



Introduction to Bīja Mantra for the Chakras & Elements

Bīja (बीज) is a Sanskrit word that translates simply as seed. In a deeper sense, Bīja is the essence of creation or the original cause of things. There are various kinds of Bīja Mantras used to invoke the power of specific deities, elements, etc. for different healing purposes and attaining Enlightenment.

Om is the original seed mantra. The Seed Mantras we will be using here are profound, yet simple and powerful. They help us to connect to the five elements as explained in Classical Yoga, and Tantric Philosophy. No belief in God, a particular religion, or deity is needed to practice these bija mantras.

By using the Bīja's sound vibration while focusing on the particular section of the body associated with mantra and chakra we bring more energy and life force into the body. Our bodies are made of the five elements.

Attuning our concentration to the body part and the mantra charges us with vitality. These mantras are not only useful in healing but help to bring

more focus to our seated meditation practice. The breathing practices also energize our entire system for increased brain and organ function.

1. Muladhara Root: Chakra (earth element) – Mantra: *LUM* - Point of focus: perineum, between the anus and genitals

2. Svadhithana: Sacral Chakra (water element) – Mantra: *VUM* - Point of focus: pubic bone to genitals.

3. Manipura: Navel Chakra (fire element) – Mantra: *RUM or RAM* - Point of focus: From the belly button region.

4. Anahata: Heart Chakra (air element) – Mantra: *YUM* - Point of focus: Center of the chest/mid ribs.

5. Vishuddhi: Throat Chakra (ether element) – Mantra: *HUM* - Point of Focus: Throat area, from the sternal notch to the Adams apple.

6. Ajna: Third Eye Chakra (beyond the play of duality) – Mantra: *OM* - Point of focus: Between the eyebrows

7. Sahasrara: Crown Chakra (inexpressible truth) – Mantra: *Om* - Point of focus: Top of the skull at the fontanel.

