

Throat Chakra - Vishuddha

- Crystal:** Blue Lace Agate, Sodalite, Lapis Lazuli
- Sound:** HAM, (pronounced “hahm”)
- Emotions:** Expressive, Truthful, Clear Communication
- Language:** “I speak my truth with clarity and kindness.”
- Movement:** Neck stretches, Singing, Chanting.
- Foods:** Fruits with high water content (e.g., melons, berries), herbal infusions.
- Day:** Friday
- Color:** Blue
- Herbs:** Peppermint, Eucalyptus, Sage
- Blockers:** Inability to speak up, Communication issues, throat infections.



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