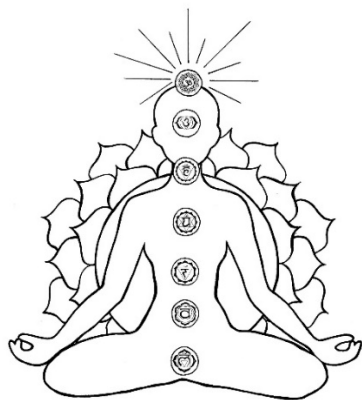


Complete Chakra Guide



ADDITIONAL RESOURCES

WEBSITE

kathleenkarlsen.com

CONTACT

kathleenkarlsen@msn.com

BOOK

*Vocal Medicine:
Transformation through Sound*

Book PDF Available on Website
Paperback at Amazon and
Barnes & Noble Online



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 (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

CHAKRA SOUNDS

Sargam: GA (gah)

Seed Syllable: Ram (rum)

Vowel: OH (ooh)

Mantra: OM Ram Namaha

Deities: Lakshmi, Vishnu



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

CHAKRA SOUNDS

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



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

CHAKRA SOUNDS

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



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

CHAKRA SOUNDS

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



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

CHAKRA SOUNDS

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