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The chakra points make up a straight line starting at the bottom of your spine and end at the crown of your head. There are 7 chakras in total: The Root Chakra, The Sacral Chakra, The Solar Plexus Chakra, The Heart Chakra, The Throat Chakra, The Third Eye Chakra and The Crown Chakra. Your 1st chakra is located at the bottom of the tailbone—in the perineum for men and in the cervix for women.

[The Complete Guide To The 7 Chakras - For Beginners](#)

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This guide will get you pointed in the right direction! Like most tasks in life, the first steps are often the most challenging. Just by finding this guide, you ' ve demonstrated that you have an interest in playing the drums and a determination to learn more about them.

[How to Play Drums: The Complete Guide for Beginners](#)

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Linux. It ' s been around since the mid ' 90s, and has since reached a user-base that spans industries and continents. For those in the know, you understand that Linux is actually everywhere. It ' s in your phones, in your cars, in your refrigerators, your Roku devices. It runs most of the Internet, the supercomputers making scientific breakthroughs, [...]

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Using apt-get Commands In Linux [Complete Beginners Guide] Last updated October 29, 2020 By Abhishek Prakash 207 Comments Brief: This beginner ' s guide shows you what you can do with apt-get commands in Linux, how to use them to find new packages, install and upgrade new packages, and clean your system.

[Using apt-get Commands In Linux \[Complete Beginners Guide\]...](#)

Types of intermittent fasting. 5:2: You eat normally five days a week. On the other two days, you fast by eating between 500 and 600 calories. 16:8: You eat all of your daily calories within a shortened period (typically a 6-8 hours) and fast the rest of the time.; Alternate day fasting: You fast every other day, and eat normally on non-fasting days.; One meal a day (OMAD): Also known as the ...

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The information above is an absolute beginner ' s guide to masks. Odds are, if you ' ve been using Photoshop for a while, not a single piece of this was news to you. In fact, you may be thinking that masks are so incredibly simple that they barely merit conversation. However, masking techniques go from simple to wickedly complex really fast.

[A Complete Beginner ' s Guide to Masking in Photoshop ...](#)

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