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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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