



# Balancing Chakra with Mudras & Mantras

<b>OM</b>		<b>CROWN CHAKRA</b> <i>Sahasrara</i>		<p>Hands in front of your stomach, fingers interlaced. Little fingers pointing upwards.  <b>Chakra Sound:</b>            Long A-A-A-U-U-M</p>
<b>OM</b>		<b>THIRD EYE CHAKRA</b> <i>Ajna</i>		<p>Hands in front of the lower part of your chest. Middle fingers tips touching, other fingers bent at first joint.  <b>Chakra Sound:</b>            Long A-A-A-U-U-M</p>
<b>HAM</b>		<b>THROAT CHAKRA</b> <i>Vishuddha</i>		<p>Hands by stomach, fingers interlaced &amp; thumb tips touching. Focus on the throat area.  <b>Chakra Sound:</b>            Long H-A-A-A-M</p>
<b>YAM</b>		<b>HEART CHAKRA</b> <i>Anahata</i>		<p>Right hand: Index finger &amp; thumb touching at heart centre. Left hand in same mudra resting on the knee.  <b>Chakra Sound:</b>            Long Y-A-A-A-M</p>
<b>RAM</b>		<b>SOLAR PLEXUS CHAKRA</b> <i>Manipura</i>		<p>Join both of the palms together and place your hands in front of your stomach pointing outwards  <b>Chakra Sound:</b>            Long R-A-A-A-M</p>
<b>VAM</b>		<b>SACRAL CHAKRA</b> <i>Svadhisthana</i>		<p>Place hands on your laps with your palms facing upwards. Right palm resting on top of the left.  <b>Chakra Sound:</b>            Long V-A-A-A-M</p>
<b>LAM</b>		<b>ROOT CHAKRA</b> <i>Muladhara</i>		<p>Thumb &amp; index fingers of your hands touch. Sit in the lotus position and place your hands on the knees.  <b>Chakra Sound:</b>            Long L-A-A-A-M</p>