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Scholars and spiritual aspirants of every level will find Chakras an invaluable and practical source of information, tools, and techniques to activate these centers of transformative energy and elevate one's intellectual knowledge to an experience of spiritual growth. HARISH JOHARI (1934-1999) was a painter, sculptor, and composer of Indian music.

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As North Indian scholar Harish Johari describes in his book Chakras: Energy Centers of Transformation, chakras are psychic centers of transformation that enable you to move toward an enlightened state of being. Chakra is a Sanskrit word that means wheel, disk, or any arrangement in a circular form; it also indicates movement. In fact, Johari explains that chakras introduce movement because they "transform psychophysical energy into spiritual energy."

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