



Inside this issue:

Balancing the Chakras	4
Success Story	5
Shelter Stars	5



The Intuitive Connection

Chakras

Have you ever heard the term chakra and wondered what it meant? Chakras are energy centers in the body. The human body contains hundreds of locations where energy is focused and concentrated. However, there are seven major energy centers commonly referred to as chakras. Animals have chakras too.

The word chakra comes from the Indian Sanskrit language meaning "wheel." Chakras are very similar to wheels in that they are spinning vortexes of energy. Each chakra is a focal point for life force energies relating to the spiritual, physical, emotional and mental functions. The chakras are the link through which the spirit, body and mind interact and align holistically. The seven major chakras correspond to different aspects of our consciousness and have their own specific functions. The chakras located on the lower half of our body are tied to our instinctual side, while the ones on the upper half are tied to our spiritual and mental side. Each chakra is also linked to major organs, arteries and veins in the body. In addition, each chakra is associated with one of the seven colors of the rainbow.

Imagine each chakra as an energy wheel, helping the energy in our body to flow correctly. Each chakra has a different vibration, frequency, color and symbol. When a chakra is balanced, clear, and energized, the organs and functions associated with that chakra are working at their highest level. When all chakras are working your body, mind, and spirit are all functioning together, and your energy vibration raises. The more your energy vibration raises, the more enlightened you become. However, if a chakra is not working correctly (over-working or under-working), this could cause our physical, mental or spiritual health to suffer. Unbalanced or blocked chakras can cause a lack of energy and symptoms such as depression, fatigue, inability to focus, anger, lack of confidence, unhappiness, and a general negative outlook on life, not to mention the physical affects on your organs and vital bodily functions. Balancing the chakras can return the body to optimal mental, emotional and physical health.



Let's take a look at where each chakra is located, the symbols and colors associated with each, and the role that they play in our health. The chakras start at the base of the spine and move upwards, the last one being located at the top of the head.



Base, Root, or Kundalini Chakra

Location: Base of the spine or tailbone.

Color: The color associated with this chakra is red.

Purpose: Foundation of physical body, grounds us to the Earth and helps provide stillness, basic impulses, instincts and survival.

Glands/Organs: Adrenals, kidneys, spinal column, legs and bones.

Issues if unbalanced: Self-centered, insecurity, violence, greed and anger.



Sacral, Spleen or Navel Chakra

Location: Lower abdomen, about 2 inches below the navel.

Color: The color associated with this chakra is orange.

Purpose: Foundation of emotional body, source of creativity, inspiration, vitality, sexuality and sensuality.

Glands/Organs: Ovaries, testicles, prostate gland, genitals, spleen, womb and bladder.

Issues if unbalanced: Overindulgence in food or sex, sexual difficulties, confusion, lack of purpose, jealousy, envy and desire to possess.



Solar Plexus Chakra

Location: Just below the ribcage.

Color: The color associated with this chakra is yellow.

Purpose: Foundation of personal power, energy, self-control, emotional issues, ego, self-acceptance, picks up vibrations from others and surroundings.

Glands/Organs: Pancreas, liver, digestive tract, stomach, liver, spleen, gall bladder, autonomic nervous system.

Issues if unbalanced: Perfectionism, control over self vs. others, self-critical thoughts, frustration and anxiety.





Heart Chakra

Location: Center of chest at heart level.

Color: The color associated with this chakra is green.

Purpose: Foundation of love, forms connection between spiritual and physical body, emotional center, forgiveness, compassion, empathy, trust, get in touch with nature, and balance.

Glands/Organs: Heart, ribs, chest cavity, lower lungs, blood, circulatory system, skin, hands, and thymus.

Issues if unbalanced: Self-abandonment, fear, sadness, anger, resentment, jealousy and hostility.



Throat Chakra

Location: Center of throat.

Color: The color associated with this chakra is blue.

Purpose: Foundation of communication, speaking your truth, understanding verbal and mental communication, dreaming, creativity, clairaudience and healing.

Glands/Organs: Thyroid gland, throat and jaws, alimentary canal, upper lungs, vocal cords, and breathing.

Issues if unbalanced: Uptight, low self-esteem, low self-confidence, hostility, anger and resentment.



Third Eye or Brow Chakra

Location: Center of forehead just above eyebrows.

Color: The color associated with this chakra is indigo.

Purpose: Foundation of intuitive abilities, clairvoyance, intuition, imagination, and dreaming.

Glands/Organs: Pituitary gland, cerebellum, ears, nose, sinuses, eyes, and central nervous system.

Issues if unbalanced: Worry, hysteria, stress, fear, shock, irritation, depression, headaches, speech and weight problems.



Crown Chakra

Location: Crown or top of head.

Color: The color associated with this chakra is violet.

Purpose: Foundation of spiritual body, connects us to Universal Consciousness, Spirit, God, higher-self, and center of inspiration.

Glands/Organs: Pineal gland and cerebellum.

Issues if unbalanced: Confusion, anxiety and stress.



Balancing the Chakras

Fear not, if you are experiencing an imbalance in one or more of your chakras, there are things you can do to help bring them back into balance. One of the easiest ways is to use healing stones or crystals to help balance them.

