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LePage**

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can easily block your chakras. make them unnecessary. Reiki Chakra healing has into Reiki Chakra healing needs to approach it with open body

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Chakra is a Sanskrit word meaning wheel, or vortex, and it refers to each of the seven energy centers of which our consciousness, our energy system, is composed.

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Chakras, in some Hinduist traditions and other belief systems, are centers of Pr a, or life force, the vital energy of our body. Chakras correspond to vital

### **Chakra - wikipedia, the free encyclopedia**

In San tana/Hindu, tantric/yogic traditions, and other belief systems, a chakra (Sanskrit: , IAST: cakra) is an energy point or node in the subtle body.

### **Fourth chakra: anahata | guide to the 7 chakras |**

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### **Simone lepage (author of the 7 chakras)**

Simone LePage is the author of The 7 Chakras (3.67 avg rating, 3 ratings, 1 review, published 2014)

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