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the chakra relates to subtle body wherein it has a position but no definite nervous node or precise physical connection the tantric systems envision it as continually present highly relevant and a

sep 26 2025 chakras refer to seven points along your spine that some people believe are associated with specific physical emotional and spiritual functions they re a part of south asian traditional

jan 8 2026 each chakra is associated with a specific color as well as symptoms that practitioners believe can arise when its energy is blocked

apr 12 2025 the word chakra is sanskrit for wheel and that s exactly what it is wheels of energy in the body with the seven main ones stacked like a ladder from the base of your spine to the crown

feb 2 2026 simply put a chakra is an energy center within the body that is believed to have an impact on our physical emotional and spiritual well being chakra is a sanskrit word that means disk or

oct 14 2025 chakras are thought to be focal points of energy throughout your body some spiritual views hold that our body is more than just physical and mental it s also an energetic system

sep 9 2025 chakras are energetic vortices located at different points of the human body the word chakra comes from sanskrit and means wheel or circle these energy centers regulate the flow

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