



YOGA & HOMEOPATHIC MEDICINE

Yoga and Homeopathy share many fundamental principles and are complementary lifestyle choices. Both are useful technologies to cultivate greater levels of health, harmony and wellbeing.

They both work to increase and unblock the **flow of energy** by utilizing the energy currents and energy centres of the body. In Homeopathy we call this energy the **Vital Force** and in Yoga it is called **Prana** (in Chinese Medicine it is called **Chi**), but they are essentially the same things, just with different names.

Homeopathy and Yoga both understand that the harmonious flow of this energy through the body is what actually governs and maintains health within the physiological body. In Yoga, posture (Asana), breath control (Pranayama) and body locks or seals (Bundas) are used to navigate this subtle energy through what the Yogis call the Nadis. Nadis (akin to meridians in Chinese Medicine) are subtle energy channels that surround the physical body through which Prana or the Vital Force must pass through to ensure physical, mental and emotional health.

In Homeopathy through insight into the person's nature and the nature of our remedies, we aim to unblock or increase the flow of Vital energy. We do this by matching the state of the person to the corresponding remedy. The energetically active remedy then works on a vibrational level to re-balance the flow of energy. It is when the energy flow is low or blocked that dis-ease occurs.

Insight into what is unique about the nature of the blockage, the way it affects the person physically, emotionally, and mentally, and how this blockage came to be in the first place liberates the flow of Vital energy, helping restore balance and ultimately assisting in one's evolution.

The reason for Homeopathy's popularity in India is due in part to the Eastern philosophical mindset. Both Homeopathy and Yoga are practical ways of achieving a **union** or **integration** of body, mind and spirit. In doing so you not only free yourself of dis-ease but you increase your levels of vitality, wellbeing, harmony, and joy. They can both be utilized in the process of self-transformation.

Not an either/or, both homeopathy and yoga are powerful healing systems in their own rights, but are more effective together than if used in isolation. They compliment each other in empowering the individual toward self-realization and to overcome suffering of body and mind.