



# MEANING OF EACH OF THE CHAKRAS

*Vanessa M. Born*

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## **MEANING OF EACH OF THE CHAKRAS** Vanessa M. Born

The Chakras are 7 energy centers along the spine that act as transmitters of power regulating its flow through the body.

Each chakra is associated with qualities, bodies and concrete aspects, so that its diameter and brightness will vary according to the level of activity and level of awareness in each person.

The energy can be blocked in one or several chakras when intuitive and often unintentionally close it to decide how we feel and assimilate what happens to us in life, preventing this way that the energy flow through the chakra with naturalness, which may end up generating a physical, psychological or emotional problem.

We could say that the chakras are a map of our inner world that represents the relationship between self and the way in how we experience life.

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