



Chakra Balancing Meditations

By Anodea Judith

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Your chakras are the seven spinning energy-centers of the human body that control every dimension of your physical, mental, and spiritual well-being. Chakra imbalances occur when they are either overactive, underactive, or improperly counterbalancing each other. In this session, Anodea Judith, one of the country's foremost experts on the therapeutic use of the chakra system, provides a guided practice that you can use daily to balance and fine-tune your energy centers for health and spiritual awakening.

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