

Chakras: Sounds and Colors

Chakra Number	Bija Sound	Vowel Sound	Color
1) Muladhara	Lam	O (as in rope)	Red
2) Svadhishthana	Vam	OO (as in due)	Orange
3) Manipura	Ram	Ah (as in father)	Yellow
4) Anahata	Yam	Ay (as in play)	Green
5) Vishuddha	Ham	EE (as in see)	Blue
6) Ajna	Short OM (om, om, om)	Mmm	Violet or Purple
7) Sahasrara	Long OM (Ooommmm)	Ing (as in sing)	White

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