

# CHAKRA BALANCING MUDRAS & MANTRAS

LAM



Root Chakra  
**Muladhara**  
(Survival)  
**I AM**



## The Muladhara Mudra

Bring the palms to face one another. Interlock fingers and thumbs of both hands together, and release the the middle finger from the interlock and press the tips of the fingers against each other.  
Now chant... L-A-A-A-A-M

VAM



Sacral Chakra  
**Svadhithana**  
(Pleasure)  
**I FEEL**



## The Shakti Mudra

Bend the middle and index fingers loosely, gradually over your thumb. Keep your ring and little fingers straight. Now bring both hands in close opposition to each other.  
Now chant... V-A-A-A-A-M

RAM



Solar Plexus Chakra  
**Manipura**  
(Power)  
**I DO**



## The Rudra Mudra

Place your palms facing upwards on the knees. Next, join the tip of the index finger, ring finger and thumb, while the middle finger and the little finger will be straight and extended.  
Now chant... R-A-A-A-A-M

YAM



Heart Chakra  
**Anahata**  
(Love)  
**I LOVE**



## The Padma Mudra

Place your hands together. Slowly unfurl your hands like a lotus flower blossoming open. Keep the base of the hands together, along with the thumbs and little fingers. Allow the index, middle, and ring fingers to gently open.  
Now chant... Y-A-A-A-A-M

HAM



Throat Chakra  
**Vishuddha**  
(Expression)  
**I SPEAK**



## The Granthita Mudra

Bring your hands together. Then, interlace your fingers and thumbs, creating a 'knot' with your fingers. Touch the tips of the thumb and index finger of the same hand together so the two sides form two rings.  
Now chant... H-A-A-A-A-M

AUM



Third Eye Chakra  
**Anja**  
(Perception)  
**I SEE**



## The Mahasirs Mudra

Allow the tips of your thumb, index finger and middle finger, touch each other. Then place your ring finger into the fold of the thumb and keep your little finger extended.  
Now chant... A-A-A-U-U-M

OM



Crown Chakra  
**Sahasrara**  
(Spirituality)  
**I UNDERSTAND**



## The Mudra of a Thousand Pedals

Touch your index fingers and thumbs together to form a pyramid shape. Allow the other fingers to extend upward. Raise this mudra to about 6 inches above the top of your head.  
Now chant... O-O-M-M-M-M