

Mantras to Invoke Elements

A companion guide for the audio meditation on all chakras



1st Energy Center

“Bhoo”: Earth Element

“Aatma Tatwa” The Spirit

Void Region

Bhoorva”: Awareness

“Antariksha” The Cosmos



2nd Energy Center

“Agni Tattwa”: Fire Element

“Swaha” The Consuming Action of the Fire element



3rd Energy Center

“Jala Tattwa”: Water Element

“Swadha”: Absorption of what is consumed

4th Energy Center

“Manaa”: The Mind



5th Energy Center

“Janaa”: Humanity / Collective Awareness

“Saamuhik Tattwa”: Element of Collectivity

6th Energy Center

“Tapasa”: Austerities

“Teja Tattwa”: Essence that Gives Brilliance

“Prakaash Tattwa”: Essence of the Light Element



7th Energy Center

“Satya” Absolute Truth

“Viraat” Universal Oneness

A comprehensive listing of chakra root mantras can be found here:

<http://www.irelandyoga.org/technique/chakras.htm>