

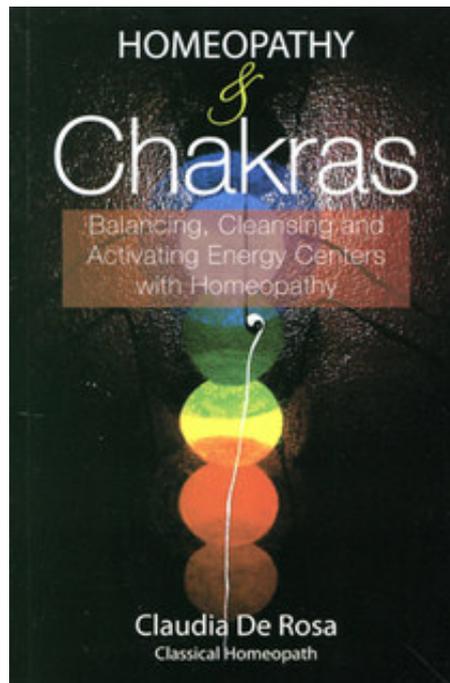
# Claudia De Rosa Homeopathy & Chakras

Reading excerpt

[Homeopathy & Chakras](#)

of [Claudia De Rosa](#)

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## 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

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	'I'	'Spirit'
Ajna	"command wheel"	Third-eye	<b>OM</b>	Manas(?)
Vishuddha	"pure wheel"	Throat	<b>HAM</b>	"Akasha"
Anahata	"wheel of the unstruck sound"	Heart	<b>YAM</b>	Air
Manipura	"wheel of the jewelled city"	Solar-plexus	<b>RAM</b>	Fire
Svadhithana	"wheel of the self-base"	Navel	<b>VAM</b>	Water
Muladhara	"root-foundation wheel"	Base	<b>LAM</b>	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.

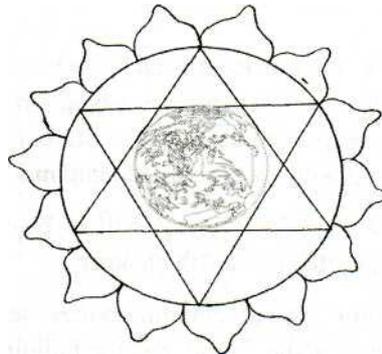
Learning to ground, collect, and to stabilize your energy will make a big difference in your body and in your life. You will feel anchored, connected, safe, and secure. When you clear your energy, you're able to manifest the body you want, and the life you dream of. If you're feeling stuck in old habits, 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.

## 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 Lusk, 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.

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.

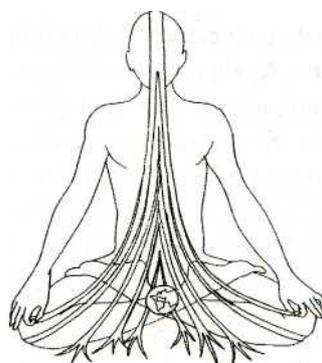


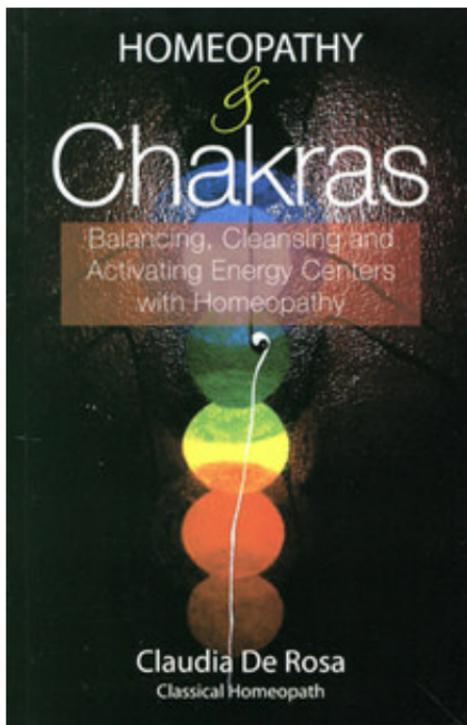
Fig. 5.2: 1st Chakra - Base/perineum, red, Earth, survival, grounding, stillness, elephant

<b>Root or Base Chakra</b>	
<b>Colour Association</b>	Red
<b>Key words</b>	Grounding, security, basic needs
<b>Force</b>	Gravity
<b>Verb</b>	I have
<b>Sanskrit Name</b>	Muladhara
<b>Location</b>	Base of spine, coccyx
<b>Lesson</b>	Survival–The right to exist. Deals with tasks related to the material and physical world. Ability to stand up for oneself and security issues.
<b>Imbalances</b>	Anaemia, fatigue, lower back pain, sciatica, depression. Frequent colds or cold hands and cold feet. Constipation, obesity, lower back pain, haemorrhoids
<b>Animal</b>	Elephant
<b>Element</b>	Earth
<b>Celestial Body</b>	Saturn
<b>Sense</b>	Smell
<b>Food</b>	Protein
<b>Root Stimulants</b>	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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