

THE

Chakra

CHECKLIST



CHAKRA YOUR WAY TO HEALTH AND FULFILLMENT
WITH THIS COMPLETE CHECKLIST

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Foreword

The chakras are described as being aligned in an ascending column from the base of the back to the top of the head. New Age practices frequently associate each chakra with a particular color.

In assorted traditions chakras are affiliated with multiple physiological functions, an facet of consciousness, a classical element, and other distinguishing features. They're visualized as lotuses/flowers with a assorted number of petals in every chakra.

The chakras are thought to vitalize the physical body and to be affiliated with interactions of a physical, emotional and mental nature. The purpose of the chakras is to spin and attract in energy to keep the spiritual, mental, emotional and physical wellness of the body in balance.

They're stated by some to reflect how the unified consciousness of humanity is divided to manage assorted facets of earthly life. It is as well associated to spiritual healing.