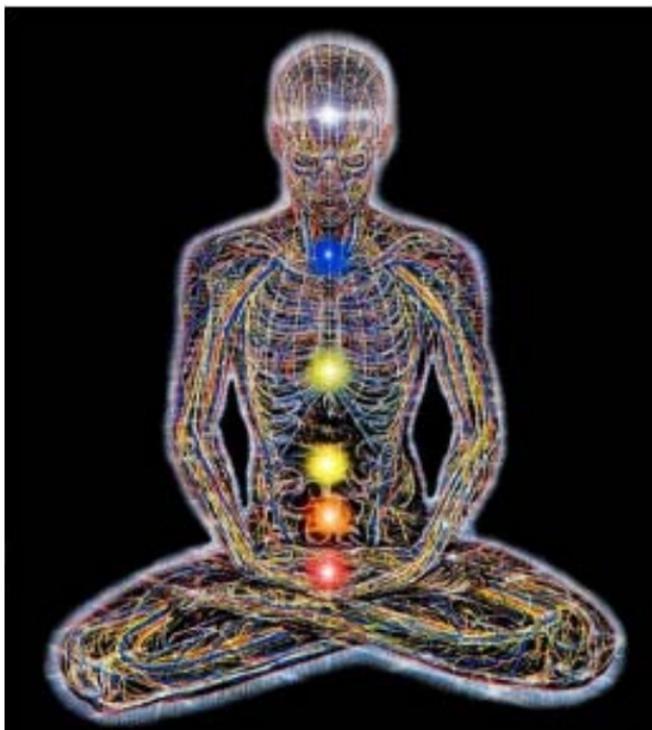


CLAUDIA DE ROSA

Homeopathy & Chakras

*Balancing, cleansing
and activating
EnergyCentres
with
Homeopathy*



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by

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Index :

- *Author's foreword*
- *Introduction*
- *What is Energy?*
- *What is Kundalini?*
- *Chakras:*
 - What is Prana*
 - How is Prana distributed in the body*
 - How do chakra centres work*
 - Why are colours associated with Chakras*
 - Primary Chakra*
 - The 7 primary Chakras*
 - Secondary Chakras*
 - Chakra system*
- *The 7 Chakras:*
 - The 7th Chakra*
 - The 6th Chakra*
 - The 5th Chakra*
 - The 4th Chakra*
 - The 3rd Chakra*
 - The 2nd Chakra*
 - The 1st Chakra*
- *Disease, a curative expression of the soul*
- *Homeopathy as a vibrational medicine:*
 - Vital Force*
 - Susceptibility*
 - Disease as pathway to the self*
- *Miasms:*
 - Introduction*
 - History of miasms*
 - The Divide*
 - Miasms in the modern world*
 - Physical expression of the miasms*
 - Personality types*
 - General nature of the miasms*
 - Dermatological symptoms of the miasms*
 - Pains of the miasms*
 - Miasms: clinicals*
- *The 7 Chakras and the Endocrine system*

Endocrine glands
Description of the endocrine glands and the related Chakra
Pineal glands and Crown Chakra
Hypothalamus Gland and Forehead Chakra
Hypothalamus Gland and Forehead Chakra
Sinus Glands and Nasal Chakra
Thyroid Gland and Throat Chakra
Thymus Cervical Extensions Glands and the High-Heart Chakra
Thymus Glands and the Heart Chakra
Adrenal Glands and the Solar Plexus Chakra
Sexual Glands and the Sexual Chakra
Base Chakra
Chakras and Related Endocrine-Sensory Glands

