



Embracing by linda bertaut Your True Self

What if a hot line was available to help guide you on a path to your most fulfilling life? What if this could be accessed any time of the day or night, and all of the answers received were positive and insightful? This hot line does exist and can be utilized simply by tapping into some basic truths about color, Mother Nature and universal life force energy.

Following is a simplified explanation of how this works. Everyone is born whole, complete and full of their own energy. Have you ever noticed how babies and small children radiate? They are full of their own essence, and they beam. Everyone is surrounded by energy. Most cannot see it with the naked eye, but it can be experienced intuitively through the senses.

REPLENISHING YOUR BODIES

While growing up, events such as falling off your bike, being teased by neighborhood kids, getting scolded by your parents and other life occurrences cause bits and pieces of your energy to

be left behind. By the time you reach adulthood, your energy body, once full and complete, now resembles Swiss cheese. Because of this, you can feel depleted and tired, and lose touch with your true essence.

Think about a job you had where you went home exhausted every day. You were spending your spirit energy and feeling worn-out as a result. Most people try to gain more energy by focusing on the physical body, as if that were the only answer. Although this may help, your attention would be better spent on your energy body. When you work to fill your “energy gaps,” you automatically address mental and emotional issues, as well as replenish your spirit, which, in turn, enhances your vitality and energy.

Reiki (pronounced *ray-key*) is a simple way to bring balance to all aspects of the physical, mental, emotional and energy bodies. Reiki is a healing energy transmitted through the palms of the hands that lifts the spirit and allows balance. It clears mental chatter, calms the emotions and allows information from your higher

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self to be realized without the usual interference. This higher knowledge is what guides you naturally on your path. Performing Reiki facials and treatments on your clients will enable you to bring balance to all of the chakras—even without the use of color and stones.

THE CHAKRA SYSTEM

The energy body is made up of seven major energy centers called chakras that circulate life force throughout the body. The word *chakra* comes from an ancient Sanskrit term meaning “wheels of light.”

This article is based on a presentation to be given by the author on Saturday, November 19, 2005, at *Face & Body 2005* at Moscone West in San Francisco.

They are aligned in the center of the body, near the spinal column. Each one represents a different aspect of your essence and personality, and is associated with a color, sense, sound, endocrine gland and organ. The energy body can be compared to the physiological systems of the physical body. When your body's systems are functioning at their optimal levels, you have physical health. When the chakras are balanced and operating at their ideal level, you have energetic health. The energy body feeds the physical body, and the physical body feeds the energy body. One supports the other. Because energy can't be seen, this area frequently is ignored.

Your spiritual development also relates to your chakras. Being consistently out of balance can affect the health of the associated organs, as well as your mental, emotional and spiritual well-being. The use of color, Reiki and stones can help to maintain the balance and optimal working order of the chakras. See **Chakra Chart** for a brief description of the chakras, their associated colors and appropriate stones for each level.

The chakra system represents many areas of your life and personal growth. The first three are related to external identity—who you are, who you aspire to be, how others view you and how you portray yourself to

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the world. These also are associated with programming and conditioning—how you are controlled by circumstances, other people, your environment, culture, religion and many other aspects. You only can react

CHAKRA CHART

FLOURITE

Stone qualities.

Flourite provides wisdom and peace. The colors of violet and green unite the heart and spirit in a higher sense of purpose. Use this stone to help focus on your journey and reveal your life path.



Seventh chakra. The crown is the location of the seventh chakra, which is the connection between the physical and nonphysical, relating to higher consciousness. It is the integration of body and spirit, allowing intuitive or higher information to come through. Blocking the seventh chakra can lead to depression.

Color. Violet is the color of the seventh chakra. It is inspirational and illuminating, and provides wisdom.

SODALITE

Stone qualities. This stone provides mental clarity and focus. It allows you to see your vision clearly, so that thoughts and words can be aligned into action. Sodalite helps to strengthen your connection with the spirit, while remaining grounded in reality.

Sixth chakra. The third eye, the invisible eye in the middle of the forehead, is the location of the sixth chakra and is the center for clear vision. This chakra enables you to see the big picture and develop systems or ways to realize that perception. Everyone has a unique role in life. Here, you see how you fit into the picture with information received from the seventh chakra.

Color. Indigo is the color of the sixth chakra. It is intuitive, spiritual and respectful.



APATITE

Stone qualities. Apatite brings sharply defined thought and communication. If you have an idea in its beginning stages, use this stone to bring it to fruition. It is best used by those who are on a spiritual path. Be clear on your journey, and others will follow.

Fifth chakra. The throat is the location of the fifth chakra—the center for effective



communication and expression through words. When in balance, the fifth chakra helps you to speak in detail about your vision. You have the freedom to express without limitations.

Color. Blue is the color of the fifth chakra. It is cooling, calming and meditative.

AVENTURINE

Stone qualities.

