





















Chakra Cleansing & Balancing Mudras & Mantras

Chakra Names, Purpose & Location	Mudra	Procedure	Mantra & Chakra colour	Chakra Symbol
Root Chakra MULADHARA (Survival) Base of Spine, on Perineum		Thumb & Index fingers touch. Arms straight hands on knees. Chakra Sound... Long L-A-A-A-M	 Lam	
Sacral Chakra SVADHISTHANA (Creativity) Hips		Place hands in your lap with your palms facing upwards, right palm resting on top of left Chakra Sound... Long V-A-A-A-M	 Vam	
Solar Plexus Chakra MANIPURA (Will Power) Two-Inches Below Navel		Place hands between your heart and your stomach Chakra Sound.. Long R-A-A-A-M	 Ram	
Heart Chakra ANAHATA (Love) Heart		Right hand index finger and thumb touching at heart center. Left hand in same mudra resting on the knee Chakra Sound.. Long Y-A-A-A-M	 Yam	
Throat Chakra VISHUDDHA (Expression) Throat		Hands by Stomach, fingers interlaced and thumb tips touching. Focus on Throat Chakra Chakra Sound.. Long H-A-A-A-M	 Ham	
Third Eye Chakra AJNA (Intuition, Wisdom) Third Eye		Hands in front of the lower part of your breast, Middle finger stand up tips touching, other fingers bent at first joint as shown. Chakra Sound.. Long A-A-A-U-U-M	 Aum	
Crown Chakra SAHASRARA (Spiritual Connection) Crown		Hands in front of your stomach, fingers interlaced, little fingers pointing upwards. Chakra Sound.. Long A-A-A-A-N-G	 Ang	