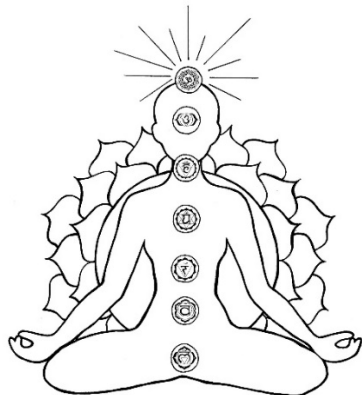


## Seven Chakras Guide



### ADDITIONAL RESOURCES

#### WEBSITE

[kathleenkarlsen.com](http://kathleenkarlsen.com)

#### CONTACT

[kathleenkarlsen@msn.com](mailto:kathleenkarlsen@msn.com)

#### BOOK

*Vocal Medicine:*  
*Transformation through Sound*  
Amazon and  
Barnes & Noble Online

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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

#### CHAKRA SOUNDS

**Sargam:** SA (sah)

**Seed Syllable:** LAM (lum)

**Vowel:** UH (uhhh)

**Mantra:** OM Lam Namaha

**Deities:** Brahma, Indra, Ganesha



**Sacral Chakra (2nd)**  
**Sanskrit Name:** Svadhisthana

#### 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

#### CHAKRA SOUNDS

**Sargam:** RE (ray)

**Seed Syllable:** VAM (vum)

**Vowel:** OO (ew)

**Mantra:** OM Vam Namaha

**Deities:** Shiva, Parvati



**Solar Plexus Chakra (3<sup>rd</sup>)**  
**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

#### CHAKRA SOUNDS

**Sargam:** GA (gah)

**Seed Syllable:** Ram (rum)

**Vowel:** OH (oooh)

**Mantra:** OM Ram Namaha

**Deities:** Lakshmi, Vishnu



**Heart Chakra (4<sup>th</sup>)**  
**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

#### CHAKRA SOUNDS

**Sargam:** MA (mah)

**Seed Syllable:** YAM (yum)

**Vowel:** AH (aah)

**Mantra:** OM Yam Namaha

**Deities:** Hanuman



**Throat Chakra (5<sup>th</sup>)**  
**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

#### CHAKRA SOUNDS

**Sargam:** PA (pah)

**Seed Syllable:** HAM (hum)

**Vowel:** I (eye)

**Mantra:** OM Ham Namaha

**Deities:** Sadashiva



**Third Eye Chakra (6<sup>th</sup>)**  
**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

#### CHAKRA SOUNDS

**Sargam:** DHA (duh-ha)

**Seed Syllable:** OM (oohhmm)

**Vowel:** A (aaay)

**Mantra:** OM Namaha

**Deities:** Krishna



**Crown Chakra (7<sup>th</sup>)**  
**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

#### CHAKRA SOUNDS

**Sargam:** NI (nee)

**Seed Syllable:** Ah (aaah)

**Vowel:** E (eeee)

**Deities:** Shiva (Nataraja)

**Mantra:** AH Namaha

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