















# Balancing chakra with Mudras & Mantras

OM		<b>CROWN CHAKRA</b> <i>Sahasrara</i>		Hands in front of your stomach, fingers interlaced, little fingers pointing upwards. <b>Chakra Sound:</b> Long A-U-A-U-U-M
OM		<b>THIRD EYE CHAKRA</b> <i>Ajna</i>		Hands in front of the lower part of your chest, middle fingers tips touching, other fingers bent at first joint. <b>Chakra Sound:</b> Long A-U-A-U-U-M
HAM		<b>THROAT CHAKRA</b> <i>Vishuddha</i>		Hands by stomach, fingers interlaced & thumb tips touching, focus on the throat area. <b>Chakra Sound:</b> Long H-A-A-A-M
YAM		<b>HEART CHAKRA</b> <i>Anahata</i>		Right hand, index finger & thumb touching at heart centre, left hand in same mudra resting on the knee. <b>Chakra Sound:</b> Long Y-A-U-A-U-M
RAM		<b>SOLAR PLEXUS CHAKRA</b> <i>Manipura</i>		Join both of the palms together and place your hands in front of your stomach pointing outwards. <b>Chakra Sound:</b> Long R-A-A-A-M
VAM		<b>SACRAL CHAKRA</b> <i>Svadhishthana</i>		Place hands on your hips with your palms facing upwards, right palm resting on top of the left. <b>Chakra Sound:</b> Long V-A-A-A-M
LAM		<b>ROOT CHAKRA</b> <i>Muladhara</i>		Thumb & index fingers of your hands touch, sit in the lotus position and place your hands on the knees. <b>Chakra Sound:</b> Long L-A-A-A-M

# Healing Hands Octavo

**M Woodhall**



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