Claudia De Rosa

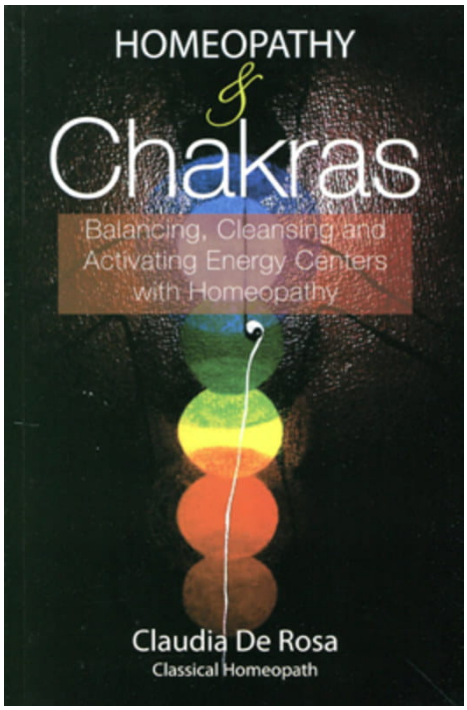
Homeopathy & Chakras

Sample text

Homeopathy & Chakras

from Claudia De Rosa

editor: B. Jain



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Chapter 5

The 7 Chakras

The spine and the human energy field contain chakras, or energy centers, that vibrate at different frequencies. Each chakra presents us with the opportunity to establish a root relationship and to satisfy a deep soul desire. Each frequency holds the gift of a certain power, which enhances our human experience on Planet Earth. As we tune into this power, we are internally empowered to deal with the specific life challenges of that energy center or chakra and as a consequence to live more whole, meaningful and fulfilling lives.

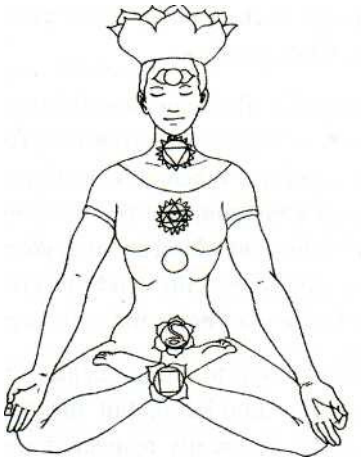

Fig. 5.1: Positions of 7 chakras

Energy flows from the Crown Chakra through to all the major chakras. Earth energy also flows, beginning in the Root Chakra and rising through the other energy centers. You can boost your energy

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quickly, by focusing on each one in turn, and breathing "into" each daily. Visualize the corresponding colour as you do this, and focus on the body areas and domains governed by each chakra in turn. Try sounding the mantra that relates to each.

Chakra	Literal Translation	Body Center	bija mantra	"Element"
Sahasrara	"thousand-spoked wheel"	Crown	'!'	'Spirit'
Ajna	"command wheel"	Third-eye	**OM**	Manas(?)
Vishuddha	"pure wheel"	Throat	**HAM**	"Akasha"
Anahata	"wheel of the unstruck sound"	Heart	**YAM**	Air
Manipura	"wheel of the jewelled city"	Solar-plexus	**RAM**	Fire
Svadhisthana	"wheel of the self-base"	Navel	**VAM**	Water
Muladhara	"root-foundation wheel"	Base	**LAM**	Earth

Mantras work like an ultrasound or sine wave to increase the flow of energy through each chakra, as well as the rest of your body's energy channels, called meridians.

Learning to ground, collect, and to stabilize your energy will make a big difference in your body and in your life. You will feel anchored, connected, safe, and secure. When you clear your energy, you're able to manifest the body you want, and the life you dream of. If you're feeling stuck in old habits, weighted down in your body, and filled with negative emotions, you're actually ready to grow! When you direct your energy, you change your body and your experience of life.

This short introduction to chakra healing will never do justice to the earth chakra or kundalini, but the beginning practitioner should know that it to be greatly respected and can be gone to (in conjunction with the crown by placing the right hand on the skull and left on the tailbone region to balance energy or move energy through the entire system.

Let's learn a little bit more about each Tantra Chakra now.

