



Seed Sounds Bija & Chakra Bija Mantras

Description

Introduction



- Seed *mantras* are the basic sound structures that make up the energy of the universe. They are also described as “experiences of energy.”
- Seed *mantras* are called *bija mantras* in Sanskrit.
- Traditionally, *bija mantras* are known as the most powerful *mantras*.
- Richard Rosen writes, “It is believed that, just as a tiny seed contains a majestic tree, each *bija* contains vast amounts of spiritual wisdom and creative force. One of the oldest and most widely known of these seeds is *om*.”
- *Bija mantras* have no explicit translation.
- *Chakra bija mantras* are said to help activate the *chakras* and prepare them for the handling of energy. (Thomas Ashley-Farrand)

EXPERIENCES OF ENERGY

Unlike the words of everyday speech, *bija mantras* are experiences of energy in their own right. They are not symbols of other objects or experiences in the world. The word "chair" denotes an object with four legs, but seed *mantras* don't represent objects or even feelings. They're like the smell of a flower or the taste of an apple. Words don't define those experiences. The experiences define the words. — Thomas Ashley-Farrand

SEED SOUNDS PROVIDE THE CORE VIBRATION

Seed sounds, which can express the seed of a deity, a *chakra*, or energy or even the universe, as *om* does! provide the core vibration that blooms fully into the expression they reference. — Alanna Kaivalya

Fundamental Sounds

Here we offer considerations about a few of the fundamental sound forms. These sounds are not *bija mantras* in and of themselves (which are given below) but rather are sounds that often form a part of *mantras*.

Key Vowel Sounds

There are sixteen Sanskrit vowels which are all important and meaningful but here we highlight a subset:

1. Long A (*ah* as in *father*)
2. Short A (*uh* as in *another*)
3. Long I (*ee* as in *deep*)
4. Short I (*ee* as in *eat*, but shorter)
5. E (*ay* as in *cake*)
6. AI (as in *aisle*)
7. O (*oh* as in *yoke*)
8. Short U (*oo* as in *flute*)
9. AU (*ow* as in *out*)

Of particular importance to this discussion is what Dr. David Frawley teaches are the three primal vowels which form the basis of all other sounds and of all creation. He explains:

- Short A (*uh* as in *another*) relates to the Absolute, Pure Consciousness; promotes *pratyahara*, meditation, *samadhi*, *Yoga Nidra*
- Short I (*ee* as in *eat*, but shorter) relates to the Creator; promotes *dharana*, willpower, discrimination, knowledge
- Short U (*oo* as in *flute*) relates to Vibration, Creation, Power; promotes perceptive listening, knowledge formless meditation



THE CONTINUOUS, ENDURING RESONANCE OF VOWELS

Vowels represent consciousness, Spirit! Vowels are the essence of sound and vibration, continuous, independent and enduring in their resonance. You can take any vowel and intone it indefinitely. Many powerful Sanskrit seed mantras like Om and Aim are vowel predominant for this reason. They allow our energy to open, expand and ascend to higher levels. Dr. David Frawley

More Sounds

- Teachings across many traditions also often include the sounds of *mm* and/or *ng* in *mantras*.
- Larry Payne notes the importance of the sounds *ah*, *ma* and *sa*.
- An important Kundalini Yoga *mantra* uses the sounds *sa*, *ta*, *na* and *ma*. (See more [here](#).)

AH, MA, SA CALMING TO THE BODY & MIND

The simple sounds that are user friendly in all languages and dialects are *ah*, *ma*, and *sa*. They are easy to use and calming to the body and mind. When spoken during an exhale, these sounds substantially lengthen the breath by narrowing the air passages and slowing the release of air from the lungs. Larry Payne PhD

Principal Seed Bija Mantras



Principal Seed Mantras

The following are the principal seed *mantras* taught by expert Thomas Ashley-Farrand (Healing Mantras 1999 p 63).

- Shrim (*shreem*) â?? feminine seed sound for the energy of abundance, expressed by goddess *Lakshmi*
- Eim (*lâ??m*) â?? feminine seed sound for art, science, music and education, expressed by goddess *Saraswati*
- Klim (*kleem*) â?? seed sound for the energy of attraction (neither feminine nor masculine)
- Dum (*doom*) â?? feminine seed sound for the energy of protection



- Krim (*kreem*) â?? feminine seed sound for the Hindu goddess *Kali*, the goddess of creation and destruction
- Gum (*gum*) â?? masculine seed sound for the energy of *Ganapathi /Ganesha*, remover of obstacles
- Glaum (*glah owm*) â?? another seed sound for the energy of *Ganapathi*
- Haum (*howm*) â?? masculine seed sound for the energy of transcendental consciousness, manifested in the god *Shiva*
- Kshraum (*sh-rowm*) â?? masculine seed sound for the manifestation of the god *Vishnu*, â??invoked to be rid of the most stubborn evil situationsâ?•
- Hrim (*hreem*) â?? seed sound (can be either masculine or feminine) â??for seeing through the illusion of everyday realityâ?•

Shakti Bija Mantras

In Mantra Yoga and Primal Sound, Dr. David Frawley teaches the following as the prime *Shakti Bija Mantras*.

