

Day 18

# Chakras principle

We always pay a lot of attention to the physical body, but from a scientific point of view, your body is composed of cells, which are composed of atoms. And those atoms are essentially energy and vibration. Energy and vibration eternally moving and flowing, changing its form but never lost or destroyed is at the core of all creation, is at the core of who you are.

Think of chakras as an outlet, where our energy body can plug into the universal power source, the vibration of life itself. Chakras are energy centers in the body, in which the energies of mind, body and spirit are intertwined and sent through the meridians for use in our daily life. Running down the midline of the body there are seven of these energy centers. Each governs a specific kind of energy related to various human attributes.

