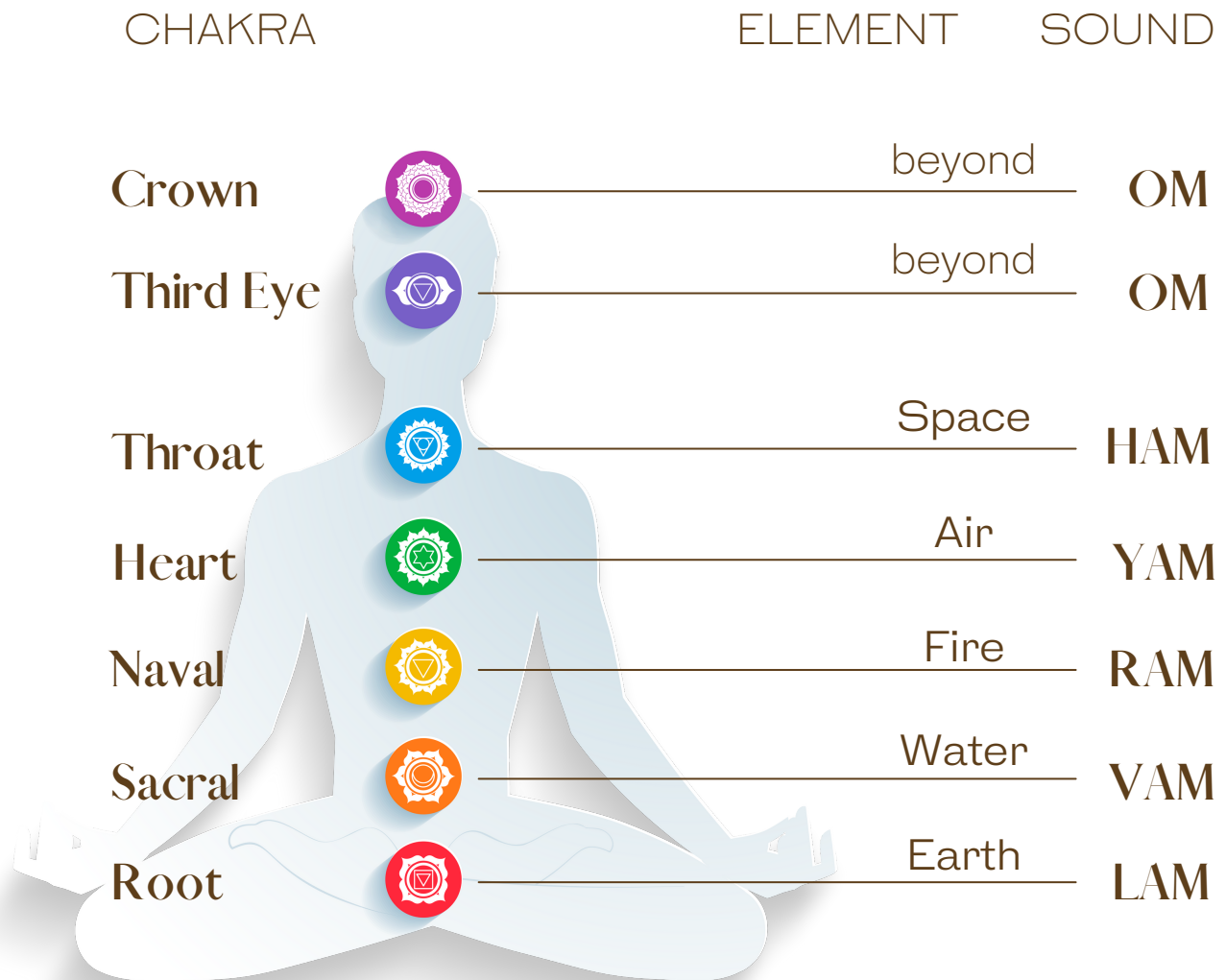


Bija Mantras

CHAKRAS & FIVE ELEMENTS OF NATURE



A bija mantra is a one-syllable sound. The Sanskrit phrase bija mantra means “seed mantra” and is comprised of three words—bija meaning seed, man meaning the mind or to think, and tra meaning an instrument.

Chakra (in Sanskrit) means wheel and refers to the subtle energy center located in the subtle body.