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'third eye awakening the ultimate guide on how to open your

May 13th, 2020 - the third eye is also known as the anja chakra the sixth chakra the seat of the soul and many other names most of us live day to day without knowing the amazing powers that e along with opening this eye this book explores the mysterious third eye the third eye is also known as the sixth chakra of the seven main chakras'

'kundalini awakening learn from my story to awaken kundalini

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'spiritual awakening amp our chakra colors 3rd eye chakra

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'the ear chakra awakening your highest hearing potential

May 27th, 2020 - I take a few deep breaths right where you are allowing the belly to soften and expand with each in breath and the entire body to relax with each out breath if the mind is busy invite any rising thoughts into the heart for release 2 begin by drawing your attention to your root chakra located at the very base of your spine'

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'yoga poses for the chakra system yoga journal

May 29th, 2020 - the fourth chakra the heart chakra rests in the center of the chakra system at the core of our spirit its physical location is the heart upper chest and upper back the fourth is the balance point integrating the world of matter the lower three chakras with the world of spirit the upper three chakras "5 simple steps to heal your third eye chakra

May 31st, 2020 - an open third eye chakra enables you to see things as they truly are but even the slightest imbalance can wreak havoc on your psychological emotional and physical health the 3rd eye chakra positioned at the forehead the ajna chakra

as it is known in sanskrit is the sixth of seven basic chakras or energy centers in the human body sometimes referred to as the conscience this'

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