

# Solar Plexus 5th Gate

**Tone:** E

**Frequency:** 320 Hz.

**Zodiac:** Leo

**Color:** Yellow

**Chakra:** Solar Plexus

**Vowel:** OH (as in "go")

**Bija:** Ram

**Element:** Fire

**Physical Correlates:** Diaphragm, Oxygenation, Lungs, Respiration, Asthma, Allergies, Emphysema, Bronchitis, Pancreas, Stomach, Liver, Quality of Blood, Cholesterol Level, Lymph glands, Intestines, Appendix, Heart, Birth Trauma,

**Emotional Blocks Correlates:** Self-sabotage, Anger, Irritation, Hatred, Envy, Greed, Domination, Violence, Cruelty, Worry, Anxiety, Competitiveness, Selfishness, Needs to be needed, Self expression issues, Over working/Under working, Control issues, Lethargy, Lack of Motivation,

**Shabd Sound:** Roaring Fire

**Energy:** Power, Self Mastery, Right Action, Fairness, Self-motivated, Sense of Purpose, Confident, Sense of Self Worth, Knowing What is Right for One's self, Sense of Honor and Respect for One's Self and Other, Trust.

**Mantra:** *Om Ah Ra Pa Tsa Na Dhi* Wisdom Buddha mantra of Lord Manjushri. Through the power of truth, make clear that which is necessary and that which is to be rejected, creating a clear mind.

