

SARAH TYLER-WALTERS  
TRANCE MEDIUM

## White light? Is it the right light?

by Sarah Tyler-Walters

White light is the universal panacea of the spiritual movement; it can do everything! Well, maybe not.

As with many spiritual concepts and tools, white light can get overused, misused, or lost in translation. Don't get me wrong; it should be in your spiritual and energetic toolbox but use it wisely.

Firstly, what is it? And here comes problem number one. Different people describe it as separate things. Hence the word universal is in the opening line. Ask yourself what is it to you, do you even know? Are you using it because someone else told you to?

For me, white light is a definite energy. It comes from and is part of the Spirit Realm. The Spirit Realm and the Universe are two different things. The Spirit Realm is the plane of existence where your Soul comes from and will return, where Spirit resides in pure conscious energetic form (with no matter). The Universe is the Physical Realm, where we exist (made from matter).

White light is the energetic substance that binds the Spirit Realm together; it exists in space between Spirit and is of them. Spirits collective energy if you like. They can send it to assist us. Or you can call it in as we are part Spirit. White light is pure and clear. You can use white light for healing, clearing, expanding or as part of the opening up process in mediumship. As the prism shows, white light can split into various colours. When used for healing, it works in reverse, bringing dis-harmonious energy together as harmonious energy.

### **Common misuses of white light**

#### *1. Protection*

I often encounter people protecting themselves with white light – surrounding their Aura with it. However, it is not protective. It creates the opposite effect. Negativity is attracted to the light, not repelled by it – a bit like a moth to a flame.

If you want to use a coloured (spiritual/energetic) light for protection, try dark blue. My favourite visualisation, which I share with my clients and students, is to imagine the outside of your Aura as mirrored (think 1970's Disco Ball) –repelling negativity as it sees itself in the mirror.

# SARAH TYLER-WALTERS TRANCE MEDIUM

## 2. Grounding

Students often use white light when they are grounding – seeing their roots as white, Mother Earth's energy as white, or even bringing white light down from the Spirit through the Crown Chakra and then into the Earth. White light is weightless. When we use the word "light", it is in both senses of the word – luminosity and weight. White light is faster moving than we are; it can, in fact, unground rather than ground.

I encourage students to consider their Base Chakra, also known as the Root Chakra – what colour is it? Red. You ground from the Root Chakra, and the clue is in the name. Therefore, using the colour red for your roots and the energy of Mother Earth coming back into you is more grounding than white.

## 3. Crown Chakra

Another problem is that students don't know the colours of the Chakras. Many times they say their Crown Chakra is white. No, it is violet. When you envisage your Crown Chakra as white, you are overstimulating it, leading to you being too open and struggling with clarity.

If you look at the colours of the Chakras, there is a logical order – based around how colours merge – Red & Yellow makes Orange, Yellow & Blue makes Green, Blue & Violet makes dark blue – think back to the prism. White contains all the colours rather than being a colour.

### **Some good uses for white light**

1. *Washing through your Aura (inside and outside)*

2. *Washing through a Chakra (or all of them)*

3. *Cleansing a space or an object*

4. *Balancing your energy (for instance, you have too much physical energy or red energy and need to lighten up).*

5. *Cleansing and charging crystals*

6. *Lifting the mood in a room or space where it has got too heavy (use sparingly, a little at a time)*

White Light is a combination of all colours, as we see colour, so don't forget all the other colours; they are equally valuable and potent.

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- Blue and Green are very healing and calming.
- Pink can help with giving and receiving love (especially for self).
- Yellow strengthens free will and confidence.
- Orange assists with emotions and creativity.
- Violet is good for Spirit communication.

When cleaning your Chakras, using the colour associated with that chakra is often more suitable than white. Remember, white is very fast-moving and can create expansion. Your chakra might need calming rather than stimulating. When grounding, you might try brown for your roots as it is more soothing than red, especially if you are very connected to nature/Mother Earth.

We live in a world of colour. So don't be monochrome when working with Spirit and Spirituality. We are Spirit, but we are also human, and our body is physical matter. Physical matter resonates with colour and sound. If we overuse white light, we will risk devaluing it or neutralising it. We can become complacent.

Keep white light in your toolbox along with all the other colours. Use your instincts as to what colour to use. Ask your Spirit Guides or Soul if you are unsure. Then when you do use white light, it will be all the more powerful.

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