

Chakra and the Seed (Beej Mantra) Sound



Seventh Chakra Sahasrara (Crown)

Colour: Violet

Seed (Beej) sound: AUM

Sixth Chakra Ajna/Agnya (Third Eye)

Colour: Blue/Indigo

Seed (Beej) sound: OM

Element: Ethereal

Fifth Chakra Vishuddhi (Throat)

Colour: Sky Blue

Seed (Beej) sound: HAM

Element: Space/Sound

Fourth Chakra Anahata (Heart Centre)

Colour: Green

Seed (Beej) Sound: YAM

Element: Air

Third Chakra Manipura (Solar Plexus)

Colour: Golden Yellow

Seed (Beej) Sound: RAM

Element: Fire

Second Chakra Swadhisthana (Sacral Plexus)

Colour: Vermillion/Orange

Seed (Beej) Sound: WAM

Element: Water

First Chakra Muladhara (Root Centre)

Colour: Red

Seed (Beej) Sound: LAM

Element: Earth

