

# Vocal Medicine™

## Mantras for Healthy Digestion



### Vedic Mantra: Solar Plexus Chakra Om RAM Namaha RAM

A Vedic mantra for the solar plexus chakra focusing on balancing this energy center through the seed syllable RAM. The solar plexus chakra is located at the naval, center of intuition. This chakra is connected to both service and desires. This is the chakra where we get a gut feeling about people, places and events. When purified, this is the chakra of inner peace.



Solar Plexus Chakra Mantra  
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### Rama Mantra

Rama, Rama, Rama, Rama, Rama, Rama, Ram (2x)  
Rama, Rama, Rama, Rama, Rama, Ram (2x)  
Rama, Rama, Rama, Rama, Rama, Rama, Ram (2x)

This one word mantra uses the masculine “Ra” followed by the feminine “Ma” to raise the energy flowing up and crossing over the spine. “Ra” draws energy up the pingala nadi starting on the right side of the spine. Ma draws the kundalini up the ida nadi or the left side of the spine.



Rama's Healing Mantra  
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### Agni Deva Om Agni Devaya Namaha

This mantra specifically brings fire (agni) to purify the liver of anger or trauma held in the physical body. Fire is one of the five elements in the Vedic system. The Hindu fire god is known as Agni Deva. He is a masculine deity who embodies primordial fire, holy fire, or spiritual fire. Fire is the perfect metaphor for the transformation of unwanted patterns, situations, and personal characteristics. Fire is an expression of both light and heat.



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### Lakshmi Bhayo Namaha Om Hrim Shrim Lakshmi Bhayo Namaha

Hrim (hreem) is a combination of “ha” for prana and “ra” for fire and light with “ee” for focus and motivation. Shrim (shreem) brings positive growth and development. This is a mantra to Lakshmi (goddess of abundance). She is a deity closely associated with the solar plexus chakra.



Lakshmi's Mantra  
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### Chakra Chant: Ram Ram

Ram is the seed syllable for the solar plexus (closely associated with the organs of digestion). This chant is a form of sacred toning for the solar plexus. 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 or AH (third eye chakra), and AH or ANG (crown chakra).



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### Shiva Ra

Hari Om, Hari Om, Shiva Ra Namō

Shive Ra is “Shiva who is like the sun (Ra).” The sun is the ultimate symbol for charging the solar plexus. Shiva is part of the Hindu trinity that also includes Brahma and Vishnu. Shiva is alternately depicted as benevolent and fearsome. He is associated with breath or air as well as fire. As a fundamental energy in the universe, Shiva is associated with multiple chakras. Shiva is a powerful Hindu god manifesting throughout the cosmos.



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### Importance of Gut Health

- Over 60M Americans have heartburn reflux
- Connection between gut bacteria & depression
- Anxiety disorders affect 40M American adults
- 16M had one+ major depressive episode in 2016
- 3 brains: gut, heart, mind (aboriginal wisdom)
- 500 million gut neurons: less than the brain but 5x the spinal chord

### Symbolic Significance of Digestion

- Someone who shares feelings "spill their guts"
- "Gut feelings" warn us of impending danger
- To "bust a gut" is to strain yourself
- If you can't drop something, it's "eating you up"
- Constant thinking is "contemplating your navel"
- You dislike someone: can't stomach them
- If you REALLY dislike someone: hate their guts
- The guts are the core of the person, literally and symbolically



### Contact Info

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### Vocal Medicine Gifts



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