



# The Golden Pathway

The path that leads to personal and planetary transformation

[www.thegoldenpathway.org](http://www.thegoldenpathway.org)

## Bija Seed Syllables/Sounds

Seed, or bija, mantras are single syllable mantras from the Sanskrit language. There are eight primordial shakti seed syllables, including OM. Shakti bija mantras are probably the most important of all mantras, whether for meditation, worship of deities, energizing prana or for healing purposes. They carry the great forces of nature such as the energies of the sun and moon, fire and water, electricity and magnetism, not simply as outer factors but as inner potentials of divine light. They project various aspects of force and radiance for body, mind and consciousness. They hold, resonate, and propel the Kundalini force in specific and transformative ways. Below is a simple table of the main energies (Shaktis) of the Shakti mantras.”

SEED SYLLABLES	ENERGY
OM	PRANIC
AIM	SOUND
HRIM	SOLAR
SHRIM	LUNAR
KRIM	ELECTRIC
KLIM	MAGNETIC
HUM	POWER OF FIRE
TRIM	POWER TO TRANSCEND

In the yogic tradition, a mantra is a powerful tool to focus and quiet the mind. Try breathing deeply and repeating the sound OM while holding your awareness at the crown of your head, or the third eye point at the brow. Or repeat OM or a mantra that incorporates OM.



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## Feminine Deities

In Hinduism, the feminine aspect of God is called Devi, the Goddess. She is the feminine counterpart of Brahman (the Eternal, Absolute) when Brahman takes on form. Devi is the power (“Shakti”) underlying reality. She, the Divine Mother, is the dynamic aspect of God. It is through her power that God creates, preserves and destroys the world. The Shakti is that point of the feminine principle within us that releases the potential of God from Spirit to Matter. All the Hindu goddesses are various manifestations of Devi’s actions on behalf of the world. Jagannata, the Mother of the Universe, is one of the titles of Devi.

The best-loved goddesses are the Shaktis, or consorts, of the Hindu Trinity Brahma, Vishnu and Shiva.

Durga, one of—Shiva’s consorts, is called the Goddess Beyond Reach or the Unfathomable One. Terrible and menacing to her enemies, she is known as the destroyer of demons and is a fierce defender of God’s children. She rides a tiger, the symbol of man’s arrogance or ego.

The Divine Mother in her manifestation as Lakshmi is the consort of Vishnu. Lakshmi is known as the Goddess of Fortune and Beauty. She is associated with immortality and the essence of life. In her hand she holds a lotus, symbol of beauty, purity and spiritual power.

Sarasvati, the Shakti of Brahma, is the Goddess of the Word and of Learning and is the patroness of the arts and music. She represents eloquence and articulates the wisdom of the Law. Sarasvati is associated with speech, poetry, music and culture. She is most often depicted holding an Indian lute (*vina*).

FEMININE DEITY	NAME/SEED SOUND
SARASVATI	AIM
LAKSMI	SRIM
KALI	KRIM
DURGA	DUM

### BIJA MANTRAS TO THE FEMININE DEITIES

1. SARASVATI: AIM  
OM AIM SARASVATYE NAMAHA\*
2. LAKSMI: SRIM  
OM SRIM LAKSMYE NAMAHA
3. KALI: KRIM  
OM KRIM KALIKAYE NAMAHA
4. DURGA: DUM  
OM DUM DURGAYE NAMAHA
5. AIM HRIM KLIM CHAMUNDAYE VICHE



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CHAKRA	NAME/SEED SOUND
BASE-OF-THE-SPINE MULADHARA	AIM
SEAT-OF-THE-SOUL SVADHISHTHANA	VAM
SOLAR-PLEXUS MANIPURA	RAM
HEART ANAHATA	YAM
THROAT VISHUDDHA	HAM
THIRD-EYE AJNA	OM
CROWN SAHASRARA	AUM

## BIJA MANTRAS FOR CHAKRA MEDITATION For Purification, Protection, and Light of the Divine Mother

<b>Purification</b> Balance	<b>Protection</b> Perfection	<b>Light</b> Expansion
Crown/Sahasrara Soundless Sound <b>AUM</b>	<b>OM AIM HRIM SHRIM KLIM SOU HU OM</b>	<b>AUM</b>
Third Eye/Ajna <b>OM NAMAHA*</b>	<b>OM KRIM NAMAHA</b>	<b>SHRIM</b>
Throat/Vishuddha <b>OM HAM NAMAHA</b>	<b>OM SOU HU NAMAHA</b>	<b>SOU HU</b>
Heart/Anahata <b>OM YAM NAMAHA</b>	<b>OM AIM HRIM KLIM CHAMUNDAYE VICHE</b>	<b>KLIM</b>
Solar Plexus/Manipura <b>OM RAM NAMAHA</b>	<b>OM SHRIM NAMAHA</b>	<b>HRIM</b>
Seat-of-the-Soul/Svadhishthana <b>OM VAM NAMAHA</b>	<b>OM HRIM NAMAHA</b>	<b>GLOUM</b>
Base-of-the-Spine/Muladhara <b>OM AIM NAMAHA</b>	<b>OM AIM NAMAHA</b>	<b>AIM</b>

\**Namaha*, an expression of devotion and reverence, meaning “hail,” “homage to,” “I bow to,” “I surrender to.”

†From left to right, give each column of mantras from bottom (the Base-of-the-Spine) to top (the Crown).

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