

## *Ṣat Cakra Bija Mantra*

*These particular bijākṣara represent the five elements or pañca bhūta and mind or citta.*

*These aspects are also the foundation from which the six cakra (ṣat cakra) are based.*

laṃ pṛthivya<sub>2</sub>i namaḥ<sup>1</sup> |

vaṃ jalāya<sub>2</sub> namaḥ<sup>1</sup> |

raṃ - agnaye<sub>2</sub> namaḥ<sup>1</sup> |

yaṃ vāyave<sub>2</sub> namaḥ<sup>1</sup> |

haṃ - ākāśāya<sub>2</sub> namaḥ<sup>1</sup> |

aṃ - ātmāya<sub>2</sub> namaḥ<sup>1</sup> ||

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