

# NEW AGE HEALTH & I

## SUSAN ASHLEY



*Please write to Susan with your questions to Leura Post Office, Leura. For private readings please contact Susan's office Tuesday to Thursday on (047) 82 6968.*

Certain colours effect our moods, emotions and even decisions. We are constantly in receipt of colour vibration and its effect in our environment, so, how does it effect us and others. Let's go through the main colours corresponding to the Chakras.

**ORANGE:** The colour of the spleen Chakra. Brings about a balance in giving and receiving, emotions, desire, pleasure, sexual/passionate love, change, movement, tolerance, surrender, physical strength and expression of creativity. When underactive or overactive can bring about an over indulgence in food and sex, sexual problems, confusion, purposelessness, jealousy, envy, impotence, bladder and uterine problems. Orange is a colour that is not often used in clothing as it takes a person who is feeling very emotionally balanced to be able to wear it, so you can be sure when you meet someone wearing orange they are feeling strong emotionally and are ready to give and receive friendship. They are more balanced about their sexuality than the red person. It is a fantastic colour to bring about creativity either wearing it or having it in the environment whilst being creative can bring about clarity within creativity.

When you see this in the aura it would indicate a person who is actively creative, such as an artist or dancer. Orange used within the environment is cheerful and happy, fun and playful. Orange can be used as a physical force and vitality and balance in sexuality and the sexual organs in healing. It is a very youthful vibration.

**YELLOW:** This is the colour of the solar plexus Chakra.

Dear Mother Verses Boyfriend,

The boyfriend is not the main problem here. He will be around for approximately another eight months. However, guidance informs me this is just a stage regardless of the boyfriend. Your daughter has commenced to challenge your authority because she is learning about herself as a separate entity to the family unit. The clothes are her statement to society and you that she is seeking to be unique and acknowledged as an individual. What you can do to help her is to be loving non judgemental and encouraging of the little things she does share with you. Try to become interested in the clothes if you can, then she will gradually begin to trust you and open up and before you know it you will be talking and sharing all sorts of treasures. However, there is a warning with this, please be careful of how you say what is on your mind, think carefully how you would have received it as a girl. Set the rules of respect to you such as cleaning her room, getting home on time and helping around the house. Praise her by letting her know that you appreciate what she has accomplished and punish her by denying her something, not by a lecture. In other words treat her like an adult. She is ready for it.

SUSAN

Dear Susan,

*I'm married with two young children. My husband is a compulsive gambler. We are always struggling to make ends meet and I'm feeling very worn out. He promises to stop and does try hard but this only lasts a couple of weeks. What should I do. I want peace in my life. Will he ever give it up or should I leave him.*

GOING WITHOUT

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**YELLOW:** This is the colour of the solar plexus Chakra. It is the core of our emotions. It is this area of the body that appears to be the most common area where you would feel your intuition or gut feelings. Quite often you will hear people say "I just have a feeling in my stomach", that is that their solar plexus are open and operating.

It also governs the metabolism, digestive processes, the sympathetic nervous system and the emotions. When in balance the person would exhibit warmth, personal power and authority, an abundance of physical energy, humour, laughter and would have good self control. When this is overactive or underactive the qualities exhibited could be digestive problems.

Taking on too many things at once sometimes resulting in getting nothing done but exhausting oneself, over emphasis on power and recognition, anger, fear and hate. To see this a clear yellow aura would indicate that the person you are dealing with is intelligent, clear thinking, intuitive, has integrity and is to the most part honest. However, should the colour be cloudy or brassy this would indicate self importance, neurosis tension, a bit all over the place, not quite sure what they are doing.

Pale yellow is an excellent colour to sleep in or have in the sleeping environment as it brings about emotional balance. It is extremely good for young babies/children as it can calm them and bring about a sense of peace and safety. You would find the person wearing yellow would have a bright cherry personality and would be lots of fun to have around.

### **SUSAN ANSWERS YOUR QUESTIONS**

*Dear Susan,*

*I have a teenage daughter who is dating a boy two years her senior. I think he's dangerous and a bad influence on her, as she is now answering me back and wearing clothes that look ridiculous. What can I do to stop this?*

**MOTHER VERSES BOYFRIEND**

*Dear Susan,*

*I'm married with two young children. My husband is a compulsive gambler. We are always struggling to make ends meet and I'm feeling very worn out. He promises to stop and does try hard but this only lasts a couple of weeks. What should I do. I want peace in my life. Will he ever give it up or should I leave him.*

**GOING WITHOUT**

*Dear Going Without,*

It is not for guidance to advise you to leave your husband that is always your choice. What guidance can tell you is that your husband's problem will not go away. There will be more broken promises. What is asked is that you look at the quality of you and your children's lives and ask yourself are you happy. They tell me you have already made your decision you just want someone to tell you it's the right one ... bare in mind that your happiness is very important to your children's happiness, that you are not the failure, you are the success, you are not the problem in this situation, you are just the escape goat. Please stop going over in your mind 'if I do this', 'if I do that'. This is not your problem it is your husbands, nothing you can do can change his life and actions. The only thing you are in control of is you and your children's lives. I'm certain you understand this clearly.

**SUSAN**

*Dear Susan,*

*My best friend and I had a bad fight. What I'm wondering is will we ever be friends again. I miss our friendship and feel depressed.*

**MISSING SOMETHING**

*Dear Missing Something,*

Well, guidance tells me yes you are both missing each other and feeling the loss. You both regret the whole incident and that is a good start. Why don't you just pick up the phone and apologise for your part in the argument regardless of whether you feel you were right you offended your friend. For that she deserves an apology. Please when you call do not get into the wheres and why fores of the argument, just apologise for hurting her and accept her apology and agree not to discuss the incident.

**SUSAN**