Clearing Blocks

In order to advance spiritually, our souls must be completely free. One should always ask himself why he does certain things, has wants for certain items, and if the individual really does desire the items or if it have been conditioned to want them. In today's society, we have been conditioned to things that may not necessarily make us happy. In fact, these prevent us from being happy by creating false goals that we are led to believe will make us happy. Other forms of blockages include insecurities and things that have scared us. All these things manifest as blocks in our Chakras and decreased energy flow, making it harder for us to know our true self.

Identifying Blockages

In order to deal with blocks efficiently, go through a step by step process as outlined below:

First, identify what the problem is and where it originates from.

Question why it makes you uncomfortable.

Why does this situation or thought of something give you anxiety?

Second, after having identified the problem, understand why felt the way you did in that scenario that originally caused you to be insecure about it.

Finally, you should also understand that scenario is over. It's a new day and you should move on. You are better then that. Make yourself realize there is no point in letting that problem bother you. Holding on to the past is never a good idea especially with the **Kundalini**.

Lots of us have many blocks, so it may be necessary to perform this as many times as you need to deal with your problems.

Using Mantras

When dealing with Kundalini, it's always best to fix your problems without the use of mantras, as this will help you develop a strong mentality and will prevent you from having problems in the future.

In the case you prefer to use mantras, the ones below are very effective:

- SATANAMA RAMA DASA SA SAY SAU HAUM
- SSS-AAAA-TTT-AAA-NNN-AAA-MMM-AA
- RRR-AAAA-MMM-AAA
- DDD-AAAA-SSS-AAA
- SS-AYYYYY
- SSSS-AAAA-UUUU
- H-AAAAA-UUUU-MMMM

- SATANAMA KUNDALINI AUM
- SSS-AAAA-TTT-AAA-NNN-AAA-MMM-AA
- KKKKK-UUUUU-NNNN-DDDDD-AAAA-LLL-III-NNNN-III
- AAAA-UUUU-MMMM

For maximum effectiveness, the mantra of your choice should be recited **108x**, followed by an affirmation to address your problem. Dealing with all of your problems individually is better than try to solve all of them in one time.

Example: "My entire soul is totally and completely free off _____"