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Clearing & Balancing The Aura & The Chakras  
Chakras As Parts Of The Kundalini Core Chakras Should Be Similar Size, Speed, Shape/round. Alignment: The Kundalini Core Should Not Leak Energy That Comes From Above Our Crown Chakra Or Below Our Feet Chakras. The Direction In This Method Should Be All Clockwise. Colors Are Rainbow Oriented Jan 22th, 2024  
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Mudras1 Introduction This Paper Is Intended To Be An Introduction To Mudras. It Will Include The Definition Of Mudras, A Brief History Of Mudras, An Overview Of How Mudras Work Based On Different Mar 13th, 2024

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