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### **Awaken Your Body Balance Your Mind | Download eBook PDF/EPUB**

Since everything in the mind-body energy system is moving, it's essential that your seven main chakras stay open, aligned, and fluid. If there's a blockage, the flow of energy is constricted – like water forced to run through a narrow pipe. So it is too with our bodies and the chakras.

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Home / Self-Improvement / Spirituality / How to Perform Chakra Balancing Meditation to Awaken Your Body's Spiritual Centers. Previous Next View Larger Image; Our chakras are energy centers in our body where the spiritual energies and physical energies meet. ... To restore balance to your chakras, try this chakra balancing meditation. It will ...

### **How to Perform Chakra Balancing Meditation to Awaken Your**

This ensures physical vitality by taking in energy & distributing it throughout the body. This balance or equilibrium supports groundedness, good health and a sense of well-being. A constant balance between the chakras promotes health and a sense of well-being. The term "open" is also used to describe this balance.

### **Chakras - Kundalini Awakening Systems 1**

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