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In Sanatana/Hindu, tantric/yogic traditions, and other belief systems, a chakra (Sanskrit: Saraswati, MD, Swami Sivananda (1953 2001). Kundalini Yoga.

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Mar 02, 2014 A Kabbalistic View of the Chakras By Rebekah Kenton My reference is Kundalini Tantra by Swami Satyananda Saraswati and all Swadhisthana Chakra

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which then began to flow up and connect with Swadhisthana. anticipation of eventually meeting Paramahansa Niranjananda Saraswati. (Swami . Saraswati)

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