- *Colour Energy is Colour Healing*
- *Colour Energy and the Chakras*
 LIFE POWER AND LIFE ENERGY – RED
 LIFE POWER AND LIFE ENERGY – ORANGE
 KNOWLEDGE AND WISDOM – YELLOW
 DEVOTION AND LOVE – GREEN
 WORDS AND KNOWLEDGE – BLUE
 THE THIRD EYE – INDIGO
 ART AND BEAUTY – VIOLET
- *Balancing Chakra centres through Colours Energy*
- *Example of Dysfunctional Chakra System*
- *Chakra Theory combined to homeopathic treatment*
- *Auras, Chakras and Energy Fields: Cleansing and Activating Your Energy Systems*
- *Diagnosis and treatment*
- *Healer: heal yourself*
- *Grounding and directing your energy*
- *More exercises*
- *APPENDIX A – The Seven Rights*
- *APPENDIX B – The Demons/Tricksters of the Chakras*
- *APPENDIX C – Organs and their associated times*
- *Bibliography*
- *About the Author*

To my two wonderful children, Julia and Joshua, who make my life so fulfilling and special each and every day in a very special way..



Author's Foreword

***First there was one, the Source of All,
The Creator Seed.
In stillness it rested.
Then there was two. From the two the many formed.***

(the Holy Bible)

The book will not be a summary of the voluminous extant literature available about chakras and energy healing, nor will it be a parroting of such.

I believe that true understanding of the healing process in continuity, with integrity, defeats the disease of *ego* and *arrogance*. Without this direct experience we are stabbing in the dark. Hence ancient healing sciences were wholistic, they took into consideration the origin of life and creation in order to understand self, the life energy, the nature of existence and in order to heal disease.

Physics tells us that nothing can move without voltage, a *vector or energetic force and direction* (intelligence). This polar energy is often "represented", symbolized, or characterized by *yin* and *yang*, *shakti* and *shiva*, *ida* and *pingala*, *left* and *right*, *earth* and *sky*, *front* and *back*, *nature* and *spirit*, *being* and *consciousness*, right brain/left brain, subjectivity/objectivity, respectively.

This "relationship" and its myriad energetic circuits upholds life and potentiates creativity when it is in harmony and synchrony, but when it is corrupted, fragmented, blocked, obfuscated, and distorted disease patterns arise and impact negatively upon the energy body organization, mental organization, and the physical organism as well.

This study of the movement of the energy and how the energy vibrates in gross and subtle forms, how it flows, pulsates, and resonates in the human body, how it is harmonized and organized intelligently on one hand and on the other how it is corrupted and creates disease, inhibition, fragmentation, and dysfunction is the subject of indigenous wholistic sciences of healing which mostly have become forgotten in the West, but which have survived in the East in forms of yoga, tantra, Taoism, chi gong, acupuncture, and so forth.

When this energy direction (*intelligence*) is out of harmony with Source and Manifestation, spirit and nature, head and root, crown and earth, then it is also corruptive to the physical body.

Creative energy is inhibited and misdirected into destructive and pathological behaviour while specific tensions, conflicts, and stress (called dis-ease) can be discerned and articulated.

The life supporting intelligent energy is innate in all of creation (*shakti*). Very importantly that means it is inside of all of us (dormant, suppressed, and dissociated as it may be). So as we study energy healing if it is to be honest and effective, we must also be willing to take on the authentic spiritual journey to know our 'self' and look inside. *In other words if one is not ready to look inside, then no true knowledge or functionality in this realm can be achieved.*

Thus the direction of healing for most of us is to invite this innate intelligent energy to take its rightful place in our life, but in order for this self healing to occur usually the conditioned "mind" or left brain reinforced belief systems has to move out of the way to allow for this. Thus the direction of healing (in time and space) is for most of us an indigenous movement from the inside out and earth chakra upward versus one imposed by logic (top down) or from outside authorities (outside to inside). The basic impediment that

must be overcome is our incessant imposition of the veil of ignorance upon the profound and sacred organic interaction of creator/creation. This veil of sorrow is reinforced by core beliefs, habits, past imprints, past trauma, negative conditioning, false assumptions, bias, prejudice, fear, and all the rest of what are called in classic yogic terminology: *kleshas, samskara, vasana, vritti*, or *avidya*. Regardless of the language or terminology in which to peer into the nature of disease, we will see the same underlying common currents.

