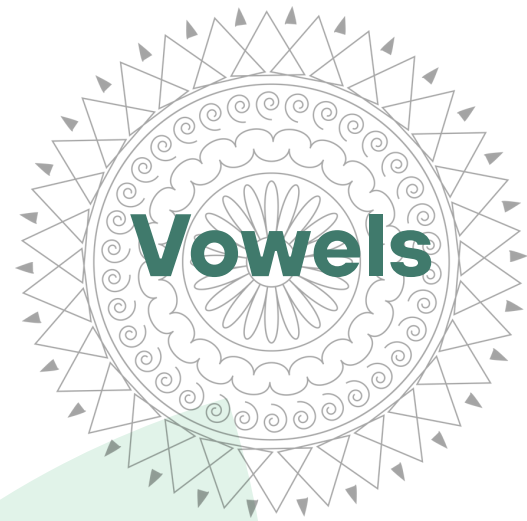


Vocal Chakra Toning



Aum

Aum

Om

"Ih" (ee)

Ham

"Eh"

Yam

"Ah"

Ram

"Oh"

Vam

"Ouh"

Lam

"Uh"