

# Chakra Chanting Meditation

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This recording is intended to be used as background for chanting vowel sounds to clear and balance the Chakras. Breathe in when you hear the Tingshas and start the tone on the next downbeat. Chant UH for the Root, OOO for the Sacral, OH for the Solar Plexus, AH for the Heart, EYE for the Throat, AYE for the Third Eye, EEE for the Crown. DO NOT LISTEN TO THIS RECORDING WHILE DRIVING OR OPERATING HEAVY MACHINERY

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