








CHAKRA 7		OM	THOUGHT, SAHASRARA
CHAKRA 6		OM	LIGHT, AJNA
CHAKRA 5		HAM	ETHER, VISUDDHA
CHAKRA 4		YAM	AIR, ANAHATA
CHAKRA 3		RAM	FIRE, MANIPURA
CHAKRA 2		VAM	WATER, SVADHISTHANA
CHAKRA 1		LAM	EARTH, MULADHARA