

Chakras and their sounds for chanting

7th Crown-Knowing
(off the top of your head) connection to source

Ohm

6th Brow 3rd Eye
Seeing clearly

Kasham

5th Throat-
communication with
Self, Spirit, Other

HAM

4th Heart- Love
connects ethereal
with physical

YAM

3rd Solar Plexus-
Power, sense of self

RAM

2nd Sacral- emotions
(self and others)
female/male energy

VAM

1st Root -
grounding, safety
family history

LAM

Raise your vibration Begin chanting at 1st (root) Chakra

