



Chakra Sounds Chart

CHAKRA NAME	BIJA	SARGAM	DO-RE-MI	VOWEL	INSTRUMENT
Root Chakra	LAM	SA	DO	UH	Drums
Sacral Chakra	VAM	RE	RE	EW	Wind
Solar Plexus	RAM	GA	MI	OH	Organ
Heart Chakra	YAM	MA	FA	AH	String
Throat Chakra	HAM	PA	SO	EYE	Horns
Third Eye Chakra	OM	DHA	LA	AA	Piano
Crown Chakra	AH	NI	TI	EE	Conch Shell