



Chakras: The Nature of the Energy Centers How to Balance Them for Greater Peace, Healing Spiritual Growth (Paperback)

By Luna Sidana

Createspace Independent Publishing Platform, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.A Beginner s Guide To The 7 Energy Centers How To Balance Them The word chakra comes from Sanskrit and roughly translates as wheel. It refers to locations throughout the body at which energy is concentrated into whirling vortices. It is said that, as they spin, they absorb power from their physical environment and transmute it into spiritual substance. They have also been described as lotuses in ancient Indian scriptures, which conveys both their appearance and, because the lotus is such a sacred flower in the east, their value. Though the term for these energy stations comes from India, this is by no means the only culture that has perceived their existence. Indeed, civilizations around the world have both identified and worked with them. Each center has a unique appearance, specific attributes and corresponding functions. The sites, according to clairvoyants, are brilliant, ever-rotating vortices made of colored light. An alternative way of describing a chakra is to see it as a center of awareness. Each one is linked to different developmental stages, beginning with the most basic and ending with...



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