

Your body's 7 CHAKRAS



Chakra Balancing using Mantras

Use the mantra for each chakra to rebalance or harmonize that energy centre. You may also like to use a corresponding gemstone in the palm of your hand, magnifying the power of your practise. While sitting comfortably, begin with a deep cleansing breath and repeat the mantra out loud as many times as you feel is necessary for balancing that chakra. If you are doing a full 7 chakra balancing, do a cleansing breath between each chakra and also at the end.

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