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The Throat Chakra

WOUNDED TO WELL: HEALING THROUGH THE CHAKRAS™

Be Impeccable With Your Word

Speak with integrity. Say only what you mean.

Avoid using the word to speak against yourself or to gossip about others.

Use the power of your word in the direction of truth and love. - Don Miguel Ruiz

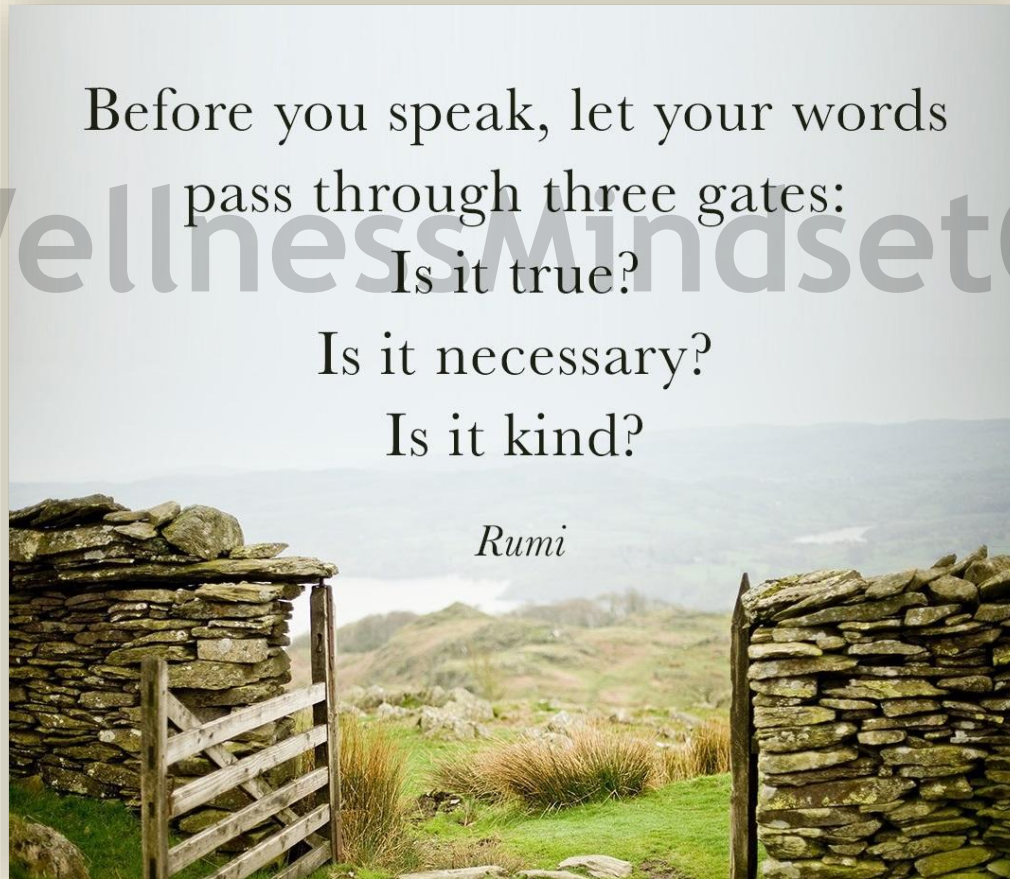
Before you speak, let your words
pass through three gates:

Is it true?

Is it necessary?

Is it kind?

Rumi



The Throat Chakra

Viśuddha



Communication, Truth and
Self-Expression

SANSKRIT: Viśuddha - “*the purifier*”

LOCATION: at the base of the throat

COLOR: blue (*blue turquoise or aquamarine blue*) - depth, trust, loyalty, sincerity, wisdom, confidence, stability, faith, heaven, and intelligence

THE 5th ELEMENT: Ether (**Akasha** in Sanskrit) - “*space*”

REPRESENTATION: a sixteen-petalled lotus flower containing a white circle representing the element of ether

MANTRA SEED SYLLABLE: HAM

SENSORY: hearing

PHYSICAL ASSOCIATION: neck, shoulders, jaw, esophagus, vocal cords, trachea region up to the ears, thyroid, and parathyroid

PSYCHOLOGICAL ASSOCIATION: listening, authenticity, purity, truthfulness, alignment, clarity, influence, idealism, receptivity, peace

SPIRITUAL FUNCTION: a pure channel for our soul so that we can speak unfiltered and find our authentic expression

