

Chakra Mantra Meditation

Step 1: Chant the following mantra orally for 5 minutes for 3 days; then 10 minutes for 3 days; then 15 minutes for 3 days; then 20 minutes each day thereafter: Eventually chant it silently once it becomes familiar:

Hari Om

Nam, Lam

Mam, Vam

Sim, Ram

Vam, Yam

Yam, Ham

Shiva Om

Swaha

Step 2: Focus on the following chakras as you are chanting the mantra:

Hari Om

Nam, Lam (Root Chakra)

Mam, Vam (Sacral Chakra)

Sim, Ram (Solar Plexus)

Vam, Yam (Heart Chakra)

Yam, Ham (Throat Chakra)

Shiva Om (Third Eye)

Swaha

