

Throat Chakra 3rd Gate

Tone: G

Frequency: 384 Hz.

Zodiac: Scorpio

Color: Blue/Green

Chakra: Throat - Vishuddhi

Vowel: EYE (as in “my”)

Bija: Ham

Element: Ether

Physical Correlates: Regulation of thyroid, Hearing ability, Mineral depletion, Magnesium (24.31 Hz) Zinc, Bones Teeth, Neurotransmitters, Back pain, Headaches/migraines, Depression, Mental disorders, Seizures, Utilization of B vitamins, Relationship to Ether and the Vital Body

Emotional Correlates: Depression, Communication Skills, Secrecy/Trust Issues, Creativity Blockage, Addiction, Not speaking truth, Lies, Submission/Rebellion

Shabd Sound: Crickets

Energy: Communication, Creation

Mantra: Om Mani Padme Hum “Praise to the Jewel in the Lotus.”

Tibetan mantra honors the 3 Jewels in the Lotus of awakening. The radiating pure light of compassion, perfected form and mind.

