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Can Yoga increase one's creativity/productivity? The spiritual claims of Yoga are based on extremely dubious assumptions which can hardly be subjected to evidence-based research as the PM desires them ...

~~The relevance of 'political' Yoga~~

Your chakras must be open, or balanced, in order to function optimally. If one of them becomes blocked, you may suffer emotional or physical symptoms associated with that chakra. Throughout your ...

~~International Yoga Day 2021: What are the 7 Chakras in Human Body and their Significance~~

Food is a great source of energy & including specific chakra foods in the diet,

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assists in aligning the chakras at the cellular level as well. Guided meditation: There are many guided meditations ...

~~Balance your Chakras~~

Chakra meditation is a blanket term for any type of meditation that seeks to clear blocked chakras (energy centers that unite mind, body and spirit) and harness the power of these centers located ...

~~From Transcendental to Chakra, Here's What You Need to Know About 7 Popular Types of Meditation~~

The chakras are the seven wheels of energy in the body, starting from the crown of your head and down the body to the base of your spine. When spinning properly, each chakra allows energy to flow, but ...

~~Everything You Need to Know About the~~

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~~Navel Chakra~~

Some people turn to holistic and alternative methods, such as chakra work ... conditions, including stress, depression, and anxiety. Research supporting the existence of chakras is limited.

~~Chakras and Anxiety: Find Balance to Soothe Stress, Fear, and Panic~~

The true meaning of this word 'Samaadhi' is effective and complete decision done by the ... The true meaning of the word chakra is the hurdle like whirlpool in which if one is trapped cannot ...

~~TRUE MEANING OF SAMAADHI~~

The unique awareness program is in collaboration with well-known restaurants in Jerusalem including Hamotzi, Eucalyptus, Angelica, and Memphis. The complete ... Memphis - A chakra-opening

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...

~~12 Jerusalem restaurants join together to
raise agunot awareness~~

It is believed that the amethyst crystal targets the crown chakra, and thus its healing energy brings physical and emotional tranquility. Having all the chakras, this crystal helps the body stay ...

~~Crystal Healing: A Cure or a Scam?~~

Readers also learn about the benefits of healing a specific chakra. The penultimate chapter covers three underrated chakras that often remain unacknowledged, but are helpful in spiritual growth.

~~Introducing Chakra Healing: The Gateway
To Higher Consciousness—New Age Book
on Self-Healing for the Body, Mind, and
Spirit~~

The BioEnergy Code is evaluated on the

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basis of neurological science and its roots are tied to the ancient Chakra tradition ... that help in aligning your Chakras by stimulating the BioEnergy ...

~~The BioEnergy Code Reviews [Updated]—
Is The BioEnergy Code Audio Program A
Scam? User Reviews~~

Some studies also suggest that wearing a sapphire can help one access a deeper level of self-consciousness and get a more positive attitude towards life. We asked Gemstone expert, Mr. Nitin Yadav, ...

~~Gemstone Expert Shares Benefits Of
Wearing Sapphire Stone~~

Sant Sipahi' Brigadier Sant Singh, twice Maha Vir Chakra awardee, retired in 1973 after a glorious military career. He remained associated with the War Decorated of India Trust till he breathed his ...

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~~Brig Sant Singh, MVC and Bar, displayed outstanding gallantry in 1965, 1971 wars~~
In both cases, it is well recorded that after a plague year of dark sociological traumata including disease ... relates to the chakras. In Sanskrit, the word “chakra” means “disk” or ...

~~A Renaissance Experience: Recent Travels to the Garza Blanca Resort & Spa Los Cabos~~

they will help to balance your chakras. What more could you want from a piece of jewelry?” Ananya’s Rainbow Chakra bracelet in 18K rose gold with multi-colored sapphires and white diamonds.

~~Color Forms: Vibrant Shades And Versatile Shapes In Gemstones Reflect Happier Times Ahead~~

Defence Minister Rajnath Singh on

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Sunday carried out a comprehensive review of India's military preparedness in eastern Ladakh on the first day of his three-day visit to the region amid a deadlock ...

~~Rajnath Singh Reviews Ground Situation in Eastern Ladakh on First Day of Three-day Visit~~

Best for sleep Chakra meditation is a blanket term for any type of meditation that seeks to clear blocked chakras (energy centers ... all the tasks we've yet to complete. Researchers observed ...

~~From Transcendental to Chakra, Here's What You Need to Know About 7 Popular Types of Meditation~~

Chakra Healing helps you embrace it, understand it, and then heal it—dive deep into the ocean of chakras, taking the path of wisdom," said Julia. The first two chapters cover the basics of ...

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