



Dear Friends,

In the spring newsletter we began a series on the seven major chakras. You may want to briefly review that letter. Our chakras continue to develop on into middle age and even though a young child's chakras are not developed, they are very open. It is around age 7 that we develop protective filters over our chakras. Because there is no protective film to filter incoming psychic influences, young children are very vulnerable and impressionable. When we yell at young children or grab things away from them, they can experience it as shock and physical pain. So, of course, young children should always be treated with gentleness, care and understanding.

Now, let's focus on the second chakra. As the first, or root chakra holds our survival instincts, the second, or sacral chakra holds our power:

It is located below the navel at the sacrum (between the navel and pubic bone),  
The color is orange,  
The tone is D,  
The music is Latin Dance,  
The plant is Jasmine and  
The stones are carnelian, tiger's eye, onyx.

The vibration of the second chakra enhances our creative energy and manifests as a pattern of energy that gives physical pleasure. It holds physical and emotional issues of creativity, sexuality, pleasure and desire. It is the core of our instinctual nature, our "gut feeling".

When unbalanced, there is friction and people act in extremes and / or are overly responsible. To heal, examine your emotions and express yourself in a safe and supportive atmosphere (find someone you trust to talk with). Physically, you can draw, write, paint, build, play or find some other way to put your creativity in motion.

Give yourself a break during your busy day to rest and take time to enjoy the simple things. We are surrounded with beauty and joy, take time to notice. Remember the loving relationships in your life and allow that love and energy to fill your being. Forgive those that have hurt you and forgive yourself as well. Reiki can help. Get regular treatments and learn Reiki so you can give it to yourself. The healing energy is incredible. It heals both the person receiving it and the person giving it.

Next newsletter we'll focus on the third chakra. It holds our sense of self.

Many blessings,

Elfriede, Jan and Jerry

What do we say?

What do we do?

We live with our thoughts,

Others live with what we say and do.

When we express in our lives

A three part harmony of what we

Think, say and do

Then we are living our lives

In the harmony of the

Universal Orchestra.

Silent voice

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