CHALLENGE: fear of rejection, criticism, indifference, and injustice

Physical Signs

- ear, nose and throat infections
- premature hearing loss
- hypo or hyperthyroidism
- voice cracks or sounds thin
- vocal cord problems
- swollen lymph nodes in the neck
- stiffness in neck
- chronic throat illnesses
- coughs
- large amounts of phlegm
- tension in the jaws
- difficulty swallowing
- mouth ulcers
- issues with mouth, tongue, gums



Psychological Signs

- difficulty expressing emotions in a healthy way
- struggle to verbalize your thoughts
- feel nervous when trying to share your opinions or... struggle with miscommunication in relationships
- feel ignored or misunderstood by others
- keep a lot of secrets from others
- feel anxious in conversations
- shy around others
- find it hard to be your authentic self
- tend to be over-opinionated or... struggle to have a voice of your own
- you feel almost paralyzed when doing public speaking
- difficulty being honest with yourself and others
- your actions go against your words



Understanding Imbalances



BLOCKED

- shy, timid, withdrawn, terrified of public speaking, whiney, monotone - no inflection in speech, sneaky, manipulative, often tone deaf, limited vocabulary, loud noises are upsetting

OVERACTIVE

- a “know it all” attitude, arrogance, self-righteousness, bossy, sexually dominant, long winded or a lot of words and no content, have to have the last word, void of inspiration or any artistic output, gossipy, very poor listener, often interrupting, and raising the voice to be forcefully heard

BALANCED

- experience more clarity, trust, joy, and freedom being able to communicate with confidence
- feel self-confident in the ability to express thoughts and feelings clearly
- being open, honest and unafraid to share how you truly feel
- trusting the voice of your soul

Activities

CONNECT WITH THE ELEMENT ETHER

Ask yourself questions: What does it mean to “speak my truth”? How am I connected to something bigger? How am I connected to the Divine?

YOGA

Focus on throat opening poses:

- Plow Pose (Halasana)
- Bridge Pose (Setu Bandha Sarvangasana)
- Lion Pose (Simhasana)
- Bow Pose (Dhanurasana)

MEDITATION

Focus on the radiant blue glow emanating from the Throat Chakra area

MOVE UP

Move away from the physical and up towards meditation, mantra and chanting

SPECIAL FOCUS

- Practice silence and prayer
- Journaling your thoughts



Nutrition

HERBS

Marshmallow Root, Slippery Elm, Wild Cherry Bark, Rosemary, Thyme, Sage, Peppermint, Elderberry, Clove, Cinnamon, Echinacea

FOODS

Blueberries, Blackberries, Figs, Currents, Grapes, Plums, Elderberries, Raisins, Black Olives, Purple/Red Cabbage, Lemons, Honey

Blue, purple and red foods have antioxidants that help our immune systems among a long list of other attributes

GRAINS

Barley, Wheatgrass

SEAWEED

For the thyroid - sea vegetables contain iodine which is crucial for proper thyroid function

HYDRATE

Drink lots of water and **Herbal Tea!**



Essential Oils

SOOTHING - CALMING - CLEARING SCENTS

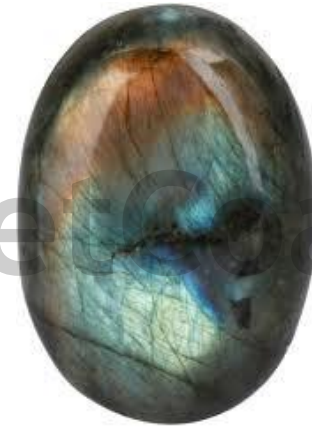
- Rosemary
- Thyme
- Cedarwood
- Lavender
- Geranium
- Coriander
- German Chamomile
- Grapefruit



Stones

HEALING STONES AND CRYSTALS

- Blue Kyanite
- Turquoise
- Larimar
- Tanzanite
- Azurite
- Aquamarine
- Lapis Lazuli
- Labradorite



Affirmations

AFFIRMATIONS FOR THE UNCONSCIOUS MIND

Purity: In speech, actions, interactions, and self-expression

Repeat positive statements to yourself multiple times a day to reprogram thought patterns

- I speak the truth.
- I speak my truth.
- My voice is clear.
- My voice is strong.
- I express my soul.
- I speak with love.
- My word can be relied upon.
- I hear all the sounds of the universe.
- I listen to guidance from the unseen.