To balance or heal the chakras, the appropriate stone is placed on the chakra (on the front or back of the body, whichever is more comfortable) and left on for 15 minutes. Stones can be placed on all the chakras at the same time. Keep in mind that the stone does not need to match the color associated with the chakra in order to balance or heal it.

Base, Root or Kundalini Chakra: Azurite, Bloodstone, Chrysocolla, Obsidian, Golden Yellow Topaz, Black Tourmaline, Carnelian, Red Jasper, Ruby, Garnet, Obsidian, or Smokey Quartz.



Sacral, Spleen or Navel Chakra: Blue Jasper, Red Jasper, Orange Carnelian, Gold Topaz, Orange Calcite, Coral, Gold Calcite, Amber, Peach Aventurine, or Citrine.



Solar Plexus Chakra: Malachite, Jasper, Tiger's Eye, Citrine, Yellow Tourmaline, Golden Beryl, Rhodochrosite, Amber, Yellow Topaz, or Smithsonite.



Heart Chakra: Rose Quartz, Green Quartz, Aventurine, Kunzite, Variscite, Muscovite, Red Calcite, Rhodonite, Watermelon Tourmaline, Pink Tourmaline, Green Tourmaline, Peridot, Apophyllite, Lepidolite, Morganite, Green Quartz, Pink Danburite, Ruby, Chrysocolla, Emerald, Green Jade, or Green Sapphire.



Throat Chakra: Azurite, Turquoise, Amethyst, Aquamarine, Blue Topaz, Blue Tourmaline, Amber, Kunzite, Lepidolite, Blue Obsidian, Chalcedony, Chrysocolla, or Petalite.



Third Eye or Brow Chakra: Apophyllite, Sodalite, Moldavite, Azurite, Herkimer Diamond, Lapis Lazuli, Garnet, Purple Fluorite, Kunzite, Lepidolite, Malachite with Azurite, Royal Sapphire, Electric Blue Obsidian, Azeztulite, or Atacamite.



Crown Chakra: Moldavite, Citrine, Quartz, Red Serpentine, Purple Jasper, Clear Tourmaline, Golden Beryl, Lepidolite, Purple Sapphire, Quartz, or Amethyst.



Success Story

I was doing a craft fair in Dixon, Ca selling my custom stone and crystal jewelry last year when a couple of women asked about the energy healing work I do. One of the women hadn't been feeling well, experiencing anxiety and a feeling of being scattered. So right there, in the middle of the craft fair, I did an energy healing session.

She sat down in a folding chair under my canopy and I began scanning her body to determine what was wrong. It was one of the hottest days of the year, at around 105 degrees in the shade. It was difficult to "feel" anything due to the heat, but I started to pick up this unusual vibration from her mid-section and chest area. The energy I felt can only be described as scattered or fractured. You know the feeling you get when someone scrapes their fingernails across a chalkboard? That's the type of energy that was coming from her solar plexus and heart chakras. The vibration was so strong that even the heat couldn't compete with it.

I focused the energy healing work on those two chakras as they were way out of balance and over-working. It explained why she had been experiencing the feelings of anxiety and being out-of-sorts. The session lasted for 30 minutes. As the energy work progressed, she was noticeably more relaxed and at ease as each minute passed. At the end of the session, she felt relaxed and grounded for the first time in months. Her chakras were finally back in alignment and functioning properly.



Shelter Stars

Being able to communicate with animals has been a blessing in my life. Animals have given me so much comfort and joy, that I felt compelled to somehow "pay it forward." In December 2010, I started volunteering at the Solano County Animal Shelter (every Sunday, I select 2-3 dogs or cats to work with, sending them healing energy and helping them work out issues such as fear, trust, abandonment, sadness, etc.). Some just need to be touched and loved, while others need to understand why they are there. Whatever the need, I do what I can to help them.

I wish I could adopt them all, but my home (not to mention my budget) is not large enough for all of them. As a result of working with the animals, I decided to start a Facebook campaign. I take their pictures and I write a bio story on their personality, and likes and dislikes that they communicate. Here are a couple of the adorable animals that are still available for adoption at the Solano County Animal Shelter in Fairfield, CA. Each animal is assigned a special ID number that starts with A.

If you are interested in adopting one of them, contact the shelter at 707-784-1356 or visit them Tuesday-Friday 10:00-6:00 or Saturday 10:00-5:00. Don't forget to mention their ID #.

Meet this handsome black Labrador retriever. His age is unknown. He is currently available for adoption. His number is A172795.





Meet Mitch, an adorable black and white medium hair tuxedo. He is approximately 3 years old. If you are interested in adopting his number is A171980.



Meet Lolipop, a sweet boy who needs some TLC and grooming. He is a Cocker Spaniel that is approximately 2 1/2 years old. His number is A153972.

If you can't adopt, consider volunteering. Contact your local animal shelter for more information.



Vallejo Gem and Mineral Society Spring Bling

March 16 & 17

10:00-5:00

Solano County Fairgrounds, Vallejo



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