

# Bīja (Seed) Sounds and the Chakra Model

## Bīja Mantras and Energy Centres

Within tantric traditions, specific bīja mantras are associated with particular chakras. While mappings vary across lineages, the system used in this training was:

- **Lam** — Mūlādhāra (Root)
- **Vam** — Svādhiṣṭhāna (Sacral)
- **Ram** — Maṇipūra (Solar Plexus)
- **Yam** — Anāhata (Heart)
- **Ham** — Viśuddha (Throat)
- **Shreem (Śrīm)** — Ājñā (Third Eye)
- **Om** — Sahasrāra (Crown)

It is important to note that traditional associations can differ between texts and lineages. The mapping above reflects the framework used within this training context.

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## Phonetic and Somatic Structure

Bīja mantras typically follow a structured phonetic pattern:

Consonant + vowel + nasal resonance

For example:

- Lam
- Ram
- Ham

- Shreem

The terminal nasal element (m) sustains vibration and extends the exhale, encouraging internal resonance.

From a physiological perspective, this structure:

- Supports breath regulation
  - Produces vibratory feedback
  - Stimulates cranial and facial resonance
  - Encourages parasympathetic settling
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## Shreem (Śrīm)

Shreem is traditionally associated with qualities of luminosity, refinement and inner clarity. In some lineages, it is linked to Lakshmi and themes of abundance or radiance.

In this training, Shreem was used in relation to the Third Eye (Ājñā), supporting:

- Focused attention
- Subtle vibratory awareness
- Cranial resonance

The elongated “ee” sound naturally lifts resonance toward the upper palate and sinus cavities.

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## Om and the Crown

Om, in this framework, was associated with the Crown (Sahasrāra).

Om may be understood as:

- A vibrational whole

- A sonic symbol of totality
- A progression from open sound to silence

When used in relation to the Crown, emphasis is placed on:

- Subtlety
- Integration
- Dissolution into silence

Rather than stimulation, the intention is often completion and return.

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## **Contemporary Therapeutic Application**

In modern sound therapy settings, bīja sounds may be used as:

- Structured resonance tools
- Breath-regulation supports
- Somatic mapping frameworks

While these sounds originate in tantric cosmology, contemporary use within therapeutic contexts emphasises:

- Experiential awareness
- Vocal mechanics
- Nervous system regulation

Facilitators should clearly differentiate between traditional devotional practice and modern clinical adaptation.