5 steps to unblock your chakra

Chakra meditation involves focusing on the different energies that lie within our bodies. There are 7 known chakras and they are known to be our energy vortexes; opening for life energy to flow into and out of our aura. These vortexes vitalises the physical body and to bring about the development of our self-consciousness. The reason why one needs to unblock their chakras is that a blocked or improperly aligned chakra will prevent your energies from flowing all throughout your body, causing disharmony and resulting in a very pessimistic or negative mood. In the process, you will regain a life balance which is critical to healing of both physical and mental. The steps involved to performing chakra meditation are fairly simple and focus should be given to one chakra at one time. In general, 5 techniques to unblock chakras are:  
  
Visualization Through Meditation  
  
 A very effective technique, simple in execution where you will need to meditate and clear your mind, allowing you to focus on the chakra and visualize its associated color. You can then focus on the goal that you intend to achieve.  
  
The Crystal Method  
  
As the name suggests, this method requires the use of crystals, held directly on the chakra or right over the chakra for at least three minutes (but not longer than five).  
  
Sound Therapy  
  
Music bowls are used in this technique, which can be purchase at metaphysical stores along with a set of detailed instructions.   
  
The Soothing Massage

A full body massage is an effective way to unblock all 21 chakras in the human body. Besides that, it helps stimulate your vital systems and promote healing.  
  
The Right Mix Of Exercise And Nutrition  
  
Proper nutrition and sufficient exercise is needed to keep healthy and have a energized body, especially in your chakras and aura.