

What Are Chakras?

A chakra is an energy center in the human body as taught in Indian yoga and some related cultures. Chakras are also believed in by some New Age adherents. Chakra means 'Aneel or wheel' in Sanskrit.

A chakra is an area in the body connected with life energy. There are seven chakras in the body - each is an interface for the flow of life energy. A chakra vitalizes a physical body and is associated with interactions of a physical or mental nature. Current science is not able to detect or measure chakras.

