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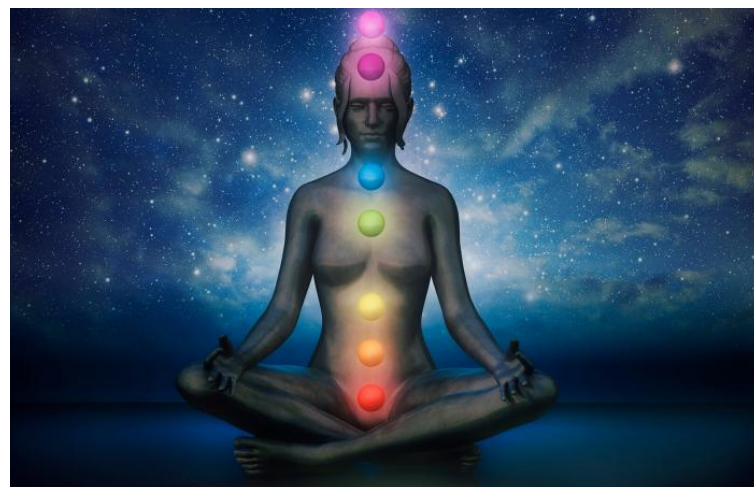
HORÓSCOPOS

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How to Unblock Chakras



By Sally Painter
Astrology and Tarot Reader



There are several techniques you can use to learn how to unblock chakras. Not only will your energy pathways be clear, but balance and harmony will be restored bringing you all the benefits of open free-flowing [life force energy](#).

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Technique One: Mantras

A short repetition of a [mantra](#) is often used as the beginning and/or the ending of a yoga practice. Mantras are also practiced in various prayer ceremonies in monasteries and individual religious practices. The [mantra sound](#) [↗](#) vibrates



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with a specific chakra. Elongate each syllable as you chant it and focus on the chakra you are clearing, feeling the mantra vibrate that chakra.

- Root - LAM (pronounced lahm)
- Sacral - VAM (pronounced vahm)
- Solar Plexus - RAM (pronounced rahm)

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