

The Throat Chakra is your Fifth chakra.

A balanced *Throat Chakra* brings self-knowledge different from that of the Third chakra. A new sense of self-control. Self-expression and communicating clearly about your needs or want and learning to accept your originality.

Color commonly associated with this chakra: Sky Blue
Crystals commonly associated with this chakra:
Sodalite, Blue Lace Agate, Lapis Lazuli

How do I know if this chakra is out of balance? Ask yourself...

Do I worry about what others think of me?

Do I have a fear of being my authentic original self?

Do you feel drawn to start a new craft or activity, but feel as if something is holding you back?

As you balance this chakra, you may feel bursts of energy and excitement. Make *intentional* time to ground yourself with this newfound enlightenment and energy.

Some enjoy journaling during this time if they have not already been. Sometimes writing down these thoughts helps you stay on a balanced plain while you work on your chakra.