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## **chakras for beginners the pdf**

The term Chakra appears to first emerge within the Vedas, the most authoritative Hindu text, though not precisely in the sense of psychic energy centers, rather as chakravartin or the king who "turns the wheel of his empire" in all directions from a center, representing his influence and power. The iconography popular in representing the Chakras, states White, trace back to the five symbols of ...

## **Chakra - Wikipedia**

The notion of Kundalini is thus often described differently from one text or tradition to another and appears opaque for the beginners and advanced practioners alike.

## **Kundalini - Guide To The Chakras For Beginners And Healing**

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