

Chakra	Name	Description	Sound	Element
	Muladhara	Just above the lingam is the letter lam.	Lam	center of the earth element
	Svadhisthana	An ocean-blue circle surrounded by six lotus petals/ containing a yellow crescent moon	Vam	center of the water element
	Manipura	An upward pointing triangle filled with red flames, surrounded by a lotus of ten petals	Ram	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	Yam	center of the air element
Ô	Vishuddhi	A sky-blue circle surrounded by a lotus of sixteen petals and containing the full moon	Ham	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)	Soham	center of the mind
	Sahasrara	The center of consciousness/1000-petaled lotus/pinkish aura	Om	beyond mind and imagination

TANTRA SHAKTI

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