Mind Work

EXPLORE ROOT CAUSES

- difficulty expressing emotions in a healthy way
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Growth and Development

THE CHAKRAS ALIGN TO LIFE STAGES

ROOT CHAKRA - Mūlādhāra

Survival, fight or flight, self-preservation, safety, basic needs, physicality, aspects of self, family values

Ages 1-7

SACRAL CHAKRA - Svādhiṣṭhāna

Joy, creativity, sexuality, emotional balance, relationships, fluidity, freedom - sexual, emotional, creative

Ages 7-14

SOLAR PLEXUS CHAKRA - Maṇipūra

Expression of will, intellectual abilities, forming opinions and beliefs, making decisions, setting course of direction, clarity, personal identity, confidence, self-discipline, will, personal power

Ages 14-21

HEART CHAKRA - Anāhata

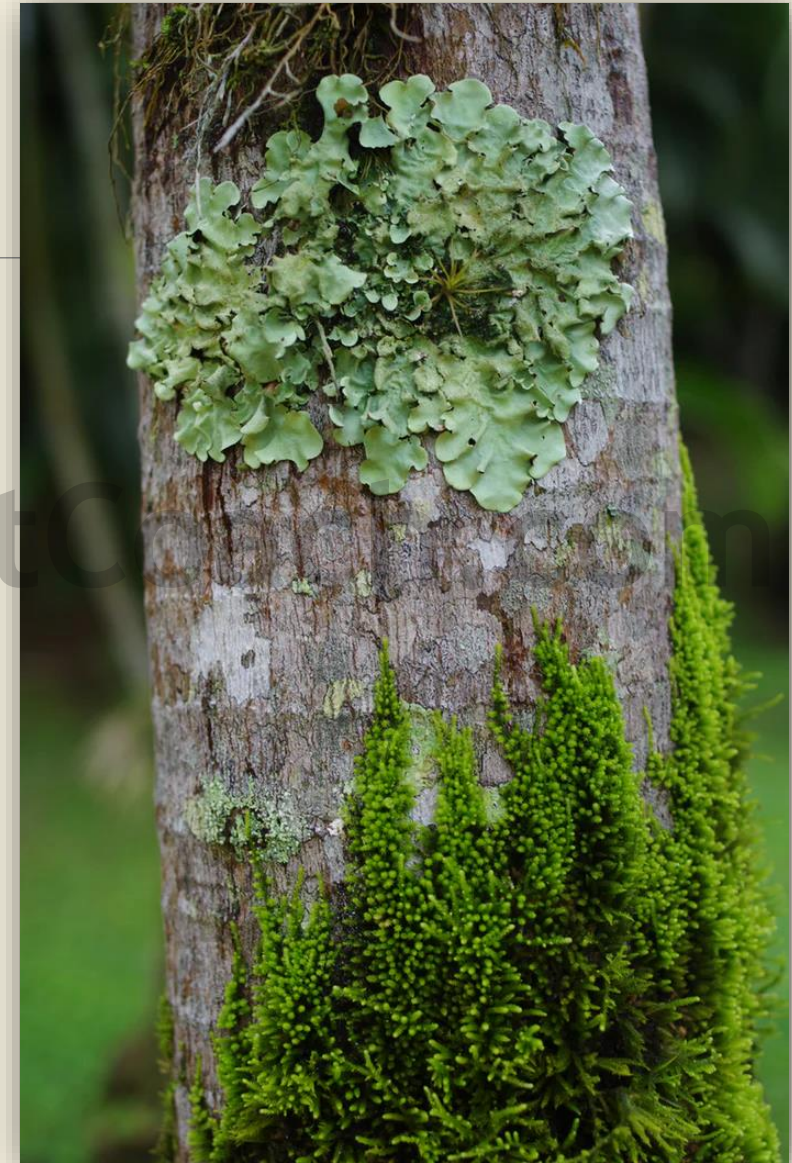
Love, generosity, dedication, empathy, compassion, trust, acceptance, forgiveness

Ages 21-28

THROAT CHAKRA - Viśuddha

Listening, authenticity, purity, truthfulness, alignment, clarity, influence, idealism, receptivity, peace

