

The Seven Sounds of Love

Sa Re Ga	Personal	Dependent	Instinctual
Ga Ma Pa	Interpersonal	Interdependent	Intuitive
Pa Dha Ni	Transpersonal	Transcendent	Insightful



SÅ **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/Awakening devotion**



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



RE **Pelvis – Creative/Sexual Love**
*Spreading light**



SA **Source – Unconditional Love**
*Returning to Source**

