piatkus 1993

Recommended: Joy Prospero, Love Money, Money Loves You, Kindle (Amazon)

## Biography:

Delcia McNeil - BA(hons), CQSW, ITEC, DipTH, UKCP, has a private healing & psychotherapy practice in South Cumbria and North London, and is a mentor for complementary therapists - ([www.themcneilpartnership.com](http://www.themcneilpartnership.com)).

She holds Chakra Psychology, and Money & the Chakras courses ([www.chakrapscychology.co.uk](http://www.chakrapscychology.co.uk)) and runs Open to Channelling courses ([www.consciousnesstravels.wordpress.com](http://www.consciousnesstravels.wordpress.com)) Delcia's latest e-book, Channelling for Life; an A-Z of human issues is available on Amazon.

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