

THROAT

Vishuddha

CHAKRA



What is a Chakra?

- In sanskrit means “wheel” or “disk”
- Spiritual energy center
- Seven along the spine
- If they are open, closed, or balanced, they can affect the physical, emotional, and spiritual body



Vishuddha – 5th Chakra

- Located at the throat, base of neck, between collarbones and shoulders.
- Related to sound and communication.
- Symbol is a a Lotus Flower with 16 petals



Opening and balancing

Opening this chakra requires awareness of the way we express ourselves.

- Communicate clearly
- Know when to listen
- Practice saying what you want to say before a stressful situation
- Honor and speak your truth

Peace activates this chakra.



Effect of imbalances

The throat chakra is connected to:

- Throat
- Neck
- Thyroid & Parathyroid
- Ears
- Windpipe
- Upper Lungs

A blockage of this chakra can lead to:

- Worrying about what others think
- Self-censorship
- Fear of speaking
- Neck stiffness
- Teeth grinding



Crystals & Aromatherapy

Crystals

- Turquoise
- Aquamarine
- Laps Lazuli

Aromatherapy

- Lavender
- Peppermint
- Chamomile
- Frankincense



Healing foods

- Anything
BLUE!



Journaling + Painting

- Do I communicate my truth and express my creativity?
- How can I express myself more honestly and openly?
- Am I being truthful to myself, my thoughts, my opinions, my ideas?
- How do I define healthy communication?
- Am I a mindful listener?
- Do I have a tendency to embellish, distort or exaggerate facts?
- Could I spend a whole day in silence?
- I express myself authentically when...



Mantra - “HAM”

Envision the color blue glowing at your throat.

“I deserve to be heard. I communicate clearly, effectively, and with ease. I speak my truth.”

Repeat “HAM” seven times.

