

Seed and Petal Mantras of the Seven Major Chakras (2016)

Fifth Chakra: Sixteen Petals

Bija/seed mantra: *Hang*

Petal 1: *ang*

Petal 2: *aang* (long)

Petal 3: *ing*

Petal 4: *iing* (long)

Petal 5: *ung*

Petal 6: *uung* (long)

Petal 7: *ring*

Petal 8: *riing* (long)

Petal 9: *iring*

Petal 10: *irring* (long)

Petal 11: *eng*

Petal 12: *aing*

Petal 13: *ong*

Petal 14: *aung*

Petal 15: *ang*

Petal 16: *ahang*

Sixth Chakra: two petals

Bija/seed mantra: *Aung*

Petal 1: *hang* (on personal right)

Petal 2: *kshang (sah)* (on personal left)

Seventh Chakra: 1000 petals w central golden 12 petal lotus

Bija/seed mantra: *Visarga* (A particular breathing sound
in the pronunciation of Sanskrit)

Petals mantras: All pure sounds from *ah* to *ksha*, including
all the vowels and consonants of the Sanskrit language

NOTES
