

CHAKRA MANTRA MEDITATION

Courtesy of Dr. Kulreet Chaudhary

- More information about the **mantra** [here](#).
- Available for purchase on iTunes: <https://music.apple.com/us/album/chakra-chant-ep/1333553039>
- Learn more about **Dr. Kulreet Chaudhary**: <https://drkulreetchaudhary.com>

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



[“Sound Medicine: How to Use the Ancient Science of Sound to Heal the Body and Mind”](#)

Dr. Kulreet Chaudhary is a leading neurologist, neuroscientist and practitioner of Ayurvedic medicine. Her newest book (pub. 2020) is a rigorous scientific investigation of the healing power of sound, showing people how they can use it to improve their mental and physical well-being.