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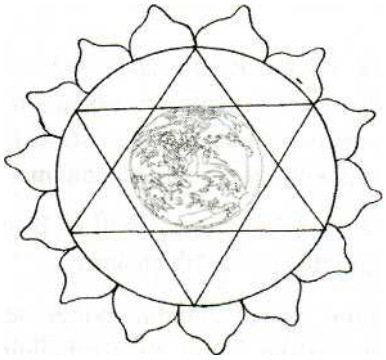
Root Chakra

Connect to Body and Earth



Foundation

This is the source of strength and is essential for proper development. The other centers of energy rely upon the root chakra to perform properly. Disorders within the root chakras may result in mental problems (e.g. aggression, confusion) or physical symptoms (e.g. of the intestines, excretory systems, or bones).

The earth chakra (muladhara) is the most important chakra in hatha yoga, It is where the kundalini lies dormant and it is where the prana and apana are to be balanced for the energy (kundalini) to flow in the central column (sushumna) . This should not be interpreted as just some mystical gibberish, but yet the words certainly are symbolic of a very powerful energetic. Again once flow is reached in the sushumna it is neither left nor right, nor up nor down (flow is in both directions simultaneously). Again the muladhara and sahasrara chakras are the two most important energetic centers while the sushumna is the most important psychic nerve (that connects them) directly. Physically this area is associated with the perineum, tailbone, glands of Luska, and pelvic diaphragm.

This area is often congested so elongating smoothing and softening passes with the hands up and down over this area can often be of value. The muladhara is the integrative physical center of the body and its support center.

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Located at the base of the spine, it contains the primary 8 cells that have all of the knowledge of creation and remain the only cells in your body that do not change in your lifetime. It grounds us in the physical world.

The Muladhara, First or Root Chakra, is located at the base of the spine, at the perineum. The name means support, or foundation. It is associated, in the body with the large intestine, feet and legs, with the element earth, and with the colours red and maroon.

Fundamental Principle: Physical will of being as opposed to spiritual will of being (that of the 7th chakra).

Body Association: Spinal column, bones, teeth, nails, anus, rectum, colon, prostate gland, blood, and the building of cells.

Glands: Suprarenal glands (which produce adrenalin and influence the temperature balance of the body).

Human Challenge and Gift: to feel safe and secure in the physical plane, to manifest to meet our basic needs.

Soul Desire: To feel nurtured and nourished, to experience belonging to the whole.

Primal Relationship: With physical reality, the Earth, natural forces, body, feeling, sensations.

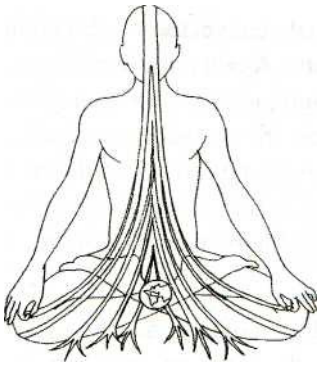

Fig. 5.2: 1st Chakra - Base/perineum, red, Earth, survival, grounding, stillness, elephant

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Root or Base Chakra	
Colour Association	Red
Key words	Grounding, security, basic needs
Force	Gravity
Verb	I have
Sanskrit Name	Muladhara
Location	Base of spine, coccyx
Lesson	Survival–The right to exist. Deals with tasks related to the material and physical world. Ability to stand up for oneself and security issues.
Imbalances	Anaemia, fatigue, lower back pain, sciatica, depression. Frequent colds or cold hands and cold feet. Constipation, obesity, lower back pain, haemorrhoids
Animal	Elephant
Element	Earth
Celestial Body	Saturn
Sense	Smell
Food	Protein
Root Stimulants	Physical exercise and restful sleeps, gardening, pottery and clay. Red food & drink. Red gemstones, red clothing, bathing in red, etc. Using red oils such as ylang or sandalwood essential oils.

Purpose and Function

The 1st chakra (Root Chakra) is located between the anus and the genitals. It is connected with the coccyx and opens downward. It connects us to the physical world and lets the earthly energy enter our system. When it is open, we fully accept life on earth and enjoy the physical existence it provides. We act in harmony with the earthly forces and we learn from them. It also provides us with the necessary energy for creative self-expression and lends us the power to achieve. Our sexuality as a physical function and a means of begetting children also reign in the Root Chakra.

The Root Chakra is the source of the life force and forms the vital foundation for all the higher chakras. Here, the inexhaustible supply

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Chapter 10

Colour Energy is Colour Healing

The use of colour in healing goes back 5000 years, Chinese, Egyptians, Greek, Tibetans and native Americans just to name a few. Stones and crystals were used for healing and to enhance power of kings queens and other world leaders.

