

# Insecurities

*From Satanism Wiki*

Insecurities are **blockages** of energy in the chakras. These blockages are **negative** and in order to advance it is necessary to remove them. For example, someone who has an energy blockage in their throat chakra will not be able to communicate or express themselves properly with others.

## Removing Blockages

Removing blockages created through insecurities are easier when one is not as advanced. To remove a blockage from a chakra, one must constantly **empower** the affected chakra until energy flows through it naturally again, this can be done through **meditation**. Another way to do this, is to use **mantras**.