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it is an extract from our book
'A Guide to the Chakra Flower Essences'
available, along with this flower remedy from:

www.aquariusflowerremedies.com

Comfrey Flower Essence – The Root Chakra

The root is fundamental to nature, the foundations upon which everything else is constructed. The root chakra deals with our most primordial issue, the instinctive drive for survival and safety. Anger and violence reside in this chakra, for many forms of aggression are a direct result of feeling insecure and vulnerable. Anxieties concerning our personal safety, health or mortality are also going to be found in the root chakra, as are any fears about our ability to provide the necessities of life for ourselves or our family.

This chakra is the first and contains within it all our primary needs. It is concerned with our basic sense of safety and security and is the first chakra we use after birth in our bid for survival. This chakra is the seat of incarnation, the beginning of life on Earth. The root chakra, as the name implies, is our connection with the Earth; more than any other this chakra is responsible for keeping us here in the physical body. The root chakra not only grounds us but brings realism, practicality and the ability to concentrate and act in the physical world. If the root chakra is not functioning properly, any of these concerns can become problematic: not feeling as if we belong; difficulties with day-to-day living; feeling unsupported; disorientation and lack of motivation.

Physically the root is connected to the bowels, anus and rectum and governs all the body's eliminative processes. The adrenal glands are also connected to this chakra as are the lower parts of the body, especially the legs. The flower essence used to treat imbalances of the root chakra is comfrey.

Coming with a long history of herbal uses, some of which are transferred to the flower essence, comfrey flowers are the highest prize of this medicinal plant. The signature of comfrey's correspondence with the root chakra is its long tap-root, which extends some 15 feet into the ground: once comfrey is established no amount of cutting or digging up will get rid of it. Its extraordinarily long root makes comfrey an ideal green manure. The cut leaves contain many minerals to fertilise the soil and have widespread use in Japanese agriculture, a country where the most economical use of land has to be considered. The leaves also make excellent animal feed because of the rich minerals that are brought up from the sub-soil by the deep roots.

Apart from using comfrey flower essence to heal the issues of the root chakra, it is a powerful tonic for the nervous system. It eases phantom limb pain because it heals the nerve endings. Comfrey re-educates the body after being in an atrophied state to the extent that dormant or atrophied parts of the brain can be activated. It increases physical coordination by balancing the left and right brain. It quickens reflex responses in the body. Influencing the physical body so profoundly, it is not surprising that comfrey has many applications for massage work. It is a good tonic for the entire endocrine system, and ulcers caused by tension can also be treated.