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# White Rose

## SCHOOL OF ENERGY HEALING

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## White Rose Healing Newsletter June 2009

*Hello and welcome to June's newsletter. There is a lot to tell you this month including details of new treatments, information on our healing and meditation groups and details of where you can see us this month. There is also this month's article on the Sacral and Solar Plexus chakras, the next instalment of our series of articles on the subtle energy system.*

### May's courses completed

First of all I would like to offer congratulations to those who have completed the Pendulum Dowsing for Beginners and Reiki level one during May. You have all done really well and I hope your days with White Rose have been inspiring for you.

### Ladies Night @ The Marquis of Ormonde

A big thank you to those of you who supported the ladies night in aid of Denby and Marehay Preschool, it was a great success and they raised lots of money for the new outside toys they needed.

Congratulations to the person who won a free healing with me at The Treatment Room in Codnor, I'll look forward to seeing you soon.



## SPECIAL offers



### Recommendations & Referrals

If you can recommend three friends who attend at least one full treatment, then you can claim a free treatment for yourself!



### Block Booking Discounts

Book four or more sessions and pay for them all in one go and you will save 20% on the overall price.



### Over 60's discount

We are offering £10 off the price of a treatment to all new customers who are over 60 (you must provide proof when you attend your appointment to claim your discount).

## NEW TREATMENTS

### Indian Head Massage

Alongside our energy therapies, White Rose Healing will now be offering traditional Indian Head Massage.

This head, neck and shoulders massage is a stimulating yet deeply relaxing treatment which will soothe away stress and tension and is particularly good for those who have trouble sleeping.

For more details please see the Indian Head Massage page.

### Stop Smoking Package

I have been working with Theresa Thornton, our hypnotherapist and registered nurse over at The Treatment Room, to bring you a complete Stop Smoking package.

*If you really want to quit smoking, then this is the package for you.*

You will spend a half day with us covering hypnotherapy, NLP and Crystal Therapy techniques which will help you to kick the habit for good. The package price includes everything on the day, plus a pack to take home with you and a free follow up appointment with us to ensure the habit is gone for good.

Not only will you leave us a non-smoker, you will also save a packet as we are only charging £120 for this amazing treatment package, half the price of most other stop smoking treatments available out there.

More details will be coming soon here or you can give Sarah a call on 07757 045609.

## Meditation & Healing Groups.....

Thank you to all of you who have attended our groups in the last month, I'm looking forward to seeing you all in the future.

Both groups start at 7.30pm and finish at around 9.30pm. I have now set the dates for the rest of the year, hopefully I'll see you there.

If you need any more information please give me a call on 07757 045609.



## This month's article...

### What lies within the subtle energy system part 2?

Last month we covered the Base Chakra, this month we are going to take a look at the next two major energy centres.

## The Chakras

Chakra is an ancient Sanskrit word meaning "spinning wheel" and this is exactly how we perceive the chakras to be when working with them. Though we cannot actually see or feel these centres in a physical way, they can be sensed and worked with by those who are sensitive to changing energy or those who practice techniques such as healing of some kind, meditation or yoga.

On a physical level, they are directly linked with the plexuses and specific glands within the body, and are largely responsible for the flow of universal energy through the body and its systems. These centres of energy are extremely important as they help us to maintain whole health of the mind, body and spirit.



**The Sacral Chakra** is the second major energy centre within the subtle energy system and is located inside the body, just above the pubic bone. It is the second of the major seven chakras within the body and is known as "Svadhistana" in ancient Sanskrit and "Jesod" in Kabbalistic traditions.



**This energy centre** is linked to the element of water and the colour orange. The keywords for the Sacral Chakra are *relationships* and *creativity*. This is the centre which is linked closely to our intimate relationships and the emotions we feel such as desire and pleasure.

**If this centre is out of balance**, then we begin to manifest the negative aspects of this centre including being over-emotional, introverted, anti-social, over-sensitive and shy. This centre is also closely linked to our sexuality and issues in this area, such as being obsessed with or afraid of sex. .

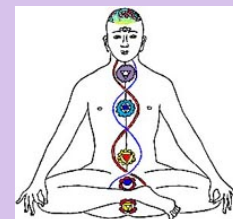
On a physical level, this centre can be treated to help with conditions linked to the reproductive system and the ovaries and testes. It is also associated with the kidneys and the lower back and lower back problems are usually helped by treating this chakra.



When the **Sacral Chakra** is balanced and working as it should, we are emotionally healthy and able to express ourselves effectively and creatively on an emotional level to those around us who share an intimate relationship with.

**The Solar Plexus Chakra** is a well known area of the body and this centre is located in the same place as its physical counterpart, just below the rib cage. It is the third of the major seven chakras and is known as "Manipura" in ancient Sanskrit and "Mem" in Kabbalistic traditions.

This chakra is linked to the element of air and our mental nature. The colour associated with the Solar Plexus Chakra is yellow. The Solar Plexus is known as our centre of power and is where we feel our intuition at work. For example, whenever we are afraid or have a "gut feeling", this is where we feel it, have you ever had butterflies in your tummy? It is our thoughts and emotions affecting the energy flow in this centre.



If the **Solar Plexus is blocked or out of balance**, we may begin to show its negative aspects such as being unable to relax, moody, depressed, perfectionist and a workaholic. It can also leave us feeling apathetic, afraid of being alone, self-defeating, egotistical and judgemental.

Physically, this centre affects our digestion and all conditions which affect the digestive system and all its aspects, such as Irritable Bowel Syndrome and Crohn's Disease, can be helped by treating this centre.

When the **Solar Plexus Chakra** is working as it should, we are able to know our own personal power and express it without being egotistical. It also lets us be in touch with our intuition and be able to deal with situations which threaten our personal power without over-reacting or retreating into ourselves.



*In conclusion*, these two centres deal very much with our physical world and close environment. The things which we are around every day are the things which affect us deeply on an emotional and mental level. Ensuring these two centres are balanced and working as they should be (along with the Base Chakra which we covered last month) enables us to be balanced emotionally and mentally which in turn allows us to function effectively in the real world. . *Why not come along and book a Chakra Balance - you might be surprised at how good it makes you feel!*

Thank you for reading,  
Love and light

Sarah x

*Under no circumstances do any of our treatments or therapies replace proper medical attention.  
It is advised that you contact your physician before undertaking any of our treatments or therapies.  
You should always dial 999 in times of emergency*

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