



Dear Friends,

I intended to write early in March but the month was filled with sorrow. My brother died of bone cancer and then a week later my nephew was killed in a motorcycle accident. My heart aches.

Since I've last written to you I have been attuned to Reiki Master and have taught my first class. The Master level class filled me with incredible spiritual joy. I returned home in early December and was on such a spiritual "high" that I couldn't be bothered with such mundane things as paying bills and cleaning my house. When my children wanted to talk about Christmas plans I said, "I'm sorry, I can't talk about that just now. I'll call you when I'm ready." It took about ten days to get my feet back on the ground and then I had to hustle to get ready for Christmas. It was so wonderful!!

Now spring has arrived with all its beauty and promise. There is so much joy in the air that spirits are lifted and aching hearts begin to heal. This is a good time to begin our series on the seven chakras. Chakras are energy vortices and we all have seven major and several minor chakras. Chakra one, the base or root chakra is located at the base of the spine. Chakra two, the sacral chakra, is located between the pubic bone and the navel. Chakra three, the solar plexus chakra is located above the navel. Chakra four is the heart chakra and is located in the middle of the chest. Chakra five is the throat chakra and is (of course) located at your throat. Chakra six is the third eye or brow chakra and is located between the eyebrows. Chakra seven is the crown chakra and is located at the top of your head.

So, now let's discuss Chakra One:

It is located at the base of the spine,
The color is red,
The tone is C,
The music is drumming,
The plant is sage and
The stones are ruby, bloodstone and hematite.

The energy of your first chakra keeps you grounded and attached to your roots. It represents your connection with life – all of life including the planet Earth. Anything that harms or destroys others and the Earth will hurt you and whatever helps others and the Earth will heal you. It holds your Earth connection and basic needs for survival, sustenance, shelter, health and safety.

When this chakra is unbalanced there is a need to control and be right. To heal, meet your own needs and be authentic. Let go of judgments of others and surrender to the universe. (Physically you can exercise, walk, dance, listen to healing music, chant and play.)

Take time to accept with gratitude every aspect of your life and all those who are part of your life. Think of yourself contributing your vital life force to the whole of your life. Feel that life force returning

to you while repeating, "I connect to all that is in my life. I am filled with the energy of gratitude and I am allowing that energy to flow with all its strength through my physical and spiritual body."

Next newsletter, we'll focus on Chakra two.

You are beautiful and precious. All of life is a gift, including the painful parts. I hope that your life is filled with joy and wholeness. Love from your heart, accept yourself as you are, and take your natural place in the world. Be content in the knowledge that all you need will come to you in the right time and place.

Many blessings,

Elfriede Manning

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would suffice to solve most of the world's problems*

Mohandis Gandhi