

Sounds, Symbols and Affirmations

Bija Mantras for the 7 Primary Chakras

Bija mantras, also known as seed mantras, are single-syllable sounds – from Vedic Sanskrit – that correspond to each of the seven primary chakras.

Chanting these mantras activates and balances the chakras. It also helps the nervous system move into a field of coherence.

Chant the mantra three times for each chakra. Start at the Base chakra and work upwards:

- Base chakra (Muladhara) – LAM (pronounced "lahm")
- Sacral chakra (Svadhithana) – VAM (pronounced "vahm")
- Solar Plexus chakra (Manipura) – RAM (pronounced "rahm")
- Heart chakra (Anahata) – YAM (pronounced "yahm")
- Throat chakra (Vishuddha) – HAM (pronounced "hahm")
- Third Eye chakra (Ajna) – OM (pronounced "aum" or "om")
- Crown chakra (Sahasrara) – Silence or OM.

Source: <https://thejoywithin.org/meditations/mantras/bija-or-seed-mantras>

Symbols and Affirmations for the 12 5D Chakras

Here are the symbols that activate and balance the chakras.

Visualise the symbols as you bring in the colour for each chakra and say the affirmations.

- Earth Star – Black and white yin yang. Affirmation: I light up my divine potential.
- Base – Platinum square. Affirmation: I trust I am safe and supported.
- Sacral – Pink horizontal oval. Affirmation: I live in unconditional love.
- Navel – Orange upright oval. Affirmation: I am one with everyone.
- Solar plexus – Golden six-pointed star. Affirmation: I use my power with wisdom.
- Heart – White circle. Affirmation: I am pure love.
- Throat – Royal blue upward triangle. Affirmation: I speak my truth with integrity.
- Third Eye – Crystal clear infinity. Affirmation: I see the highest perspective.
- Crown – Crystal upward cone with a spiral rising out of it. Affirmation: I open to universal knowledge.
- Causal – White five-pointed star. Affirmation: I am open to the angelic realms.
- Soul Star – Magenta open double pyramid. Affirmation: I attune to my soul.
- Stellar Gateway – Golden Metatron cube. Affirmation: I AM THAT I AM.

Source: Diana Cooper <https://www.instagram.com/p/CzlpRuIMTES/>