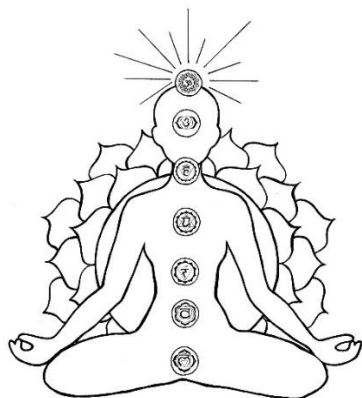


Seven Chakras Guide



ADDITIONAL RESOURCES

WEBSITE

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BOOK

Find the book *Vocal Medicine: Transformation through Sound* at kathleenkarlsen.com, Amazon and Barnes & Noble.

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Base or Root Chakra (1st)
Sanskrit Name: Muladhara

CHAKRA INFO

Energy: Unmanifest, Awakening
Quality: Safety, security
Purpose: Establishes your connection to your physical body, environment and earth.
Physical Organs: Legs, hips, lower back, lower spine
Healing Stones: Bloodstone, Jasper, Red Coral, Tiger's Eye
Essential Oils: Rosemary, Black Pepper, Clove

SOUNDS & CHANTS

Sargam: SA (sah)
Seed Syllable: LAM (lum)
Vowel: UH (uhhh)
Mantra: OM Lam Namaha
Deities: Brahma, Indra, Ganesha
Chants: Ganesha Sharanam; Om Gam Ganapatayei Namaha



Sacral Chakra (2nd)
Sanskrit Name: Svadhithana

CHAKRA INFO

Energy: Felt Potential
Quality: Relational, creative
Purpose: Connection to your soul and relationships to others.
Physical Organs: Kidneys, reproductive organs, bladder
Healing Stones: Citrine, Carnelian, Moonstone, Pearls
Essential Oils: Ylang Ylang, Clary Sage, Jasmine

SOUNDS & CHANTS

Sargam: RE (ray)
Seed Syllable: VAM (vum)
Vowel: OO (ew)
Mantra: OM Vam Namaha
Deities: Shiva, Parvati
Chants: Parvati Parashakti; Parvati Aarti; Kriya Shakti; Shiva Shambo



Solar Plexus Chakra (3rd)
Sanskrit Name: Manipura

CHAKRA INFO

Energy: Gathering energy
Quality: Peace, service
Purpose: Center of intuition (gut feelings), third brain
Physical Organs: Adrenals, pancreas, stomach, intestines
Healing Stones: Malachite, Calcite, Topaz
Essential Oils: Cinnamon, Peppermint, Chamomile

SOUNDS & CHANTS

Sargam: GA (gah)
Seed Syllable: Ram (rum)
Vowel: OH (oohh)
Mantra: OM Ram Namaha
Deities: Lakshmi, Vishnu
Chants: Lakshmi Bhayo Namaha



Heart Chakra (4th)
Sanskrit Name: Anahata

CHAKRA INFO

Energy: Devotional
Quality: Charity, compassion, kindness
Purpose: Focus for bringing forth beauty and culture; expressing love.
Physical Organs: Heart and circulatory system
Healing Stones: Rose Quartz, Jade, Tourmaline
Essential Oils: Rose, Neroli, Angelica

SOUNDS & CHANTS

Sargam: MA (mah)
Seed Syllable: YAM (yum)
Vowel: AH (aah)
Mantra: OM Yam Namaha
Deities: Hanuman
Chants: Hanuman Jaya Ram



Throat Chakra (5th)
Sanskrit Name: Vishuda

CHAKRA INFO

Energy: Fearlessness
Quality: Self-expression, defense
Purpose: Power center, creation through speaking and chanting
Physical Organs: Neck, teeth, esophagus, mouth and ears
Healing Stones: Lapis Lazuli, Turquoise, Aquamarine
Essential Oils: Eucalyptus, Myrrh, Geranium

SOUNDS & CHANTS

Sargam: PA (pah)
Seed Syllable: HAM (hum)
Vowel: I (eye)
Mantra: OM Ham Namaha
Deities: Sadashiva
Chants: Sadashiva Deva



Third Eye Chakra (6th)
Sanskrit Name: Ajna

CHAKRA INFO

Energy: Vision, Intuition
Quality: Perception, divine pattern
Purpose: Vision for protection and fulfillment of an inspired plan
Physical Organs: Eyes, ears, pineal and pituitary glands
Healing Stones: Amethyst, Purple Fluorite, Obsidian
Essential Oils: Lavender, Cedarwood, Helichrysum

SOUNDS & CHANTS

Sargam: DHA (duh-ha)
Seed Syllable: OM (oohhmm)
Vowel: A (aaay)
Mantra: OM Namaha
Deities: Krishna
Chants: Devakinanadana Gopala



Crown Chakra (7th)
Sanskrit Name: Sahasrara

CHAKRA INFO

Energy: Merging, Unification
Quality: Transformation, divine consciousness
Purpose: Seat of enlightenment and spiritual awareness
Physical Organs: Nervous system, brain, hypothalamus
Healing Stones: Diamond, Quartz, Selenite
Essential Oils: Frankincense, Spikenard, Sandalwood

SOUNDS & CHANTS

Sargam: NI (nee)
Seed Syllable: Ah (aaah)
Vowel: E (eeee)
Deities: Shiva (Nataraja)
Mantra: AH Namaha
Chants: Nataraja