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ə z /, US: / ' tʃ ɑ: k r ə z

/ CHUK-rəz, CHAH-krəz;

Sanskrit: चक्र, चक्र,

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romanized: cakra, lit.

'wheel, circle'; Pali:

cakka) are various

focal points used in a

variety of ancient

meditation practices,

collectively

denominated as

Tantra, or the esoteric

or inner traditions of

Hinduism. The idea

behind Chakra is found

in the early traditions

of Hinduism.

Chakra - Wikipedia

A chakra is an energy

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center in our body. It is a kind of a vortex, exchanging the energy with our surroundings.

A well a balanced chakra is in-tune with the external energies and can process the full vibrational

spectrum of its range without interference (blockages).. When all the chakras are balanced and in tune our perception of reality is much clearer because our view

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becomes guided by ...

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physical actions.

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path for all modern people today for three reasons: . It is a fast path. In a time where responsibilities are many and time is minimal, Tantra offers practitioners an expedited path for achieving their one and only purpose as a human being - attaining spiritual liberation - by using energy as a catalyst, or catapult, to fast ...

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Tantra

Fundamentals: a

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Guide for Beginners

Chakras are points in the body that moderate energy,

allowing it to flow freely and maintain health and vitality.

Unfortunately, the chakras can develop blockages that limit that energy flow.

Chakra healing aims at restoring balance and freeing any blockage or

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kink in your energy

body that prevents it

from functioning

optimally.

Sacral Chakra

Healing in 5 Simple

Steps - Chakras.info

Chakras: Unblocking

the 7 Chakras for

Beginners, from the

Root to the Crown

Chakra, along with a

Guide to Third Eye

Awakening for Psychic

Development

(Spirituality) Silvia Hill.

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your chakras, Your
chakras get activated.
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layers of the chakras
will lead you to a new
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and vibrant health.

Healthy chakras can

give you the fuel and

power to live. So I hope

you are ready to

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7 Chakras In Our Body?

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The best book for

beginners is definitely

Crystals for Beginners:

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Crystals. This book will
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introduction to crystal
healing. And with its 50
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what the most
important crystals are
and how you can use
them.

**The 8 Best Crystal
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- Crystal Healing ...**

Reviews of the 9 Best

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Tuning Forks for
Healing, Plus the Worst
1 to Avoid: Sound
therapy is not a new
concept. We have been
using sound to heal
since we first created
rhythm and music. Our
bodies are like our own
musical instrument,
and they can be tuned
to our optimum
physical balance.
Utilizing one of the
best tuning forks for
healing is a great way
to do this.

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Rather than a basic

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ancient religious texts,

gave birth to both the

literature and the

technique of yoga. One

definition of the word

Sanskrit, “well-formed,

refined, perfect or

polished,” connotes

substance and clarity,

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qualities exemplified in
the practice of yoga.

Radiate Energy To

A Beginner's Guide

to the History of

Yoga | Yoga for

Beginners

The name, colour and

location of the 9

chakras used in crystal

healing. How to

correctly place chakra

crystals Secret tips &

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of yoga, basically act

as guidelines on how to

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