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Newsletter

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Warm Welcome

Welcome to the Arjuna Healing Centre Newsletter!

Every fortnight, I will be sending a short newsletter with a positive thought and a little bit of information which hopefully will make our journey a little easier to understand. Please feel free to email me with questions or comments and I will respond when possible. You can remain anonymous, of course!

Introduction to the Chakras

Chakras are vortexes of energy, located down the midline of the body. There are seven major chakras. The chakras can have various levels of activity. When they're open, they're considered operative in a normal fashion.

Ideally, all chakras contribute to our being. Some chakras are under-active, and to compensate, other chakras are over-active. The ideal state is where the chakras are balanced. There are many treatments to balance the chakras e.g. Polarity therapy, Bio-Genetics and Reiki.

Root chakra - Red

The Root chakra is about being physically present and feeling at home in situations. If it is open, you feel grounded, stable and secure. You feel present in the here and now and connected to your physical body. You feel you have sufficient space on the planet.

If you tend to be fearful or nervous, your Root chakra is probably under-active. You could feel unwelcome or that you don't fit in. If this chakra is over-active, you may be



very materialistic and greedy. You're probably obsessed with being secure and resist change.

Sacral chakra - Orange

The Sacral chakra is about feeling and sexuality. When it is open, your feelings flow freely, and are expressed without you being over-emotional. You are open to intimacy and you can be passionate and lively. You have no problems dealing with your sexuality. If you tend to be stiff and unemotional, the Sacral chakra is under-active. You're not very open to people.

If this chakra is over-active, one tends to be extremely emotional and it can lead to over-attachment to people.

Navel chakra - Yellow

The Navel chakra is about asserting yourself in a group. When it is open, you feel in control and you have sufficient self esteem. When the Navel chakra is under-active, you tend to be passive and indecisive. You're probably timid and don't get what you want. If this chakra is over-active, you could be domineering, or even aggressive.

Some more Chakra info in the next issue.

Words to Ponder

"Music can help you access and more easily attune to higher frequencies. Listening to music that inspires and moves you will awaken sacred truths which have long been forgotten."

-Toni Carmine Salerno