Aventurine offers peaceful, uplifting heart energy. This stone softens the protective shell around the heart and is excellent to wear as a medallion to remind you to soften your message and speak from the heart.

Fourth chakra. The heart is the location of the fourth chakra and is responsible for related emotions, such as the ways in which you express—or don't express—love. This is where your inner identity process begins, and is the link between your external and internal selves.

Color. Green is the color of the fourth chakra. It is balancing and harmonizing, and represents new growth.



to your circumstances through your programming, which means you speak and see only what you believe to be possible.

Chakras four through seven represent a higher, more conscious level. While operating through these chakras, you have the use of your heart, voice, vision and intuitive insight to create your life, rather than only react to it. You receive information from a greater source, have clear vision on how you fit into the big picture and speak from the heart about your vision.

By helping clients to find that place of balance, you provide the opportunity for them to access a deeper level of consciousness and receive insights about how to

move forward in their lives. Adding color and stone therapy increases perceived value to your clients. It also gives you tangible items to use that are visually appealing.

THE USE OF COLOR IN TREATMENTS

Color plays a major role in life. Each hue has its own frequency or vibration that can help to energize, stimulate, relax or lift the spirit. The seven shades of the rainbow are associated with the chakra system. If a chakra is out of balance, you can use color and stones to realign it. Techniques range from colored light, fabric swatches and pictures to water infused with color.

Red is the most stimulating, while blue is the most calming. The closer a color is to red, the more energizing it will be. The closer to blue, the more calming it will be. Yellow induces vitality and helps to elevate the mood, while green is the color of healing and is the most balanced.

With this in mind, the next step to take is evaluating the condition of the chakras. You can do this intuitively, or you can use a pendulum. Only use a pendulum if you have been trained properly and if you work to keep your energy clear on a regular basis. If not, your personal beliefs and preferences may interfere with receiving accurate information.

CHAKRA CHART

ROSE QUARTZ

Stone qualities.

This stone opens up the heart to love and self-nurturing. When you discover that you are lovable, you then are capable of sharing that emotion with others. Use rose quartz to come from the heart in all of your communications.

Fourth chakra. This is the second color of the heart chakra. When you are sincere, it will supercede the ego, providing you with an innate understanding of the inter-relatedness of all life. In balance, you have the ability to speak your vision.

Color. Pink also represents the fourth chakra. It is loving, gentle and caring.



CITRINE

Stone qualities. This stone assists you in getting in touch with your personal power and helps you express yourself authentically. Citrine is the energy of the sun in a stone. Use it to energize, feel good about yourself and exude a sense of confidence and warmth. It also is good for digestion.

Third chakra. The solar plexus is the location of the third chakra, and is the center of power and personal will. It relates

to the logical/linear mind and can become out of balance by a strong ego, where the focus is on externals instead of what is inside. When you are in balance, you have vitality, a positive self-image and a stable sense of self.

Color. Yellow is the color of the third chakra. It is energizing, revitalizing and uplifting.

CARNELIAN

Stone qualities. Carnelian represents deep sensuality and receptivity. It lifts emotions, and sparks desire and imagination to create from an intuitive level. The stone is fiery, intense and assertive. It enhances self-confidence when worn as jewelry.

Second chakra. The sacral, below the navel, is the location of the second chakra. This is the center for creativity, emotions and sexuality. It allows you to connect

with others through feelings, desire and sensation. Women's reproductive organs are



located here, so that sexuality is connected with emotions.

Color. Orange is the color of the second chakra. It represents creativity and sensuality.

RED AND PICTURE JASPER

Stone qualities.

This stone connects you to Mother Earth, and helps to provide respect for yourself, others and your surroundings. It drives the blood and life force energy through the physical body. Use this stone when you are unsure of yourself, or undecided about the next step to take.

First chakra. The first chakra is located at the root, or base, of the spine. It links the physical body to Mother Earth and is the foundation of the rest of the chakra system, relating to the physical body, security and survival instincts, as well as material and external concerns. Men's sexuality is connected to a physical need versus emotions, due to their reproductive organs being located at the first chakra.

Color. Red is the color of the first chakra. It is stimulating, powerful and hot.



The energy body is made up of seven major energy centers—called chakras—that circulate life force throughout the body.

Here are the three conditions to identify when determining which stones to select and where to place them.

1. Is the chakra balanced? If the answer is yes, move on to the next one and don't ask any other questions.
2. Is it out of balance or blocked?
3. Is it overcharged or undercharged?

If someone is aggressive naturally, they may be overcharged at the first chakra. In this case, you will not want to use red—the color for this chakra—because it is the most stimulating. To balance an overcharged chakra, use a calming hue, such as light blue. If someone is insecure and unsure of themselves, they may be undercharged, or blocked, at their third chakra. Use a stone such as citrine, which helps the client to get in touch with their personal power and enhance their feelings of self-worth. If they are overcharged at the third chakra, you would use purple as the complementary color to bring balance to this chakra. Are you getting the picture?