Colour affects the body in many ways:

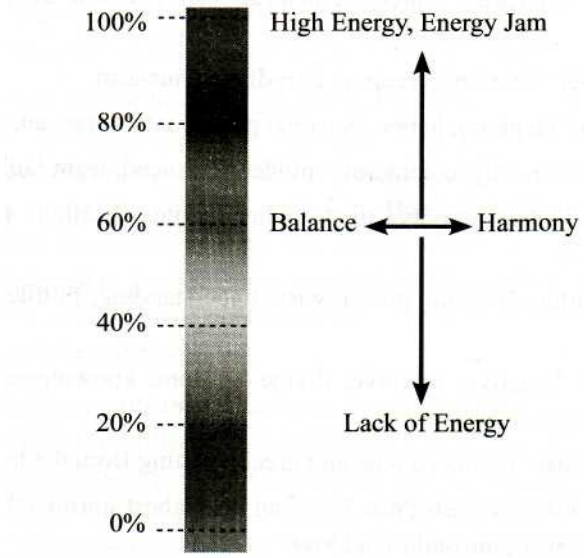

Fig. 10.1: Colour effects on body (Refer Plate IV for Colour picture)

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In the womb the eyes started out as part of the endocrine system and brain. As we develop and grow the different parts of the eyes stay connected to the different glands so by looking at different colours it stimulates the glandular secretion that affects the glands assigned to different functions of the body. For an example: looking at the colour blue stimulates the thyroid and that affect your heart, bones, hair and reproductive organs.

Colour moves us on a subtle or subconscious level. Look at the colour *red* link it moves us to action. Why do you think McDonalds uses Red and Yellow in their marketing of their food? Those colours attract us and move us to action!

Our language also speaks in colour:

Seeing *red,* (anger), I feel *blue* (sad), sunshine makes us happy *{yellow),* what is the colour of money? *Green* the other side of green is green with envy.

Colours that move us:

Red: Movement, centerd, grounded, can manifest abundance, vitality.

Orange: Emotions, creative, friendly, enthusiasm.

Yellow: Thinking, happy, personal power, intelligent, analytical.

Green: Friendly, community minded, balanced, team building.

Blue: Verbal activity, trust, calm, polite, detailed, patient, inspiring.

Navy blue: Intuition power, wise, understanding, fulfilled, high ethics.

Violet: Creative, intuitive, divine wisdom, knowingness, and universal consciousness.

Turquoise: Balanced blue and green, coming from the heart.

Pink: White & Red=Pink; Bringing the highest spiritual thoughts into the physical, unconditional love.

White: Is all colours balanced.

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Gold: Masculine power.

Silver: Feminine power.

What to wear when closing a deal?	Red & navy
What to wear when prospecting?	Blue, navy, red, yellow
What to wear when you want to be calm?	Blue, violet, indigo
Having trouble sleeping?	Navy (indigo) sheets to help calm the mind

Different ways to get the energy without wearing it: Drink lemon water for yellow or beets for red; calm the mind blue berries.

I know, it is a little imprudent to write in such a shallow way on such a large and comprehensive topic as colour and the importance of colour on all living organisms. However, one should know something about how colours work and in what way you may use colours to better your health both physically and psychologically.

Many people have written books on colour : Sir Isaac Newton, Johann Wolfgang von Goethe, Faber Bitten, Rudolf Steiner, and hundreds of contemporary authors. They have all introduced the same idea in the best way : Colour is energy. Book stores have hundreds of books on this theme and if, after having read this introduction, you are interested in learning more about colour, I would recommend you go to the nearest book store. But now I would like to tell you a little about colour and light.

Colour is more than decoration and pleasure to our eyes. It is light - light split into different wave lengths, vibrating at different speeds and frequencies. An object that absorbs all wavelengths and does not reflect any is called black - and an object that reflects everything is white. Between black and white lies our colour world. Colours are wavelengths of energy that to us appear as colours because of the

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potential and capability of the object to either absorb or reflect the energy. This is how we experience colour. An apple is red because it absorbs all colours except red. Red also has the longest wavelength of all the colours.

