

The Chakras



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PG # Book/e- Book	NAME OF KRIYA/MEDITAION	REVISION
43/53	Other - navel point clarification	<p>Replace this sentence: If the navel point is a little up, you will have diarrhea; if it is a little down, you will have constipation; and if it is on the left side, you will have gas.</p> <p>with this one: If the navel point is a little up, you will have constipation; if it is a little down, you will have diarrhea; and if it is on the left side, you will have gas.</p> <p>so that the words diarrhea and constipation are flip-flopped.</p>