

Download Chakra Balancing Yoga And Meditation

The term Chakra appears to first emerge within the Vedas, the most authoritative Hindu text, though not precisely in the sense of psychic energy centers, rather as chakravartin or the king who "turns the wheel of his empire" in all directions from a center, representing his influence and power. The iconography popular in representing the Chakras, states White, trace back to the five symbols of ...This meditation room is designed for those who have completed our 10 part online meditation course. It is for you to practice Sahaja Yoga Meditation techniques, watch talks of Shri Mataji and listen to meditative music. How Does Chakra Balancing Work? Think of your chakra centers as a vehicle. We need to tune the engine, align the tires, replace the fluids, and balance the steering. The Sanskrit word Chakra literally translates to wheel or disk. In yoga, meditation, and Ayurveda, this term refers to wheels of energy throughout the body. There are seven main chakras, which align the spine, starting from the base of the spine through to the crown of the head.