

# The Sound Within Us

Awaken the sound within to restore harmony and balance in your life

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## THROAT CHAKRA

The throat chakra is located at the base of the neck. It is connected to the color blue and is responsible for regulating the energy associated with authenticity, creativity, and understanding. It is the energy center within our bodies related to communication, inspiration, truth, and self-expression. The gift of this chakra is accepting your originality, expressing your authentic voice, and speaking your truth. The energy of this chakra allows you to seek knowledge that is true, beyond limitations of time and space, beyond cultural and family conditioning. The main challenge for this chakra is doubt and negative thinking. When you gain and verify your knowledge through meditation and direct experience, then doubt and negativity are removed. When this chakra is constricted or blocked, it is often a sign that you are repressing some aspect of yourself; dimming your light, holding back, biting your tongue, walking on eggshells, or withholding permission to fully flow with your most authentic self. The throat chakra gives us the power to stand up for what we believe in, say "no" when necessary, and being open and honest in what you say. When this energy is flowing freely, it means you have given yourself permission to fully accept all aspects of yourself, embracing all your light and your darkness, your magnificence and your imperfections, your strengths, and your weaknesses.

### Throat Chakra Affirmations

*I speak my truth from my heart.*

*I listen with compassion.*

*I communicate clearly.*

*I express gratitude towards life.*

*I hear the wisdom of my heart.*

*I speak from my highest truth.*

*I am authentic.*

*My voice is unique.*

*I acknowledge the power of my words.*

*I am inspired.*

*I listen to others without judgement.*

*My voice is strong and clear.*

