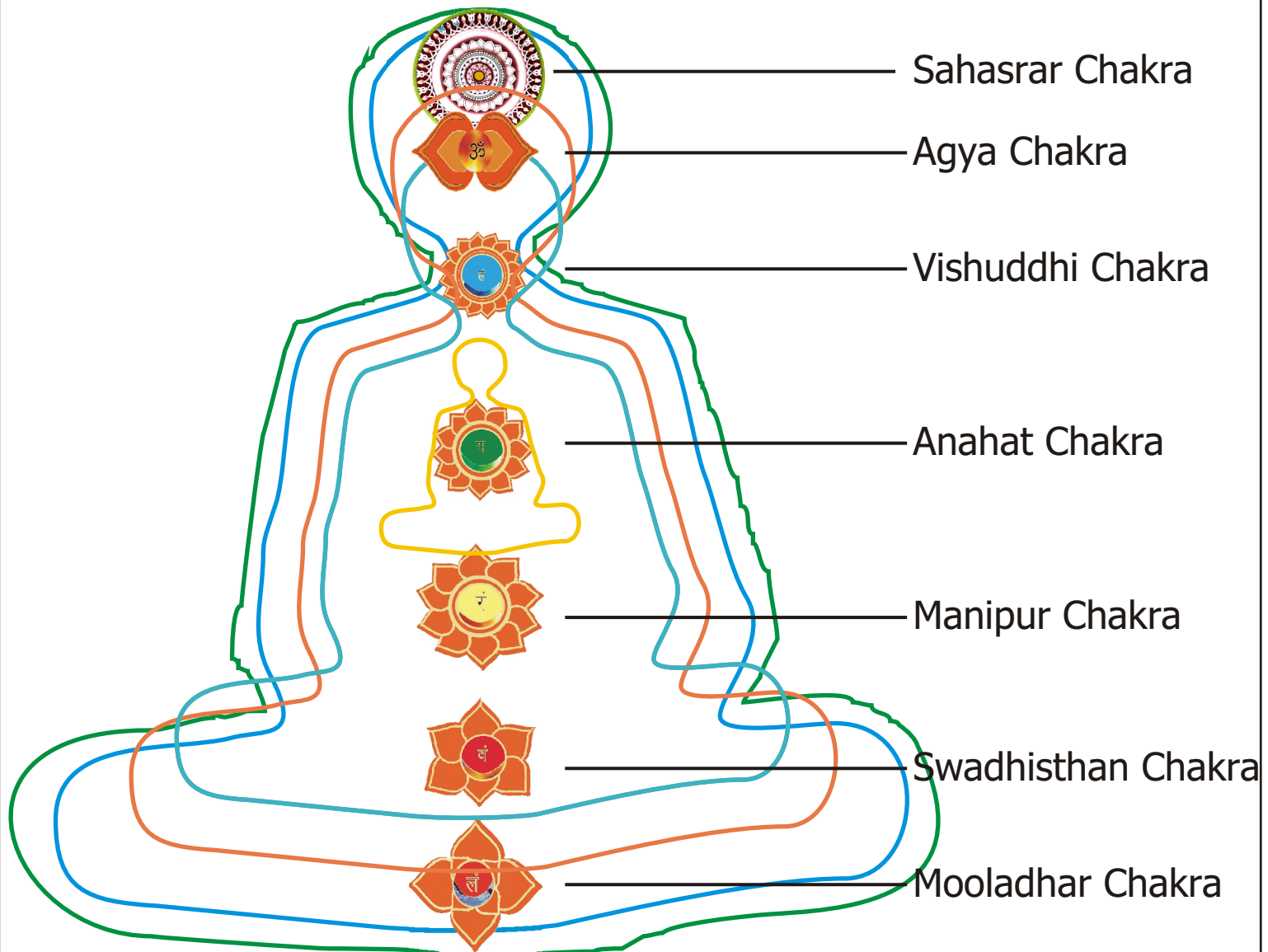


# Kundalini Chakra und Bij Mantra



Chakra	Bij Mantra	Element	Tanmatra
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Sahasrar	Om Namami	Alle	Alle
Agya	Om	Alle	Alle
Vishuddhi	Han	Ether	Shabda
Anahat	Yan	Luft	Sparsha
Manipur	Ran	Feur	Roopa
Swadhisthan	Van	Wasser	Ras
Mooladhar	Lan	Erde	Gandha