

TRUE NEWS - OVERLAKE

The TRUE way of the warrior is honor, strength, and love.

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Chakras

By GJN David Barrett

Have you ever stared deep into the waves of the ocean or stood amongst the ancient redwoods and longed to understand the intangible energy that creates nature's mysteries? This natural energy runs through all things in existence, even in our body along a line of specific zones of concentrated energy called the Chakra system. If our Chakra system is not balanced, acting as a proper conduit of energy, we can develop behaviors and habits that drastically sabotage our personal success.

These specific zones of energy have been identified by the way nerves converge in each area, the way the blood flows through each Chakra zone and the various organs that correlate with said nerves and blood. Each concentrated point has a mind-body connection to a specific color, type of music or specific musical note, certain foods, gemstones and basic feelings of identity.

1. Crown Chakra - The highest Chakra represents our ability to be fully connected spiritually.

Emotional issues: Inner and outer beauty, our connection to spirituality, pure bliss.

2. Brow (Third Eye) Chakra - Our ability to focus on and see the big picture.

Emotional issues: Intuition, imagination, wisdom, ability to think and make decisions, and our ability to tune into our inner selves.

3. Throat Chakra - Our ability to communicate.

Emotional issues: Communication, self-expression of feelings, the truth. Our ability to speak up and be heard; also how in touch we are with our intuition.

4. Heart Chakra - Our ability to love.

Emotional issues: Love, joy, inner peace. How we both give and receive love.

5. Solar Plexus Chakra - Our ability to be confident and in-control of our lives.

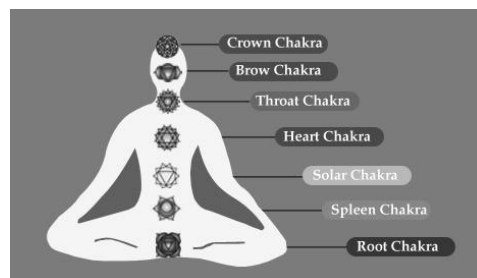
Emotional issues: Self-worth, self-confidence, self-esteem. , the way we use our personal power to manifest success.

6. Spleen (Sacral) Chakra - Our connection and ability to accept others and new experiences.

Emotional issues: Sense of abundance, well-being, pleasure. How we use our creativity in all aspects of being.

7. Root Chakra - Represents our foundation and feeling of being grounded.

Emotional issues: Survival issues such as financial independence, money, and food.



The Chakras are often called wheels. At times they may be spinning the incorrect way, spinning far too quickly, or even completely halted. Paying conscious attention to the Chakra system can help solve many problems in daily life. Generally a repetitive, nonproductive behavior can be related directly to blockages or over activity in the Chakras. If you find that incessant talking or compulsiveness is hindering life success, you may be dealing with an overactive chakra. If you tend to be burdened with shyness, inability to make decisions, etc. then perhaps you are deficient in energy and have a blocked Chakra in your system.

Balancing and clearing your delicate Chakra system can be done through visualization, guided meditations and a deep study of the intricacies of each wheel. You can also use Qigong meditation and motion, and Yoga. Having your body's energy cleared and aligned with your world can help you to feel better mentally, emotionally and or at a physical level.

Upcoming Activities for November/December

December 6 th	Arnis Seminar, 10:00 am (no make up class)
December 19 th	Tae Kwon Do Test, 6:30 pm
December 24 th /25 th	TMA Closed
December 29 th	½ day camp, 9:30 am – 12:30 pm
December 30 th	½ day camp, 9:30 am – 12:30 pm
December 31 st	New Year's Eve Sleepover – closed for normal classes
January 1 st	New Year's Day, TMA closed
January 10 th	Arnis Seminar, 10:00 am (no make up class)
January 23 rd	Tae Kwon Do Test, 6:30 pm

NOTABLES

CONGRATULATIONS STUDENT OF THE MONTH –CODY BECKER!

Cody Becker is an awesome student. He has been a member of the demo team, attended every TMA event and tournament that he could, and has been a constantly cheerful, hard-working student whose sense of humor brings a chuckle to his instructors. Cody, you rock – keep it up!

Welcome Our Newest Students

Mahima Iyer and Kajsa Lukmanmihardja

Arnis Promotions for November

Yellow Belt: Sophie Miller

Green Belt: Sydney Coe, Yatharth Sharma, and Selene Stohl

Blue Belt: Sanskruti Kuravalli

Brown Belt: Cody Becker, Aiden Lim, Eugene Yum, and Ian Yum

Provisional Black Belt: Karol Jamison

1st Degree Black Belt: Rishi Kavikondala

Tae Kwon Do Promotions for November

Adv White Belt: Saharsh Baroorkar, Naomi Megiddo, Keegan Pham, and Shravan Srinivas

Green Belt: Sydney Coe, Joseph Hatch, and Gregory Hatch

Blue Belt: Jonathan Sepkuty

Brown Belt: Madison Camp

Congratulations also to our newest Black Belts

Provisional Black Belt: Linnea Eng, Fauzia Lala, Karol Jamison, and Hannah Miller

1st Degree Black Belt: Justin Chen, Ruta Dhaneshwar, Tyler Hammond, and Ria Nagar

2nd Degree Black Belt: Lukáš Corey

December Training Anniversaries

One Year: Simon Mullins

Two Years: Duc Nguyen and Emily Schuman

Seven Years: Drew Bogdan

Eight Years: Bar Ben-Zvi

Eleven Years: Owen Wessling

December Birthdays

Marty Budinger, Aniket Das, Donya Dhawan, Evan Dragich, Tobey Goan, Ofir Horovitz, Danielle Madrid, Shira Levi, Saksham Singh, and Matthew Solomon

We apologize if any of the above information is incorrect. Please submit corrections, in writing, at the front desk.