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Inhale slowly and deeply through the left nostril. Suspend the breath. Mentally chant the mantra Wha-Hay Gu-Roo 16 times. Pull the navel in 1/3 of the way on Wha, 1/3 farther on Hay, and all the way in on Guroo. Repeat this process, mentally chanting the mantra. b) After the 16 repetitions, unblock the right nostril.

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