

# Lam

## A Bīja (Seed Sound)

### The Major Chakras

Chakra	Location	Colour	Sound	Domain & Characteristics
Grand Portal	15 inches" above the crown	Shimmering Gold	LEEE	The chakra of the grand portal is located 15 inches above the crown chakra. its colour is a shimmering gold. this chakra hold the universal aspect of our being, and teaches us that all is one universal flow of energy.
God's Head / 12th Chakra	12 inches" above the crown	Magenta	LEEE	The god.s head is made up of three points, Activity, Will, and Wisdom. It is linked with the monadic plain (second cosmic ether)
Pineal / 9th Chakra	Pineal Gland	Golden	-----	It is located directly behind the eyes, attached to the third ventricle. this chakra is also known as the upper dan tien.
8th Chakra	At the base of the skull or Cerebellum	Black	"ee oh eh"	This centre enables the individual to achieve advanced out-of-body projection, etheric projection, spiritual perception, and spiritual wisdom.
Crown Chakra	Crown Of Head	Violet	AUM	Governs brain, nerves, Soul energy. Forms spiritual awareness, Divine energy
Third Eye	Center of Forehead	Indigo	OM	Pituitary, Pineal glands, spinal cord, Eyes, Ears, Sinuses. Spiritual Intuition. Knowledge of Higher Self
Throat Chakra	Center of Throat	Sky Blue	HUM	Vocal cords, Thyroid, Neck, Mouth. Communication, Voice, Awareness of own needs, Is Knowledge in motion
Thymus - 10th	Between the throat and heart area	Purple / Blue	HU L.	Spiritual lessons: Portal into the universal akashic records and it is through this chakra that we communicate with the higher powers, first source our god.

<b>Heart Chakra</b>	<b>Center of Chest</b>	<b>Green or Pink</b>	<b>YAM</b>	<b>Heart, Lungs, Diaphragm, Breasts, Circulation, Breath. Ability to give or receive. Unconditional love. Expression of Spiritual Feelings</b>
<b>Solar Plexus 3rd</b>	<b>Diaphragm</b>	<b>Yellow</b>	<b>RAM</b>	<b>Liver, Stomach, Pancreas, Kidneys, Adrenals, Digestion. Seat of will and manifestation Amount of personal power, Control</b>
<b>Soul Star - 11th chakra</b>	<b>Diaphragm</b>	<b>White</b>	<b>----</b>	<b>The study of the soul is a pursuit both demanding and satisfying. But the deeper the inquiry goes, the more mysterious the subject becomes.</b>
<b>Sacral Chakra 2nd</b>	<b>Lower Abdomen</b>	<b>Orange</b>	<b>VAM</b>	<b>Reproductive System, Bladder, Intestines. Level of Creativity, Sexual Expression, Energy of self - Affirmation.</b>
<b>Root Chakra 1st</b>	<b>Perineum</b>	<b>Red</b>	<b>LAM</b>	<b>Coccyx, Sacrum, Rectum level of groundedness, Survival Instinct. Link to the Earth, Forms Your perception of reality, Kundalini</b>

From: <http://www.wingmakers.co.nz/Chakra Mantras and Sounds.html>

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**Open chakra of Muladhar or the Base chakra by the following chakra meditation and mudra. Meditate by visualizing the chakra symbol of a four petalled red lotus at the base of your spine or the area between your genitals and anus. Thereafter, join your thumbs and index finger and intensely meditate sounding the Sanskrit word 'LAM' all this while. Remember, that the 'a' in should be pronounced as 'aaah' and the 'm' at the end should be 'mng' in a slightly vibrating mode.**

From: <http://www.atheistadam.com/39692/understanding-how-to-open-chakra/>