

BODY CHANT: Supporting Digestion



Agni Deva

Om Agni Devaya Namaha

This mantra was set to music for someone facing liver disease. This mantra specifically brings fire (agni) to purify the liver of anger or trauma held in the physical body. Music by Kathleen Karlsen.



Lakshmi Bhaya Namaha

Om Hrim Shrim Lakshmi Bhayo Namaha

Hrim (hreem) is a combination of “ha” for prana and “ra” for fire and light with “ee” for focus and motivation. Shrim (shreem) brings positive growth and development. This is a mantra to Lakshmi (goddess of abundance). She is a deity closely associated with the solar plexus chakra.



Om Namo Bhagavate

Om Namo Bhagavate Vasudeva

This is a chant to Vishnu, a name for Krishna. Vishnu is associated with the solar plexus. This mantra is the liberation mantra, freeing us from attachments to anything other than the highest desires. Vishnu is the consort of Lakshmi. Music by Kathleen Karlsen.



Chant to the Sun

Om Bhaskaraya Vidmahe,
Om Maha Tejaya Dimahe (2x)
Om Surya Namaha, Om Surya Om (2x)
Tanno Surya Prachodayat (2x)

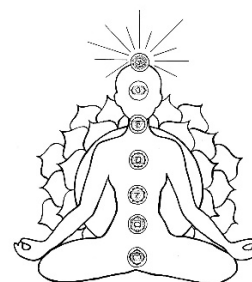
The sun is the penultimate healer and is directly associated with both the solar plexus and the third eye chakras. Music by Kathleen Karlsen.



Vedic Mantra: Solar Plexus Chakra

Om Ram Namaha Ram

Vedic mantra for the solar plexus chakra focusing on giving honor and acknowledgement through the seed syllable ram and namaha (I bow). Music by Kathleen Karlsen.



Chakra Chant: Ram

Ram

Ram is the seed syllable for the solar plexus (closely associated with the organs of digestion). This chant is a form of sacred toning for the solar plexus. Music by Kathleen Karlsen.