He explains that most *Shakti mantras* contain the â??vowel-I, the vibratory ee-sound, which is the main primal sound of Shakti.â?•

- Omâ?? Pranic energy
- Hrim â?? Solar energy
- Krim â?? Electric energy
- Hum â?? Power of fire
- Strim â?? Power to stabilize
- Aim â?? Energy of sound
- Srim â?? Lunar energy
- Klim â?? Magnetic energy
- Hlim â?? Power to stop
- Trim â?? Power to transcend

Chakra Bija Mantras



Introduction

The *chakra mantras* are sounds with one purpose: to energize and balance the [chakras](#).
(Harrison Graves)

SOUND VIBRATIONS

Remember, in Sanskrit, the meaning of words is secondary. The effect of the sound vibration is much more important. Harrison Graves MD

Muladhara (Root) Chakra



- Base of spine
- Lam (*lum*)
- Chant the sound â??lumâ?• for groundedness and stability
- [Muladhara \(Root\) Chakra](#)

Svadhithana (Sacral) Chakra

- Genital center
- Vam (*vum*)
- Chant the sound â??vumâ?• for fluidity and connectivity
- [Svadhithana \(Sacral\) Chakra](#)

Manipura (Solar Plexus) Chakra

- Solar plexus
- Ram (*rum*)
- Chant the sound â??rumâ?• for purification and to boost willpower
- [Manipura \(Solar Plexus\) Chakra](#)

Anahata (Heart) Chakra

- Heart center
- Yam (*yum*)
- Chant the sound â??yumâ?• to open the heart to love
- [Anahata \(Heart\) Chakra](#)

Vishuddha (Throat) Chakra

- Throat center
- Hum (*hum*)
- Chant the sound â??humâ?• to tap into the art of creating and self-expression
- [Vishuddha \(Throat\) Chakra](#)

Ajna (Third Eye) Chakra

- Third eye center
- Om (*ohm*)
- Chant the sound â??omâ?• to connect with the source of all knowledge
- [Ajna \(Third Eye\) Chakra](#)

Sahasrara (Crown) Chakra

- Crown
- Silence
- Associated with silence beyond sound and pure light that contains all colors
- [Sahasrara \(Crown\) Chakra](#)

RELATIONSHIP BETWEEN SANSKRIT, CHAKRAS & MANTRAS

Mantras work directly in the chakras because there is an iron-clad relationship between the sacred language Sanskrit, chakras, and mantras. If you add up all the petals on the six major chakras located along the spine, you arrive at a total of fifty, the same number of letters as in the Sanskrit alphabet. This is no accident. Each petal vibrates in resonance with one of the petals on one of the chakras. — Thomas Ashley-Farrand

Variations in Teachings

While there is great consistency among sources on the sounds for the first five *chakras*, some teachers offer different *bija mantras* for the sixth and seventh *chakras*:

- The sounds above are from Russill Paul ([The Yoga of Sound](#) 2004 p 250) and Harrison Graves MD ([The Mystical Chakra Mantras](#) 2014 p 7).
- Thomas Ashley-Farrand teaches *sohum* for the crown *chakra* ([Chakra Mantras](#) 2006 p viii).
- Dr. David Frawley teaches *ksam* for third eye *chakra* and *om* for crown *chakra* ([Mantra Yoga and Primal Sound](#) 2010 p 128).

See [Audios & Videos](#) for a video of MC Yogi's beatbox featuring these *mantras*.

Going Deeper

Chakras & Sound Vibration

The symbol for each [chakra](#) is a flower with a certain number of petals. The quantity of petals corresponds to the number of subtle energy connections, or [nadis](#), said to come and go from the *chakra*.

- First Chakra — 4 petals
- Second Chakra — 6 petals
- Third Chakra — 10 petals
- Fourth Chakra — 12 petals
- Fifth Chakra — 16 petals
- Sixth Chakra — 2 petals
- Seventh Chakra — 1,000 petals

SOUND FORMS THAT MAKE UP THE ENERGY OF THE UNIVERSE

[In] Tantra the human body is viewed as a microcosm of the universe, replicating [its] complex network of universal energy channels. The sounds of the individual Sanskrit letters and the basic sounds of human energy are codified in mantras that represent the flow and control of energy in and through the human organism. These basic sound structures, also known as *bijas* (seed syllables), are extracted from fundamental sound forms that make up the energy of the universe. — Russill Paul



CHAKRAS ARE A MAP OF SOUND FREQUENCIES

Amazingly enough [the number of chakra petals] corresponds to whole number frequencies that resonate in the related areas of the body—40 to 60 Hz or cycles per second (low bass) can be felt mostly in the pelvis—! as you raise the frequency up through 100 Hz to 120 and 160, you feel it more in your chest and neck. Above that, you hear the frequencies more than you feel them—! But it's more important to understand that chakras map out frequency just like sound does. Bass is felt in the body, and higher frequencies are felt in the head. Incredibly the Gyoto Monks of Tibet chant at almost exactly 60hz, which is the frequency of the svadhisthana chakra (second). The fact that they understand frequency and how it affects the body and mind demonstrates the concept that toning and vibration are powerful amplifiers of thought and prayer. — Yoganonymous

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