

Heart Chakra 4th Gate

Tone: F / F#

Frequency: 341. 3 Hz.

Zodiac: Virgo F / Libra F#

Color: Blue/Green

Chakra: Heart - Anahata

Vowel: AH (as in “ma”)

Bija: Yam

Element: Air

Physical Correlates: Kidneys, Bladder, Lungs, Water retention, Thymus gland, Heart issues, Immune system, Filtering systems, Blood pressure, Insomnia, Environmental toxins, Lack of breath, Sodium (22.99)

Emotional Blocks Correlates: Procrastination, Lack of discernment, Numbness, Inability to feel, Wounded inner child, Neediness, Bitterness, Jealousy, Ability to say ‘no’, Lack of responsiveness, Trust issues due to betrayal, Can't let go, Need to do for or help others, Never satisfied, Loneliness, Disconnected from Self

Shabd Sound: Wind

Energy: Self-love, Compassion, Sweetness, Altruism, Unconditional love, Peace, Empathy, Balance, True Forgiveness, Connection to True Self, Bridge Between Earthly Matters and Higher Aspirations, Sense of Oneness, Sovereignty

Mantra: **Om Tare Tuttare Ture Soha** Tibetan mantra of the Green Tara, Great Mother of Buddhas. She has 21 aspects; her green aspect is healing and compassion.

