

Bhūta Bīja Mantra

These particular Bija Ākṣara represent
the five elements or Pañca Bhūta
and our Essence or Ātma.

laṃ pṛthivya₁ namāḥ |

vaṃ jalāya₁ namāḥ |

raṃ - agnaye₁ namāḥ |

yaṃ vāyave₁ namāḥ |

haṃ - ākāśāya₁ namāḥ |

aṃ - ātmāya₁ namāḥ ||

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