I believe that *healing is a process* (not a singular event), a journey, an opportunity and disease is the cure in progress. It is the mechanism by which the whole body (the physical and the spiritual body) asserts itself and communicates its needs. It is a dynamic process and so it's life.. and so it's our Spirit and our Soul.

The beginner can be easily seduced by the plethora of various terminology, charts, external authoritative systems, and techniques that deal with the subject, and they often make the mistake to attempt to memorize, conform to, and parrot them. But my warning is that healing lies in the opposite direction, connecting up with one's own intelligent energy body. I hope the following will give some encouragement to this 'exploration'.

Claudia De Rosa

-INTRODUCTION-

Humans are children of the cosmos. All our organs correspond to energies fluctuating in the cosmos. According ancient teachings subtle worlds of the cosmos create our individual bodies. Like the Universe, our energetic system consists of *seven worlds*, and has *seven primary bodies* (or *auric layers*) that interact with each other. These bodies consist of the energy of the corresponding universal worlds accordingly, deal with them, and receive the energetic information from them.



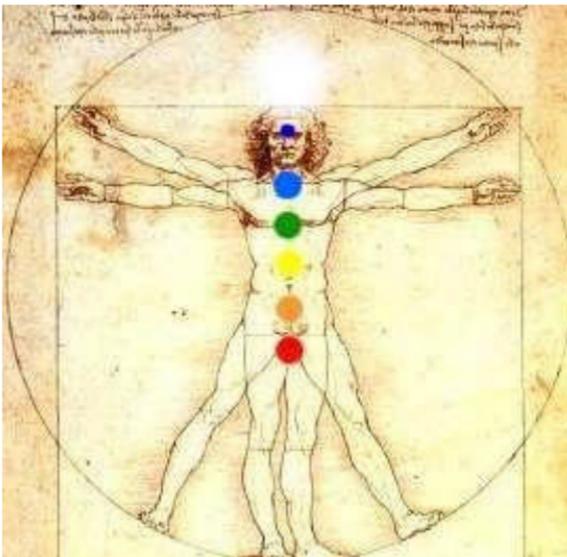
Besides the physical bodies, our individual energy system consist of *ether, astral, mental, karmic, intuitive, nirvana, and absolute* subtle energetic bodies, which form our aura - human energy field or bio-energy system. We call energetic bodies subtle because it is difficult to perceive them with our

senses. Nevertheless, we can perceive them when specially trained and used bio-energy methods and techniques.

All subtle bodies in a human energy system communicate with each other, and with the physical body, through the energetic "transformers"- chakras.

Chakras transform cosmic universal life-support energies into human energy systems. In Sanskrit, the chakra is a wheel of life. Indian tradition considers invisible chakras as centres of consciousness. All humans have chakras whether we aware of them or not. Chakras are, in fact, centres of different levels of consciousness, ranging from almost bodily to highly spiritual.

Healthy chakras spin all the time bringing energy to the physical body and all its energy layers. Chakras play a very important role in well-being and health. Chakras are an important part of bio-energy systems. The locations and functions of the major chakras are closely related to the endocrine system and autonomic nervous system. The chakras are located on the spinal column, the head, and one chakra is located in the heart plexus.



To heal, is to bring the chakras into alignment and balance, then understand the nature of creation and your purpose in it.

Ever since I was young I have been fascinated by the idea of subtle energy. I can remember as a child discovering a book on yoga, and being fascinated by the descriptions of the chakras, and exotic and mysterious sounding things such as 'prana' and 'kundalini'. In my early twenties this eventually led me to practice yoga, to learn about nutrition, shatsu, massage and colour-therapy, to farmaceutical studies and aromatherapy and finally to homeopathy.

I had been working with chakras and auras for a while when I came across homeopathy.

