



## Chakra Toning Practice

### 1. Root Chakra (Muladhara) - LAM

**Note: C - Hold for 10-15 seconds**

**Grounding, safety, connection to Earth.**

### 2. Sacral Chakra (Svadhithana) - VAM

**Note: D - Hold for 10-15 seconds**

**Creativity, emotions, fluidity.**

### 3. Solar Plexus Chakra (Manipura) - RAM

**Note: E - Hold for 10-15 seconds**

**Power, will, confidence.**

### 4. Heart Chakra (Anahata) - YAM

**Note: F - Hold for 10-15 seconds**

**Love, compassion, healing.**

### 5. Throat Chakra (Vishuddha) - HAM

**Note: G - Hold for 10-15 seconds**

**Communication, truth, expression.**

### 6. Third Eye Chakra (Ajna) - OM / AUM

**Note: A - Hold for 15-20 seconds**

**Insight, intuition, perception.**

### 7. Crown Chakra (Sahasrara) - AUM / OM

**Note: B - Hold for 15-20 seconds**

**Unity, consciousness, divine connection.**

## Instructions:

**Sit comfortably. Breathe deeply. Chant each sound as you focus on the corresponding chakra.**

**Allow the vibration to rise and settle, one by one, from root to crown.**