

Chakras Mantras and Yantras

First Chakra Mantra: Lam

Hindu name: Muladhara

Petals: Four

Yantra: Yellow Square

Second Chakra Mantra: Vam

Hindu name: Svaddishthana

Six petals

Yantra: Silvery crescent moon with a circle

Third Chakra Mantra: Ram

Hindu name: Manipura

Petals: Ten

Yantra: Red inverted triangle

Fourth Chakra Mantra: Yam

Hindu name: Anahata

Twelve petals

Yantra: Blue-green gray hexagram

Fifth Chakra Mantra: Ham

Hindu name: Vishuddha

Petals: Sixteen

Yantra: Vertical black oval

Sixth Chakra Mantra: Om

Hindu name: Ajna

Petals: Two

Yantra: White circle with two luminous petals

Seventh Chakra: No Mantra

Hindu name: Sahasrara

Petals: Thousand

Yantra: Yellow Square