



# NATURAL SOLUTIONS

Clinical Kinesiology, Acupuncture, & (w)HolistiC Healthcare

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## Chakra Bach Correlations

*excerpt from Your Body Can Talk second edition, pages 81 and 87*

The Bach Flower remedies have many effective applications. The originator of Clinical Kinesiology, Dr. Alan Beardall, studied Dr. Edward Bach's theories and remedies and developed them as a successful adjunct to Clinical Kinesiology diagnosis. Dr. Alan Beardall correlated Bach's seven personality types to the chakras as follows:

<b>Crown Chakra</b> (Sahasrara): <i>"insufficient interest in present circumstances"</i> Chestnut Bud, Clematis, Honeysuckle, Mustard, Olive, Wild Rose, White Chestnut
<b>Brow Chakra</b> (Ajna): <i>"despondency and despair"</i> Crabapple, Elm, Larch, Oak, Pine, Star of Bethlehem, Sweet Chestnut, Willow
<b>Throat Chakra</b> (Vishuddha): <i>"oversensitive to ideas and influences"</i> Agrimony, Centaury, Holly, Walnut
<b>Heart Chakra</b> (Anahata): <i>"overcare for the welfare of others"</i> Beech, Chicory, Rock Water, Vervain, Vine
<b>Navel Chakra</b> (Manipura): <i>"uncertainty"</i> Cerato, Gentian, Gorse, Hornbeam, Scleranthus, Wild Oat
<b>Spleen Chakra</b> (Swadisthana): <i>"loneliness"</i> Heather, Impatience, Water Violet
<b>Root Chakra</b> (Muladhara): <i>"fear"</i> Aspen, Cherry Plum, Mimulus, Red Chestnut, Rock Rose

*note: If all chakras are blocked, use Bach's Rescue Remedy*

According to Bach, it didn't matter if a person had a cold, an injury, or an ailment as serious as kidney failure - depending upon their personality type, they basically responded with fear, loneliness, uncertainty - even despondency and despair. The actual illness or irritating factor was secondary to the response.

Through testing, Beardall discovered that negative emotions may be pinpointed and released to heal energetic imbalances in the chakras. Bach had classified the Flower Remedies according to their application to each of the seven personality types. Beardall applied this classification to the chakra system beginning with the lowest or Root Chakra, up through the Crown Chakra.