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(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

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centers 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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