



THROAT CHAKRA

The Throat Chakra is said to be the first of the spiritual chakras, as the center of our self-expression. To be open and aligned with your 5th chakra is to speak, listen and express yourself from a higher form source communication.

What is your truth? What sets you apart from everyone else? What is your authentic life? What is your expressional form of authenticity?

WHO ARE YOU?

The Throat chakra governs our ability to communicate! It is our voice, our ability to listen, to understand body language, unspoken communication, the art of expression through the intuitive arts. Through this energy center we begin to connect to our highest good. We expand beyond the sufferings of the human created holds and we begin to tune back to our natural being. We are the co-creators of our earthly existence. We hold a universal connection to energy and the space between the seen objectives. Our communication center delivers our desires to life. We are unable to receive what we do not ask for. As we develop our etheric energy we begin to draw into attractions. What is it that you are attracting? Are you attracting fear because you are afraid? Are you attracting an unwanted circumstance by worrying about your self or others?

Do you speak your whole truth to your self? When we resist the entire truth it weakens our auric energy. There are times our truth may hinder others and that is where you have the chance to step into your beautiful unconditional compassion and listen actively and fully. Hearing the whole truth through the unspoken language. When we truly listen to what others are saying, we are able to give truth with peacefulness and grace, giving the gift of growth for others and our selves. Speak words of impeccable wisdom of kindness and grace. Hold space with respect and gratitude for your self to grow and for others to connect. Meet those around you exactly where they are, not where your unsolicited expectations of them are. Through this practice you will offer the greatest power of manifestation to unfold. Manifest what you want to feel within your self, that energy will be shared for all those that are in your presence. The change in the world begins with you.





POSITIVE AFFIRMATIONS

I SPEAK .

I SPEAK.

I AM OPEN, HONEST, CLEAR COMMUNICATION.

I HAVE A RIGHT TO SPEAK MY TRUTH.

I SPEAK MY TRUTH WITH PEACEFULNESS.

I COMMUNICATE MY FEELINGS WITH EASE.

I EXPRESS MY CREATIVITY THROUGH SPEECH AND ART.

I HAVE A STRONG WILL AND IT ALWAYS HELPS ME TO RESOLVE MY CHALLENGES.

I HAVE INTEGRITY.

I LOVE TO SHARE MY EXPERIENCES AND WISDOM WITHOUT FORCE OR CONTROL.

I KNOW HOW TO ACTIVELY LISTEN .

I LISTEN FULLY.

I EXPRESS MY GRATITUDE TOWARD LIFE.

I LISTEN TO MY BODY AND MY FEELINGS TO KNOW WHAT MY TRUTH IS

I AM PEACE

VISHUDA

“Communication is a creative process, the more skilled we are at this art, the more creative the process becomes. While creativity is often associated with the 2nd chakra (where we create life), creativity is also a form of expression, where it resonates deeply with the fifth chakra.

Creativity is characterized by the ability to perceive the world in new ways to find hidden patterns, to make connections between seemingly unrelated phenomena, and to generate solutions.

The process of creation is a process of inner discovery. We become channels for spiritual information, learning a language more universal than human tongues. Creativity releases our inner power in the way.”



VISHUDA

Sanskrit Word – *Vissuddha*- Vishuddha (means purification)

Seed sound: Ham

Purpose – Communication + Creativity

Color – Blue

Keynote: G-

Yoga work with: MANTRA YOGA- Sacred sound:

Chanting/ mantra Man- means Mind, tra- means to protect or purify, tool for protection, for cleansing and clearing, traps non productives thoughts of action and eradicates them, awaken mind from habitual sleep or ignorance, affirmation

Mantra is the co-creator to manifest what you want to FEEL

Speak and be heard

Goddess of Knowledge Saraswati

Location – Throat

Identity – Creative

Orientation – Self-expression

Demon – Lies

Element – Sound Ether and space

Sense – Hearing

Chief Operating Quality – Resonance

Glands – Thyroid + Parathyroid

Symbol – Lotus with 16 petals

Animals – Elephant, bull, and lion

Celestial Planet –

Celestial: Mercury- planet of communication- Mercury is the ruler of the 5th chakra, and is also known as the messenger planet; it speaks in terms of logic and reasoning. Mercury represents how we think and how we communicate our thoughts and emotions – so it's no surprise that Mercury rules professions dealing with writing, teaching, speaking, books and publications!

Operating quality: resonance, being able to resonate with speech and communication

Corresponding Mantra – I Speak

Yoga Path – Mantra Yoga

Archangel – Michael

7-12 developmental stage, live in the throat chakra 22-42

Developmental task:

Talking, creative expression

Learning how to have creative communication, symbolic thinking, opportunistic

VISHUDA

BALANCED 5TH CHAKRA

CHARACTERISTICS –

Balanced: Receive to Perceive

- Clear, loving communication with the self, transparency
- good listener
- live creatively
- speak with clarity and confidence
- people can confide in you
- good sense of timing and rhythm
- good sense of direction
- being able to express freely and comfortably comfortable and conscious in your body language,
- speaking softly and gently through verbal communication,
- active listening,
- being able to resonate with people

DEFICIENT 5TH CHAKRA –

- Fear of speaking,
- fear of public speaking
- small/ quiet voice
- having trouble putting feeling into words
- hard time expressing yourself
- introverted tendencies
- Suppression of feelings
- lack of awareness of emotions
- understanding that emotions and feelings are experiences that you do not have to identify with
- fear of expression
- fear of offending others
- shyness and insecurity
- tone deafness
- lack of rhythm
- poor sense of timing
- Kyanite, azurite, blue topaz
- Lavender

EXCESSIVE 5TH CHAKRA –

Overactive:

- Rage,
- voice control,
- excessive talking
- talking as a defense
- sarcastic communication
- belittling communication
- auditory comprehension
- Drama
- Stuttering
- inability to listen
- me too syndrome
- talking over others
- gossiping, talking about others
- inner/ outer judgment
- loud or dominating voices, tendencies to interrupt,
- lack of awareness of words
- Turquoise, sapphire, aquamarine
- Oregano
- Understand your triggers

