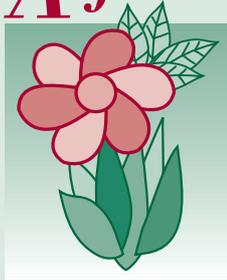


# Arjuna



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# Newsletter

Issue 2

October 2009

## Welcome to Issue 2

Hi there. Hope you are all well and enjoying the run down to the end of the year and the warmer weather. Here is the rest of the chakra info that I would like to share with you. If any of these symptoms ring true for you, I suggest that you call me to book either a reiki session, or a bio-genetics treatment. Remember to email me with comments and questions and I will respond where possible.

Good health to you all!

## Lorna

### Naval Chakra

#### – Yellow

The Naval chakra is about being comfortable asserting yourself. When this chakra is open and working properly, one feels in control and has good self-esteem.

When it is under-active one tends to be passive and indecisive.

An over-active Naval chakra can lead to domineering or even aggressive behaviour.

### Heart Chakra

#### – Green (or Pink)

The Heart chakra is all about love, compassion and kindness. Relationships tend to be more harmonious if this chakra is working and balanced.

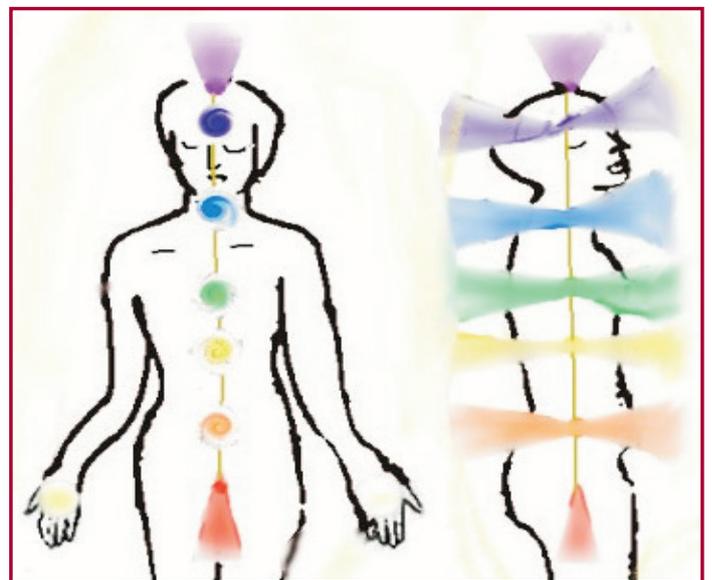
If under-active, one can be cold and distant, and if over-active one's love could be rather suffocating or quite selfish towards others.

### Throat Chakra

#### – Blue

The Throat chakra is all about self-expression and verbal communication. When it is open, one has no problem expressing oneself and may have verbal expression as a career or as a hobby.

If under-active, one tends not to speak much and could be introverted and quite shy. When over-active, one tends to talk too much, perhaps dominating a conversation or keeping people at a distance.



### Third Eye Chakra

#### – Indigo

This chakra is about insight and visualisation. When open one has good intuition and may tend to fantasize.

If under-active, one may battle to think for one's self and could rely on authorities. Another possibility could be rigidity in thinking, relying on others' beliefs leading to personal confusion.

Over-activity of the Third Eye chakra could lead to spending too much time in a fantasy world.

### Crown Chakra

#### – Violet (or White)

This chakra is about wisdom and being in unity with the world. When the Crown chakra is balanced and working properly, one is unprejudiced and is aware of one's own identity

and place on the planet. If it is under-active, one can be fairly rigid in thinking and not very aware of spirituality. When over-active, one can intellectualise too much, possibly ignore bodily needs and become very attached to spirituality.

**CLEAR YOUR SPACE**  
Your home and work environments affect you on many levels, eroding your energy, creativity and prosperity.

Start small with one kitchen drawer, your handbag or the boot of your car. A tidy space means a tidy mind where dynamic evolution can happen.

Donate, discard and recycle that which no longer serves a purpose for you.

Until next time...