

# Chakra Tone Chart

Chakras are spinning wheels of subtle energy that span from the base of the spine to the crown of the head. They guide the wellbeing of our body, mind, and emotions and can reveal our true nature as spiritual beings. Use these sounds to balance each chakra. Notice how your body responds to each sound. **Bija** increases and attracts energy. **Vowels** decrease and disperse energy.

ॐ	Vedic Note Based on diatonic scale	Tibetan Note* Based on perfect 5 <sup>th</sup> interval	Vedic Mantra Bija & Vowel Sounds
<b>Root</b> <b>Mūlādhāra</b> Base of spine, legs. Immune system	C	F	Lam (Lum) O (toe)
<b>Sacral</b> <b>Svadhīsthana</b> Pelvis, low back. Ovaries, prostate.	D	C	Vam (Vum) OO (two)
<b>Solar Plexus</b> <b>Manipura</b> Upper abdomen. Pancreas, adrenals.	E	G	Ram (Rum) Ah (awe)
<b>Heart</b> <b>Anahata</b> Heart, lungs. Thymus.	F	D	Yam (Yum) A (play)
<b>Throat</b> <b>Visuddha</b> Throat, mouth, ears. Thyroid.	G	A	Ham (Hum) EE (speak)
<b>Third Eye</b> <b>Ajna</b> Between eyebrows. Pineal. Pituitary.	A	E	Om Mmmmm
<b>Crown</b> <b>Sahasara</b> Top and above head	B	B	Silence Ing (wing)