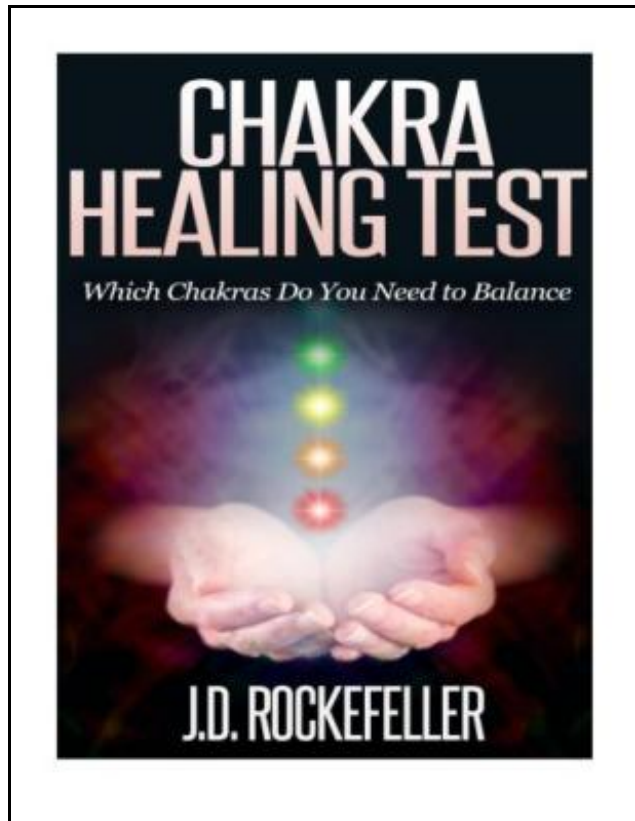


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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 280 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.The Sanskrit word chakra means wheel or circle. These are the energy centers in your subtle or non-physical body. The chakras are responsible for making sure that energy flows smoothly through your subtle body, and a good flow of energy strengthens your aura. A weak aura is a sign of blockages in one or more chakras and this means that energy or Prana or Chi is not flowing smoothly in your subtle body. This causes physical ailments, mental disturbances, emotional upheavals and spiritual disconnectedness. There are seven major chakras in the body. These are: The root chakra The sacral chakra The solar plexus chakra The heart chakra The throat chakra The brow chakra The crown chakra These 7 main chakras control different aspects of your physical, mental, emotional and spiritual nature. If you want health and well-being for yourself, it is important that these chakras remain open and balanced. When these are closed or imbalanced or blocked, they have a negative impact on various aspects of your physical, emotional and mental health. Chakras can be under-active as well as over-active and in both cases, they require healing and balancing. If any of your chakras is blocked or out-of-balance, you should work at balancing or healing them as soon as possible. The longer you ignore these imbalanced chakras, the more damage they will cause. But the important question is, how do you identify which of your chakras is imbalanced and needs healing. There is help at hand right here. Just take the following test, consult the scoring key, interpret your scores, and find out which of your chakras need healing.



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