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Chakra - Wikipedia Chakra (IAST: CĪṣakra, meaning "wheel, circle"), sometimes spelled Cakra or Cakka, is any center of subtle body believed to be psychic-energy centers in the esoteric traditions of Indian religions.[2][3][4]. 7 Chakras: What Is A Chakra? How To Balance Chakras For ... What is a chakra? Click here to discover the location of your chakras, plus how to unblock, balance & heal your 7 chakras. Plus, a chakra healing mediation. What are chakras, and how can you unblock them? | Well+Good Everything you need to know about the seven chakras: root, sacral, solar plexus, heart, throat, third eye, and crown plus how to bring them into balance.

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