Experiment using some of these ideas with colors and stones. Trust your intuition, and don't be afraid to test. If in doubt, you always can use clear quartz crystals because they represent all shades in the spectrum and will find the place of balance for any condition.

YOUR TRUE ESSENCE

In a world where people strive to make everything faster and better, there is no way to improve universal energy—it already is perfect in itself. You are perfect within yourself when you call on this energy and

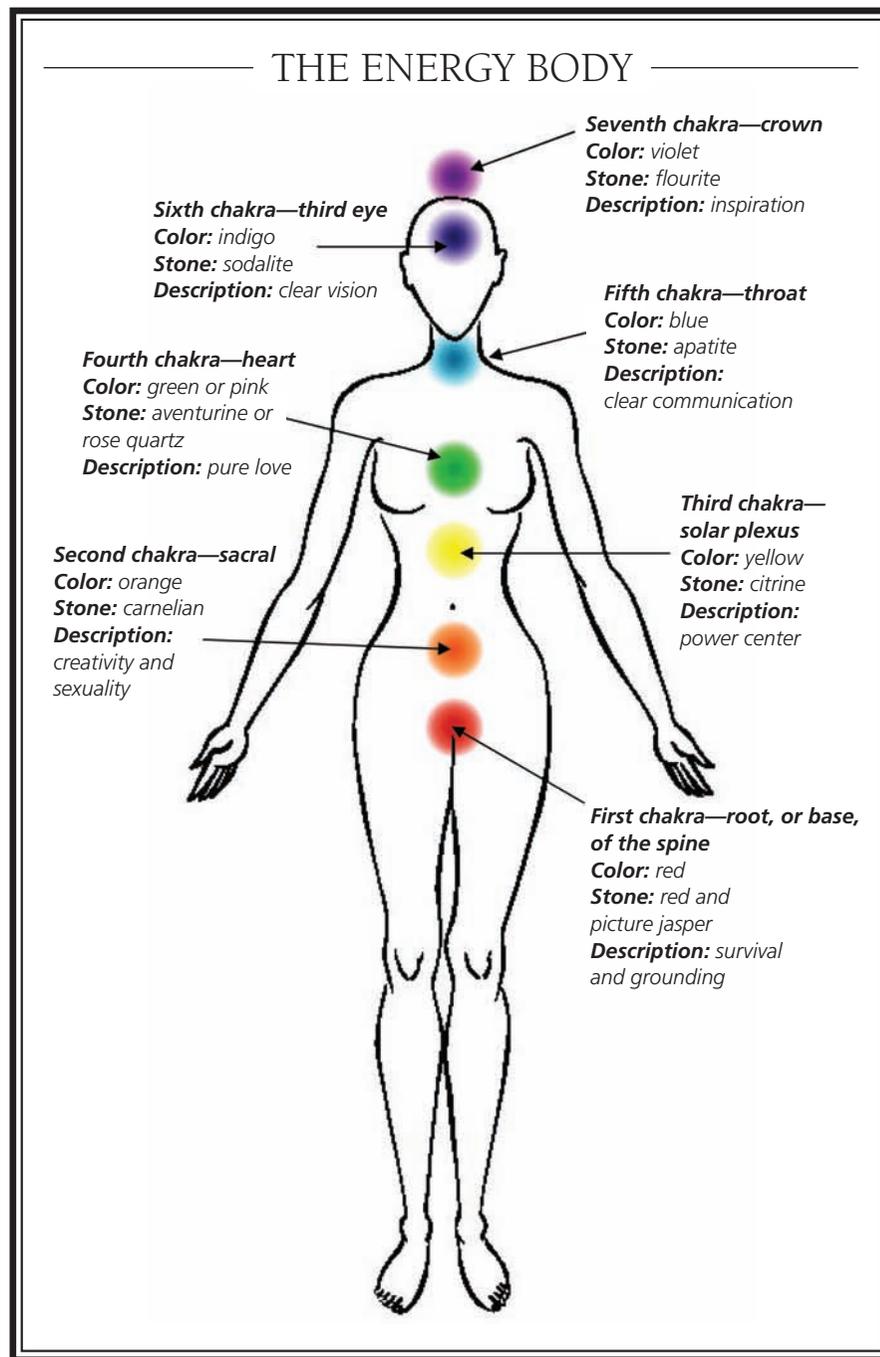


Chart courtesy of Bertaut Beauty.

operate from your true essence. The more you work to balance and fill in your “energy gaps,” the more centered and at ease you will feel in your body.

Your No. 1 job in life is to understand the unique being that is you, and to share this. Once you realize who you are, you set the example, inspiring others to follow. By connecting to this quality, you tap into your

internal hot line, allowing you to access information that will guide you on your unique life path.

Understanding color and the chakras can assist you on this journey. You have all the answers. There is no need to change—just peel away the layers that are not you, and expose your wonderful and unique essence. ■