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 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
<table>
<thead>
<tr>
<th>Crystals</th>
<th>Aromatherapy</th>
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<tbody>
<tr>
<td>Turquoise</td>
<td>Lavender</td>
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<tr>
<td>Aquamarine</td>
<td>Peppermint</td>
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<td>Laps Lazuli</td>
<td>Chamomile</td>
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<td>Frankincense</td>
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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.