

## Sacral Chakra 6th Gate

**Tone:** D

**Frequency:** 288 Hz

**Zodiac:** Gemini

**Color:** Orange

**Chakra:** Sacral – Svadisthana

**Vowel:** OOO (as in “you”)

**Bija:** Vam

**Element:** Water

**Physical Correlates:** Digestion, Liver, Gallbladder, Pancreas, Blood Sugar, Spleen, Kidney, Stomach, Lower Back,

Infertility, Impotence, Menstrual Issues, Memory Loss, Confusion, MS

**Emotional Blocks Correlates:** Low self esteem, Lethargy, Complaining, Fear of Intimacy, Guilt, Blame, Shame, Control Issues, Compulsive Behaviors, Addictions, Sexual Dysfunction, Emotional Instability, Dissociation, Self-Sabotage, Money Issues, Lack of Creativity/Passion, Inability to Manifest/Attract.

**Shabd Sound:** Water

**Energy:** Life Force Energy, Creativity in all Dimensions, Healthy Sexuality, Passion, Discovery, Curiosity, Equanimity, Ability to Provide for One’s Self, Sense of Abundance, Fulfilment, Enthusiasm, Acceptance, Innate Sense of Self Worth, Contentment.

**Mantra:** Gate Gate Para Gate Para Sam Gate Bodhi Svaha Buddhist

Heart Sutra: Gone, gone, gone beyond the beyond, to the perfect heart of wisdom.

