



The Chakra System: The Energy Vortexes Within (Paperback)

By Crystal Leeper

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Our energy level always fluctuates, mainly depending on our state of mind and the balance of our emotions, but it is as well influenced by external factors, starting with the atmospheric conditions, to pollution and ending with our generally sedentary lifestyles. But even in contexts that seem to trigger a remarkable amount of resources, our body is far from depleting its innate reserves. Moreover, it can always recharge. We us at most 5 of our brains and it may be the same case with stamina. It is thus believed that there is latent energy stocked and blocked within our central nervous system, respectively in the brain and spinal cord. By awakening the nervous centers, the chakras, situated on this swift and very thin line, rising from the bottom of the spine till the tip of the head, one would be able to unlock kundalini, his hidden force. The kundalini energy is represented by a snake coiled three and a half times, just waiting to unroll, to the music of your inner vibration. But the snake has been connected since always, mythically...

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