



Chakra	Name	Description	Sound	Element
	Muladhara	Just above the <i>lingam</i> is the letter <i>lam</i> .	<i>Lam</i>	center of the earth element
	Svadhishthana	An ocean-blue circle surrounded by six lotus petals/ containing a yellow crescent moon	<i>Vam</i>	center of the water element
	Manipura	An upward pointing triangle filled with red flames, surrounded by a lotus of ten petals	<i>Ram</i>	center of the fire element
	Anahata	Interlocked smoky-grey triangles surrounded by a lotus of twelve petals, at the center is the individual soul in the form of a brilliant flame	<i>Yam</i>	center of the air element
	Vishuddhi	A sky-blue circle surrounded by a lotus of sixteen petals and containing the full moon	<i>Ham</i>	center of the space element
	Ajna	Upward pointing yellow triangle surrounded by a circle, a bright, white flame in the triangle ( <i>mantra</i> not coordinated with the breath)	<i>Soham</i>	center of the mind
	Sahasrara	The center of consciousness/1000-petaled lotus/pinkish aura	<i>Om</i>	beyond mind and imagination