Ages 28-35



Gateway to Spirit Listening *from* the Soul

PROCESS EMOTIONAL WOUNDEDNESS

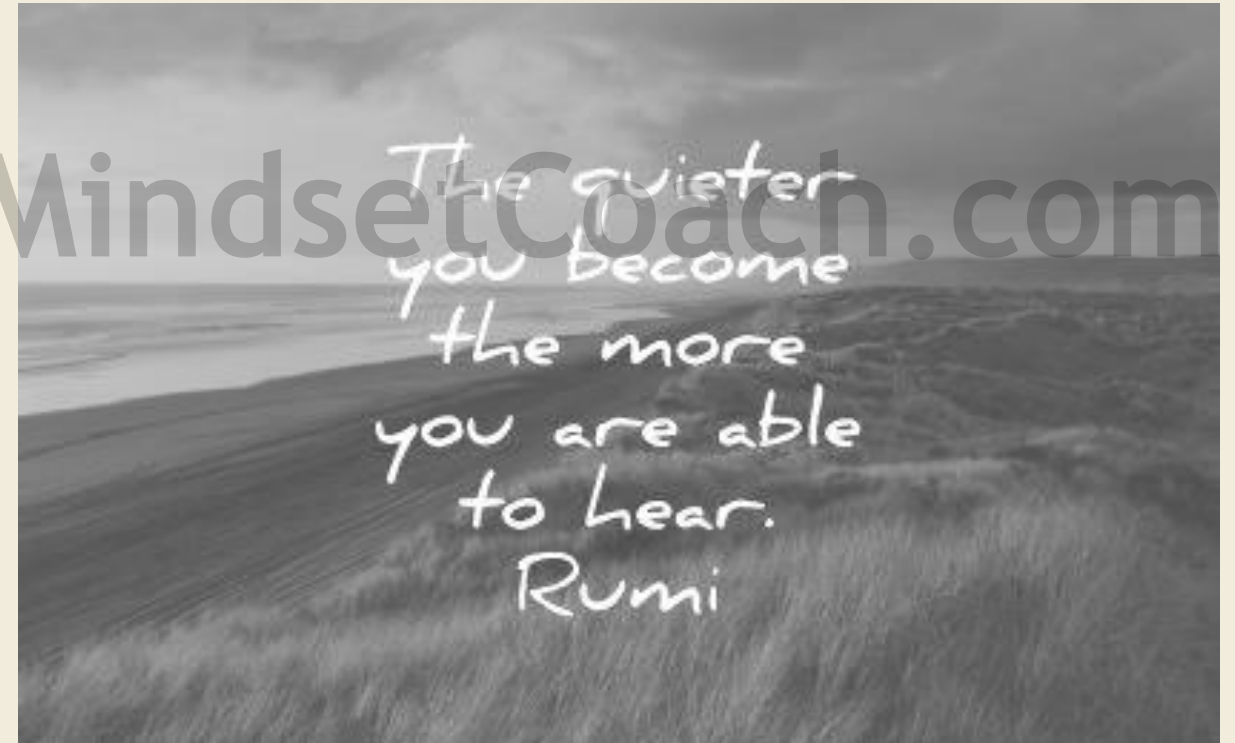
- Unhealthy learned behaviors
- Trauma
- Family of origin issues
- Connection to Self



A Spiritual Connection

OPENING TO YOUR OWN SPIRITUAL NATURE

- The healing of the Throat Chakra is similar to opening up to one's deepest spiritual nature
- Allow yourself to feel and connect to the power within you and to the creative force



Healing the Throat Chakra

BUILDING ON A STRONG BASE

Begin to heal the Throat Chakra energy to clear the path for the healing of the next one in the chakra system



Kundalini is the great power that creates and sustains the universe



The movement of Kundalini brings a state of bliss that is momentarily experienced and a prolonged, life-changing spiritual experience

Kundalini

KUNDALINI is depicted as a snake or as the Hindu goddess *Shakti*, who lies dormant, slumbering at the root chakra

Shakti ascends ecstatically through the chakras to couple with the Hindu god *Shiva* and eventually, upon reaching the crown chakra, brings enlightenment

HOW TO ACTIVATE KUNDALINI

YOGA

Shakti • Kundalini • Tantric

KEY

Right Intention • Correct Breathing • Yoga Asanas • Meditation



HOW KUNDALINI WORKS IN EACH CHAKRA

ROOT - connects us to Nature

SACRAL - increases our understanding of other people

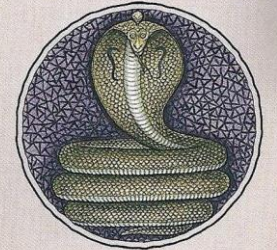
SOLAR PLEXUS - connects us deeper to who we are

HEART - helps us to feel intense love

THROAT - boosts the way we express ourselves

THIRD EYE - enhances inner perceptions

CROWN - takes us into altered states of consciousness



नाग

Naga, the cobra, is a symbol of *kundalini* power, cosmic energy coiled and slumbering within man. It inspires seekers to overcome misdeeds and suffering by lifting the serpent power up the spine into God Realization. Aum.



THANK YOU FOR COMING

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Third Eye Chakra



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They help us continue to deliver
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