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THE SEVEN CHAKRAS A Guide to Opening and Balancing Your Energy Centers. SAHASWARA: The Crown Chakra 16 chopracentermeditation.com. THE KEY TO BALANCING THE CHAKRAS Awareness Awareness of which of your chakras may be blocked is key to aligning them. Our mind-body system is in constant flux

The Seven Chakras - chopracentermeditation.com

The 7 chakras for beginners Before diving right into learning about the seven chakras and what each of them do, take a moment now to tune in to your body and see if you can feel your chakras at work.

The Complete Guide To The 7 Chakras - For Beginners

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The 7 Chakras for Beginners - mindbodygreen

Beginner's Guide to the 7 Chakras The seven chakras are energy centers in our bodies that energy flows through. When energy is blocked in any of these seven areas, it can lead to emotional or physical illness.

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