

## The Seven Sounds of Love

<b>Sa Re Ga</b>	Interpersonal	Dependent
<b>Ga Ma Pa</b>	Personal	Independent
<b>Pa Dha Ni</b>	Transpersonal	Interdependent

Instinctual  
Intuitive  
Insightful



**SA**      **Crown of Head – Universal Love**  
*Reaching for your highest ideal\**



**NI**      **Back of Head – Mystical Love**  
*Pointing toward heaven\**



**DHA**      **Third Eye – Compassionate Love**  
*Sword/Diamond mudra\**



**PA**      **Throat – Inclusive Love**  
*Brightening the world\**



**MA**      **Heart – Intuitive Love**  
*Offering flowers/devoting yourself to others\**



**GA**      **Solar Plexus – Instinctual Love**  
*Gathering energy\**



**RE**      **Pelvis – Conditional Love**  
*Spreading light\**



**SA**      **Source – Unconditional Love**  
*Standing in emptiness\**

