

Jewelry By Heart2Heart

November 2009 Newsletter

www.jewelrybyheart2heart.com



The Chakra Collection will benefit Arthritis Foundation

Last month, Jewelry By Heart2Heart launched its second line of charity donations with a focus on arthritis. Jewelry By Heart2Heart is now donating 10 percent from each chakra necklace sale to the Virginia Chapter of the Arthritis Foundation and to celebrate, the November special will be



the Chakra Collection.

Owner and artist Linda Alard has created a line of sterling silver chakra pendants set with sapphires, rubies and other gemstones.

Linda chose the Chakra Collection for the Arthritis Foundation because each chakra is attuned to a different part of the body. A person who feels pain in a particular area can wear gemstones that help to focus their thoughts and energies on that area for emotional and spiritual relief.

Rubies, for instance, correspond to the first chakra and resonate with the feet and legs, bringing healing energy to the base of the body.

Jewelry By Heart2Heart has also donated chakra necklaces for the Arthritis

Foundation's Bone Bash on Oct. 23, and Jingle Bell Run/Walk on Nov. 21.

In addition, the entire Jewelry By Heart2Heart staff will be walking in the Jingle Bell Run/Walk in Richmond to help raise more money and awareness for the Arthritis Foundation.

Throughout the month of November, all pieces in the Chakra Collection are 20 percent off. This month and every month, an additional 10 per-



cent of each chakra necklace purchased will be donated to the Arthritis Foundation.

About the Arthritis Foundation.

To join Jewelry By Heart2Heart in supporting the local chapter, or to sign up for the Jingle Bell 5K, visit www.arthritis.org/chapters/virginia or call 800-456-4687.

To make a donation, mail checks to the Arthritis Foundation, Virginia Chapter; 3805 Cutshaw Ave., Suite 200; Richmond, VA 23230.

Understanding the chakras

The Sanskrit word "chakra" means "wheel" or "disk" and refers to the seven energy centers in the body.

Each chakra relates to a different part of the body, mind and spirit.

The first chakra is the base chakra. It helps us relate to life force energy and to ground us. The color red gives us physical strength and vitality.

The second chakra is the sacral center and relates to the

spirit of our health. Orange helps to energize and can stimulate loving and warm contact with others.

The third chakra is the solar plexus and is represented by yellow. This chakra relates to digestion and the liver and it purifies the whole system, especially the skin.

The fourth chakra is the heart chakra, which is represented by the colors green and pink. The heart chakra relates

to the soul's true emotions and the ability to give and receive unconditional love.

The fifth chakra is the throat chakra, and carries a light blue color which works with the ability to verbalize and communicate.

The sixth chakra is the third eye, which is represented by the color indigo. The third eye links us to our higher selves and can help broaden our minds. It cleanses our psychic currents as well as helps to free us of our obsessions and phobias.

The seventh chakra is the crown, which connects us with our spiritual selves and helps bring us peace and wisdom. Violet and clear stones represent the crown and instill a reverence for all life.

