Bija Mantras

CHAKRAS & FIVE ELEMENTS OF NATURE

CHAKRA		ELEMI	ENT	SOL	JND
Crown			beyond		OM
Third Eye			beyon	<u>d</u>	OM
Throat			Space	e -	IAM
Heart			Air		YAM
Naval			Fire	F	RAM
Sacral			Wate	<u>r</u> \	/AM
Root			Earth	<u> </u>	AM

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.