

Negative Quality	Bīja Mantra	Saṃskṛt
Confusion	bhrām	भ्रां
Anger	kraum	क्रौ
Blindness	aṇḍa	अण्ड
Lust	kām	कां
Darkness	aṃ	अं
Death	mṃ	मं
Pain	duḥ	दुः
Greed	lobha	लोभ
Sorrow	duḥ	दुः
Untruth	asat	असत्
Laziness	taṃ	तं
Hatred	grīṃ	ग्रिं
Ignorance	moha	मोह
Haughtiness	udagra	उदग्र
Restlessness	caṃ	चं
Rigidity	dhṛṃ	धूं
Ego	aḥaṃ	अहं
Frustration	hāṃ	हां

Negative Quality	Bīja Mantra	Samskṛt
Tamas	taṃ	तं
Hunger	kṣuṃ	क्षुं
Scattered	paṃ	पं
Injury	hiṃ	हिं
Doubt	niścik	निश्चिक्
Temper	ugra	उग्र
Sadness	duḥ	दुः
Sickness	roga	रोग
Memories	bāṃ	बां
My will	ahaṃ	अहं
Temptation	durdhara	दुर्धर
Foul Mouth	durmukha	दुर्मुख
Attachment	mamatā	ममता
Grossness	sthūla	स्थूल
Anxiety	taṃ	तं
Vacillating	asiloma	असिलोम
Meanness	muṇḍa	मुण्ड
Hypocrisy	biṃ	बिं

Positive Quality	Bīja Mantra	Saṃskṛt
Peace	śāṃ	शां
Dharma	dhāṃ	धं
Forgiveness	kṣāṃ	क्षां
Abundance	pūṃ	पूं
Light	jūṃ	जूं
Immortality	āṃ	आं
Pleasure	suṃ	सुं
Generosity	daṃ	दं
Comfort	suṃ	सुं
Hope	aṃ	अं
Energy	śāṃ	शां
Love	prema	प्रेम
Wisdom	jñāṃ	ज्ञां
Tranquility	śaṃ	शं
Purity	phaṭ	फट्
Focused	cit	चित्
Humility	laṃ	लं
Surrender	tyāg	त्याग

Positive Quality	Bīja Mantra	Saṃskṛt
Devotion	bhaṃ	भं
Fullness	pūṃ	पूं
Patience	kṣāṃ	क्षां
Pardon	kṣāṃ̐	क्षाँ
Faith	śraṃ	श्रं
Strength	bala	बल
Joy	āṃ	आं
Health	svāsthya	स्वास्थ्य
Nourishment	pūṃ	पुं
Thy will	tyāga	त्याग
Harmony	mela	मेल
Respect	śrīṃ̐	श्रीं
Freedom	muṃ	मुं
Subtlety	raṃ	रं
Caring	daṃ	दं
Stable	dhṛṃ̐	धूं
Tenderness	daṃ	दं
Compassion	daṃ̐	दँ
Truth	sat	सत्