When I heard about the process of homeopathic dilution it immediately struck me that homeopathy was a system of energy medicine. I thought 'Wow! This makes so sense!'

The only thing that I discovered astonished me was Hahnemann's concept of Vital Force because for a system of medicine that only makes sense if one takes on board the concept of energy, there was remarkably little energy theory. Certainly compared to systems like Ayurvedic medicine or Traditional Chinese Medicine (TCM) which have incredibly detailed and sophisticated energy theory, homeopathy seemed very lacking.

So, if you ask people how they would describe energy the answers people give are usually along the lines of 'energy', 'life force', and 'resonance'. An if you go on to ask homeopaths how exactly they think the vital force operates within the human body, generally people haven't a clue. There is generally little understanding of what exactly the vital force is, or what it does; of exactly what energy is; of what the human energy body is; or of what the relationship is between the energy and physical bodies.

We did once have a detailed understanding of energy in the west.

If one strips away cultural variations, one is left with a core energy model. Or, in fact, two core energy models. One is the Chinese system, practiced in China (obviously!), Vietnam, Cambodia, Laos, Korea and Taiwan. It is the system that uses the meridians and the five elements of Metal, Wood, Fire, Water and Earth. The other is the Indo-European energy model, so called because it originated somewhere within the Indo-European region. It is based upon the Chakras and the five elements of Ether, Air, Fire, Water and Earth. It is worth noting here that while most people think of the Chakras as Indian, they are also used in other cultures as far afield as the Inca Shamans in South America. This model is practiced from Tibet and Mongolia through to the Indian subcontinent, the Middle East, Europe, North Africa and the Americas. This is a *huge* area. An interesting fact for homeopaths here is that this area coincides with those cultures who used Fly Agaric mushroom, known to us as the homeopathic remedy *Agaricus*. Some sources believe that the Ayurvedic texts were dictated by the god Soma. Priests used to commune with the god by the ritual use of *Agaricus*. This area is also the region that Shamanism has been practiced in. Shamans also understand the five elements (sometimes referred to by shamans as the five directions of North, South, East, West and Inner). We know from cave paintings that Shamanism has been practiced for at least 30,000 years and is probably *much* older still. It is our oldest system of knowledge.

The energy model is our birthright. It is what our ancestors would have known and understood for hundreds upon hundreds of generations. It is also what has underpinned formal healing systems including ancient Greek and Egyptian medicine. With the rise of Christianity it became suppressed along with most of our herbal knowledge. Practitioners were persecuted. The knowledge went underground and survived in secret Gnostic sects (gnosis, meaning hidden knowledge). It enjoyed a rebirth in the Middle Ages as humoral medicine, thanks largely to Thomas Aquinas' revival of Greek philosophy³. It faded again during the so-called 'Age of Enlightenment', with the rise of scientific rationality. Most recently it has started to emerge again with the growth of 'New Age' philosophy. However there is nothing New Age about it, and in fact it has never completely gone away. For example our language is full

of elemental wisdom. We talk about 'head in the clouds', 'feet of clay', 'stuck in the mud', 'all fired up', 'airy fairy', 'wishy washy' to name but a few of hundreds of examples. Clients and students already know (even if they don't know that they know) what an airy person is like. Or a fiery, watery or earthy person. In doing brainstorms with groups when teaching, people uncover very detailed knowledge about the elemental types, even down to organ weaknesses and disease predispositions.

So what can knowing the model do for homeopathy? As well as explaining how homeopathy works, a conscious knowledge of the model makes remedy selection easier and can even open up whole new avenues of treatment. It can make learning remedies easier as once you understand the energetic essence of a remedy most of it's symptoms become predictable and make sense. In fact, the implications for homeopathy are actually vast, too vast to fully explore here. So I am going to concentrate on two areas, one is the five element theory and the other is the relationship between energy and matter. Also by knowing the clear simple truths about how energy works we become less prone to superstition and clutter in homeopathy.

The pages for testing this essay end here.□

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