

Chakra Mantra

From the Siddha System

Hari Om

Nam Lam (Root Chakra)
Mam Vam (Sacral Chakra)
Sim Ram (Solar Plexus Chakra)
Vam Yam (Heart Chakra)
Yam Ham (Throat Chakra)
Shiva Om (Third Eye Chakra)

Swaha



Translations:

Hari Om

This usually means 'for the release of suffering'. Alternatively Hari means 'any form' and Om is the 'highest principle e.g. God or Source' so Hari Om can mean 'the recognition of divinity in everything' i.e. the divinising of perception.

Swaha

This can mean 'so be it'. It is often used repeatedly in havan, i.e. fire ceremonies, as we offer substances into the fire where it means 'I surrender or offer'.