



## Mind Body Range 1)

### Homeopathic Remedies for your Chakra System

Chakra is a Sanskrit word meaning wheel, or vortex, and it refers to each of the seven energy centres of which our energy system is composed. These chakras function as pumps or valves regulating the flow of energy through our body. Chakras interact with the physical body through two major vehicles, the endocrine system and the nervous system. Each of the seven chakras is associated with one of the seven endocrine glands, and also with a group of nerves called a plexus. Hence, each chakra can be associated with particular parts of the body and particular functions within the body controlled by the plexus or the endocrine gland associated with that chakra.

However, the description of the functions of the chakras is not simply physiological, but psychological as well. Generally speaking, the three lower chakras (the base, sacral and solar plexus chakras) correlate to basic primary needs - those of survival, procreation and will - and have a larger physiological component to their functioning. The four higher chakras are more related to our psychological makeup: the heart, throat and third eye chakras are more advanced and more mature, defining love, communication and knowledge; the crown chakra is purely spiritual, providing the connection to our higher self.

Therefore, when our chakra energy is imbalanced, physiological and psychological symptoms arise. Clearing the cause of these imbalances using homeopathic sprays allows an individual to break through these inhibiting patterns and move towards a state of balance enabling them to achieve their fullest and true potential in all areas of their life.

#### Formula #1

##### Safety – Base Chakra Formula

Safety is the essence of this medicine. Feelings of personal insecurities, of free floating anxiety and feelings of inner weakness. There is a tendency to resist change and also play out the worst case scenario. Physically this remedy relates to the base of the spine, legs, bones, feet, rectum, and immune system.

#### Formula #2

##### Inner Strength – Sacral Chakra

This essence lies in a sexual and emotional sphere. It is about sexual relationships and also the relationships to acquiring money and power. It is about the struggle for one's identity in such relationships and the necessity to define boundaries. The finding of the inner ground, the path of one's journey, the embracing of the experience while acknowledging the needs of the core – that is the essence of inner strength. Physically this remedy relates to sexual organs, large intestine, lower vertebrae, pelvis, bladder and hip area.

#### Formula #3

##### Self Esteem – Solar Plexus Chakra

Our right to be an individual, to exist the way we feel is best for us, is an essential stage of development. This essence is one of loving who we are, that there is no greater gift to ourselves than that of self acceptance. The path of healing is into our centre. Physically this remedy relates to stomach and intestines, liver, gallbladder, kidneys, pancreas, adrenals, spleen and mid spine.



## Mind Body Range 2)

### Homeopathic Remedies for your Chakra System

#### Formula #4

##### **Forgive & Let Go – Heart Chakra**

Our heart is the centre of our body, much as love is the centre of our lives. We dwell on the past without realising that we are in the act of creating future patterns. We may sacrifice our life for others to receive love or live in our loneliness and grief. We may have fear of getting too close or become critical to protect our delicate self inside. There comes a time when we need to see the outside world for what it is, a reflection of our inside world. Physically this remedy relates to heart, circulatory system, lungs, shoulders and arms, ribs, breasts, diaphragm and thymus.

#### Formula #5

##### **Expression / Freewill – Throat Chakra**

Truth is a universal principle of wholeness, yet truth sometimes is the cost of existence. There is immense cost when we feel something and choose not to express it. It usually travels down the chakras rather than up, creating more drama than we were seeking to avoid. Physically this remedy relates to thyroid, trachea, neck vertebrae, mouth, teeth and gums, esophagus and parathyroid.

#### Formula #6

##### **Positive Outlook – Brow Chakra**

The essence exists in our ability to listen within, taking into account emotions as well as intellect. It is possible to step in and out of vision – as is normal. Where there are moments of great intuition and enjoyment of life; there may also be times of rejecting insight or helpful opinions in order to maintain a fragile and faltering ego perception. Physically this remedy relates to the brain, nervous system, eyes, ears, nose, hypothalamus and pituitary.

#### Formula #7

##### **Trust – Crown Chakra**

Our ability to trust is intimately tied to our innate sense of safety. The foundation must be strong for the highest point to be stable. It is possible to shift between our most instinctual feelings of survival and to run the heights of transcendence. Trust is how we are fundamentally connected to one another. Without trust there is no happiness. Physically this remedy relates to muscular system, skeletal system, and skin.

#### Formula #8

##### **Trauma Relief**

This remedy is indicated when there is a decrease in energy due to a shock to the system. It relates to symptoms occurring from trauma or feelings of fear. It may be used for tissue repair, in cases of soft tissue injury, sprains, bruises and lacerations. It is used for a weakened or damaged nervous system and where anxiety exists, especially before a challenge or test. This remedy is particularly well suited to any case of emotional grief.