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Root Chakra Opening each chakra has a different benefit for your bodily and emotional well being Ideally you'll develop techniques for all of the chakras at some point but it's wise to start with the foundational one'

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Kundalini PhoenixTools

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to all the paths of life The energy connects the individual to the universe and is the center of spiritual healing within When the heart chakra is balanced you will feel warm and compassionate Here are 5 heart chakra healing techniques 5 Heart chakra healing techniques'

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the proper way to perform the chakra awakening techniques as taught in the ?Chakra Awakening The Lost Techniques ? Acharya Shree Yogeesh and his students explain demonstrate and guide you through all the sounds yoga postures mudras mantras and activation sounds'

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