



Chakra Sounds Vibrations

| Chakra | Sound/Vibration |
|---|-----------------|
| Root chakra <i>(base of the spine)</i> | <i>Lam</i> |
| Sacral chakra <i>(behind the pubic bone)</i> | <i>Vam</i> |
| Navel chakra <i>(just below the ribs)</i> | <i>Ram</i> |
| Heart chakra | <i>Yam</i> |
| Throat chakra | <i>Ham</i> |
| Third Eye chakra <i>(between eyebrows)</i> | <i>Sham</i> |
| Crown chakra <i>(top of head)</i> | <i>Om</i> |