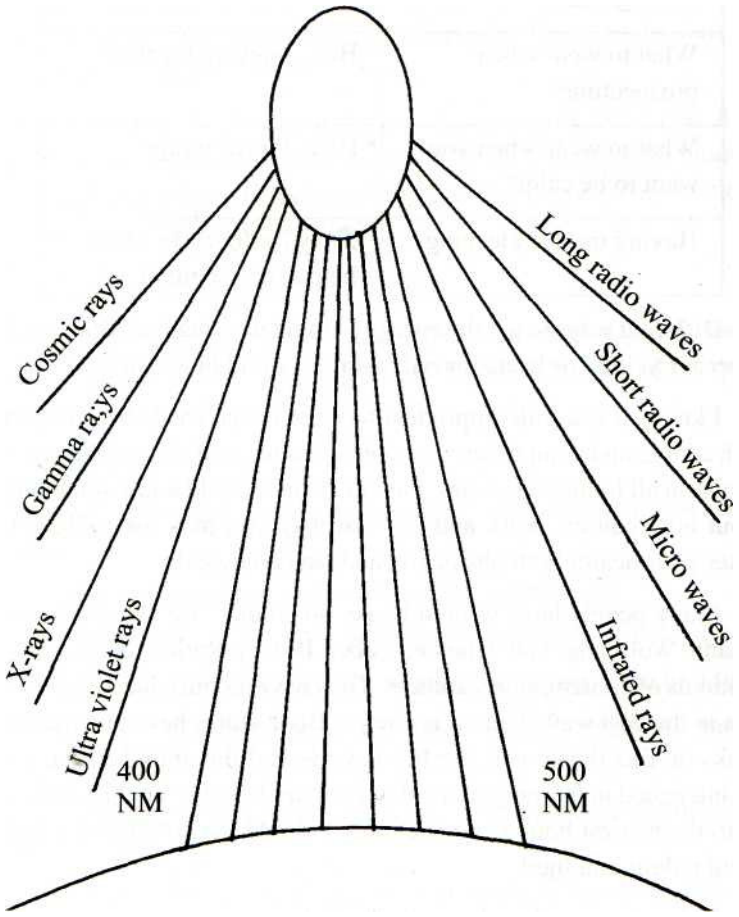

Fig. 10.2: Colours wavelenghts (Refer Plate IV for Colour picture)

The strangest thing is that scholars ignore the colour energies and do nothing with the most exciting and beautiful things we have in front of our eyes - but they have accepted the short and long wavelengths on either side of the visible colour spectrum.

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Colour Energy and the Chakra

We have chosen to use the Sanskrit word chakra - chakra is the most frequently used and descriptive word for energy points or whirls of energy. The chakra points do not exist in our physical body but in our etheric body. Here the cosmic energy enters and connects our body with the energy coming from the earth. These energy whirls are in contact with our physical body through points explained as:

Crown chakra	Violet energy
Brow/Third Eye chakra	Blue energy
Throat chakra Heart chakra	Green energy
Solar Plexus chakra	Yellow energy
Spleen chakra	Orange energy
Root chakra	Red energy

These points are what it is all about - either physically, mentally, emotionally, or spiritually. If these points are healthy and in balance, then we are healthy. It is important when you are going to transfer energy from one chakra to another that you know what colour is the complementary colour, i.e. with what colour you may be adjusted.

Colour	Complementary Colour
Red	Blue
Orange	Indigo
Yellow	Violet
Green	Red
Blue	Red
Indigo	Orange
Violet	Yellow

We are born with the opportunity to make use of all colour energies, and we develop according to a colour scale - from birth in the palest pink, to red in puberty, and as years pass by and experience

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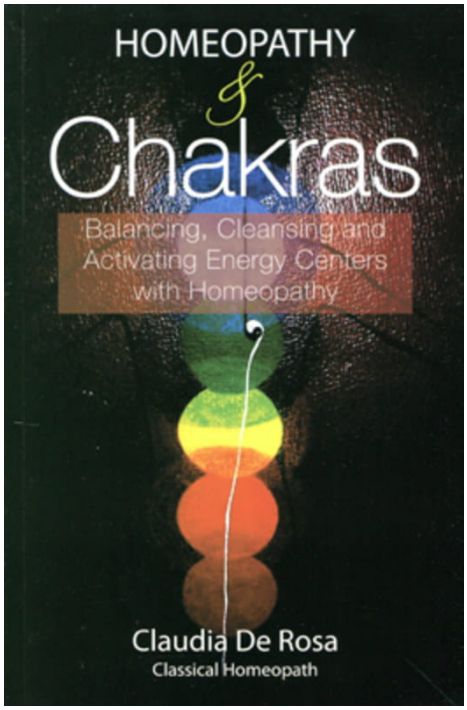

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