



Rising Strong™

Through The Chakras

Chakra Cheat Sheet



Root

Sanskrit Name: Mūlādhāra (mU-lA-dhA-ra)
Bija Mantra: LAM
Keywords: Stability, Survival



Sacral

Sanskrit Name: Svādhistāna (swa-dhi-shtA-na)
Bija Mantra: VAM
Keywords: Creativity, Sexuality, Emotions



Solar Plexus

Sanskrit Name: Manipūra (ma-ni-pu-ra)
Bija Mantra: RAM
Keywords: Confidence, Power, Will



Heart

Sanskrit Name: Anāhata (a-nA-ha-ta)
Bija Mantra: YAM
Keywords: Compassion, Love



Throat

Sanskrit Name: Viśuddha (vi-shu-ddha)
Bija Mantra: HAM
Keywords: Communication



Third Eye

Sanskrit Name: Ājñā (a-g-nya)
Bija Mantra: OM
Keywords: Humility, Intuition, Imagination



Crown

Sanskrit Name: Sahasrāra (sa-ha-srA-ra)
Bija Mantra: Silent OM
Keywords: Enlightenment, Awareness

