

Chakra Cleansing & Balancing Mudras & Mantras

Chakra Names,
Purpose & Location

Mudra

Procedure

Mantra &
Chakra
colour

Chakra
Symbol

Root Chakra
MULADHARA
(Survival)
Base of Spine, on
Perineum



Thumb & Index fingers
touch. Arms straight
hands on knees.
Chakra Sound...
Long L-A-A-A-A-M



Lam



Sacral Chakra
SVADHISTHANA
(Creativity)
Hips



Place hands in your lap
with your palms facing
upwards, right palm
resting on top of left
Chakra Sound...
Long V-A-A-A-A-M



Vam



Solar Plexus Chakra
MANIPURA
(Will Power)
Two-Inches Below
Navel



Place hands between
your heart and
your stomach
Chakra Sound...
Long R-A-A-A-A-M



Ram



Heart Chakra
ANAHATA
(Love)
Heart



Right hand index finger
and thumb touching at
heart center. Left
hand in same mudra
resting on the knee
Chakra Sound...
Long Y-A-A-A-A-M



Yam



Throat Chakra
VISHUDDHA
(Expression)
Throat



Hands by Stomach,
fingers interlaced and
thumb tips touching.
Focus on Throat Chakra
Chakra Sound...
Long H-A-A-A-A-M



Ham



Third Eye Chakra
AJNA
(Intuition, Wisdom)
Third Eye



Hands in front of the
lower part of your breast,
Middle finger stand up
tips touching, other
fingers bent at first joint
as shown.
Chakra Sound...
Long A-A-A-U-U-M



Aum



Crown Chakra
SAHASRARA
(Spiritual Connection)
Crown



Hands in front of your
stomach, fingers
interlaced,
little fingers pointing
upwards.
Chakra Sound...
Long A-A-A-A-N-G



Ang



Cleaning Chakras Pituitarypineal Meditation

Judd E. Hollander



Cleaning Chakras Pituitarypineal Meditation:

The Top Books of the Year Cleaning Chakras Pituitarypineal Meditation The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous captivating novels captivating the hearts of readers worldwide. Lets delve into the realm of popular books, exploring the fascinating narratives that have charmed audiences this year. Cleaning Chakras Pituitarypineal Meditation : Colleen Hoovers "It Ends with Us" This heartfelt tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover masterfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can prevail. Uncover the Best : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This intriguing historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids absorbing storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Cleaning Chakras Pituitarypineal Meditation : Delia Owens "Where the Crawdads Sing" This captivating coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens weaves a tale of resilience, survival, and the transformative power of nature, entrancing readers with its evocative prose and mesmerizing setting. These bestselling novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of captivating stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a brilliant and gripping novel that will keep you wondering until the very end. The novel is a warning tale about the dangers of obsession and the power of evil.

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