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in shakta tantrism a chakra means a circle or an energy center within as well as being a term for group rituals such as chakra puja worship within a circle which may or may not involve tantric

sep 26 2025 to do chakra specific affirmations focus your thoughts on a specific area of your body while repeating the affirmation related to that chakra

jan 8 2026 it is considered the chakra of enlightenment representing our connection to our life s purpose and spirituality those with a blocked crown chakra may seem narrow minded skeptical or

mar 10 2026 that s why chakra work is relevant in everyday life as it isn t just a spiritual practice but a powerful approach to holistic well being in recent years chakra concepts have gained wider

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

contemplate each chakra individually envision its corresponding color red for the root chakra green for the heart chakra and perceive energy circulating unobstructed to eliminate

blockages

7 chakras in human body know significance of each chakra in our life signs of imbalanced chakras how to balance chakras with practice of yoga and meditation

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