

## Chakra Toning Meditation

First Chakra Color - Red  
Bija Mantra - LAM  
Vowel Sound - oow as in tool  
Stability in life, home, finances, security financially and emotionally.

Second Chakra Color Orange  
Bija Mantra - VAM  
Vowel Sound - oh as in load  
Sexual energy, procreation and creativity

Third Chakra Spiral pair = solar chakra 5/3 Color Yellow  
Bija Mantra - RAM  
Vowel Sound - aw as in raw  
Free will and desires, life purpose

Fourth Chakra Color Green  
Bija Mantra - YAM  
Vowel Sound - ah as in Fad  
Unconditional or divine love, compassion, connection

Fifth Chakra Color Blue  
Bija Mantra - HAM  
Vowel Sound - eh as in lead  
Creativity, self expression and communication

Sixth Chakra Color Purple  
Bija Mantra - SHAM  
Vowel Sound - ih as in lit  
Intuition and connection to spirit

Seventh Chakra Color Violet  
Bija Mantra - Om  
Vowel Sound - ee as in sweet  
Enlightenment and awakening

Eight Chakra Color Rainbow Swirls  
Bija Mantra - Aum  
Vowel Sound - Aum  
Omnipresence, Totality of inter-connectedness, Oneness, Consciousness,