

Open & Clear Your Throat Chakra

Your throat chakra is the energy center ruling your authentic self expression in communication in both expressing and receiving and is critical to sharing your truth.

The beliefs we hold about how much we are *allowed* to speak, as well as what is *appropriate* for us to speak about, are formed through our early interactions with caregivers and the beliefs they were given.

It is up to each of us to notice where we feel restricted and work to acknowledge and release those limitations.

Common Blocks and Limiting Beliefs

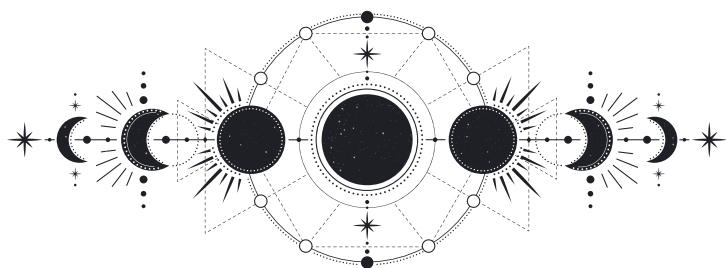
Signs of a blocked throat chakra		Limiting Beliefs
	Always feeling misunderstood Uncomfortable being heard or noticed Fear of telling someone how you truly feel Shutting down when you're upset Throat/neck illness or disease* *Please see your medical provider	"My opinion doesn't matter" "Nobody listens to me" "It doesn't matter if I tell them how I feel" "I should just be quiet" "Nothing will change if I speak up" "They won't love me if I'm honest"

Practices for Improving Expression and Communication

The best way to heal your throat chakra is to incorporate practices that resonate for you! Being intentional in your words and actions will help shift your perspective so that each added gesture is meaningful.

Sitting with your experiences and any lingering emotions that need to be transmuted is necessary for your growth. It is through the dark and unseen that you are able to access your own light and accept the path and lessons your soul is here to experience.

Throat Chakra Correspondences	
Chakra:	Vishuddha, 5th chakra (also includes ears & hearing)
Color:	Blue, light blue, electric baby blue
Sound:	HAM
Frequency:	Solfeggio Frequencies 432hz and 741hz
Stones:	Blue kyanite, celestite, blue lace agate, aquamarine, lapis lazuli, selenite
Linked chakras:	Sacral (center of creation); womb energy; soul portal
“I Speak” Affirmations:	It is easy for me to speak my truth I am appreciated when I speak up My voice matters I deserve to be heard I feel comfortable expressing myself



Intentional Practices

- Speak affirmations into your morning coffee (while stirring clockwise to bring it towards you): “I am confident and expressive; I have the courage to speak my truth; My words come out easily and eloquently; My voice is appreciated”
- Wear gemstone jewelry that supports your throat chakra on your neck and ears: blue kyanite earrings, blue lace agate bracelet, or create a charm bag that supports your healing journey and carry it around with you
- Listen to solfeggio frequencies and throat chakra meditations in the background while you work or are doing household chores
- Spend time visualizing yourself giving a speech, speaking up at work, having a difficult conversation with someone and then imagine being praised, commended and understood
- Surround yourself with the color blue, and picture it mingling with your own energy, giving you a boost of communicative power
- Record yourself saying power statements and affirmations and then listen to them during your morning meditation or nightly routine
- Spend the last 10 minutes of your day visualizing your best self--the version of you that has accomplished and overcome all of the challenges you may still face. What advice would she have for you on standing up for yourself? On speaking your truth? On taking a chance to be vulnerable and authentic? Really give yourself a chance to feel the emotion of your highest timeline and all of the confidence and expression you would have there. As you drop off to sleep, imagine the experiences and events that you will overcome that allow you to fully embody this more confident and expressive energy.

Thank you for doing this work! I welcome any and all feedback on what was most transformative for you, and how I can help you further.

Interested in having support on your spiritual/emotional journey?

I am always grateful for heartfelt connections and an opportunity to work with you deeper.

Please book any readings or personal support through the links available or send me an email at mysoulfulrebellion@gmail.com