

# Vocal Medicine™

## Healing Mantras for the Heart



### Bija Heart Mantras

Om Yam Hrim Namah  
Om Yam Shrim Namah  
Om Yam Krim Namah

**YAM:** Seed syllable of the heart chakra.

**HRIM:** The seed syllable “hrim” is a combination of “ha” for prana, space and light with “ra” for fire and light and “im” (eem) for energy & focus.

**SHRIM** draws abundance, positive growth and development; “shri” or “sri” means splendor. SHRIM is the feeling aspect of the heart.

**KRIM** is correlated to the basic electrical energy of all life. KRIM is initiatory and assists in the early phase of an action; KRIM relates to the mastery of causation; KRIM is associated with Kali and Shiva.



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### Hanuman Rudra Mantra

Om Ham Hanumate Rudratmakaya Hum Phat

This is a strong mantra that can shift situations suddenly. Hanuman is a primary deity associated with the heart, loyalty, and courage. The word HUM is connected to lightning and pranic fire, believed to kindle consciousness. Meaning: I call on the strength of Hanuman to remove all negativity without a doubt!



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### Supreme Light Mantra

(Paramjyoti Mantra)

OM HRIM Hamsah Soham Svaha

**OM:** Primal sound of all creation. Hum of the universe. The first sound of God’s consciousness manifesting as form (Sri Yantra).

**HAMSAH/SOHAM:** “Hamsa” and “soham” focus on the inhale and exhale, helping to create a vibration that connects you to your heart and is healing for the heart, lungs and spirit.



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### Seed Syllable Mantra for the Heart

OM YAM Namaha YAM

The practice of chanting can be used to heal and strengthen the chakras. This mantra uses YAM, the bija syllable for the heart chakra. The mantra for the heart chakra is “OM YAM Namaha YAM.” The heart chakra is the center of feeling and love. By starting with “OM,” this mantra focuses the mind as well as the heart.



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Music by Kathleen Karlsen unless noted. Illustrations by Rose Karlsen and Sammy Ater.

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### Chakra Chant

Heart: YAM

Each of the seven major chakras are affected by particular sounds and mantras. These are single syllables that can be chanted to strengthen the energy of the respective chakras. The seed syllables are as follows: LAM (root chakra), VAM (sacral chakra), RAM (solar plexus chakra), YAM (heart chakra), HAM (throat chakra), OM (third eye chakra) and AH or ANG (crown chakra).



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### Shanti Om

Om Shanti, Shanti, Shanti  
Om Shanti, Shanti Om

Invocation of the power of peace for personal and global healing. The word “shanti” meaning peace is said three times for peace in body, speech and mind. “Om Shanti” can be used as a greeting, translated as “peace be with you.” Om Shanti can be used both at the beginning and the ending of a meditation or spiritual practice, much like “Namaste.”



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### Importance of the Heart

- Mantras support heart health on all levels: physical, spiritual and emotional
- There is a spiritual heart within the heart described a cave, castle, or chamber
- At birth, a flame, spark or lighting ignites in the center of this spiritual space
- In Bhakti Yoga (devotional), the heart is the residence of the deity
- The energy of the heart can draw the kundalini upwards
- The heart focuses the energy of the sun

### What is the Hridaya (Spiritual Heart)?

“Hridaya... literally translates from its root words as *hri*, which means “to give,” *da*, which means “to take,” and *ya* from *yam*, which means “balance.” Therefore, hridaya is “that which gives and takes in perfect balance.” [H]ridaya is the center for giving and taking on a spiritual level. (Yogapedia)



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