



Throat Chakra – Vishuddha

I express myself with grace and integrity. I communicate effectively with everyone I meet.
My thoughts are positive and truthful. I express myself through my creativity.
I am an active and thoughtful listener.

The Throat Chakra is located at the throat, along with the neck, jaw, mouth, and ears. The keyword for this chakra is expression. The fifth chakra holds precious information from all the chakras. It's about communication, speaking your truth, creativity, knowledge and harmony with others, accountability, and following your dreams.

Through the fifth chakra we express everything that is alive within us such as laughing and crying, our feelings of love and happiness, anxiety and aggressiveness, our intentions, and desires, as well as our ideas, knowledge, and perceptions. It shows us that personal power lies in our thoughts and attitudes. It is also the center of choice and consequence.

The throat chakra element is associated with ether, which is a medium of sound and the spoken word. It allows us to experience the world symbolically through vibration, such as the vibration of sound representing language. To be open and aligned in the fifth chakra is to speak, listen, and express yourself from a higher form of communication. Faith and understanding combine the essence of the fifth chakra.

Characteristics of a powerful fifth chakra are strong communication and listening skills. People with these characteristics will tell you the truth even if you would rather not hear it. These people make excellent healers, speakers and therapists. They are reliable and follow through with their promises. Someone with a strong throat chakra has independence, freedom and self-determination and will trust their inner guidance.

Basic Principle: To speak and hear the truth

Color: Blue (Complimentary Color: Orange) / **Sense:** Hearing / **Element:** Sound (Ether) / **Planet:** Mercury

Season: All / **Astrology Signs:** Gemini and Virgo / **Metal:** Mercury / **Sound:** Note G / **Mantra:** Ham

Emotional Component: Lying / **Physical Component:** Jaw, neck, throat, voice, and airways

Associated Glands: Thyroid / **Associated Meridians:** Lungs

Nutrition: Fresh fruit juices, soothing teas, water, and all varieties of fruit

Crystals: Blue Lace Agate, Chrysocolla, Sodalite, Aquamarine, Turquoise, Blue Kyanite, Celestite

Oils: Chamomile, Peppermint, Sage, Hyssop, Geranium, Lemongrass, Eucalyptus

Karmic Lesson: Surrender personal will to divine will.

Yoga Poses: Camel Pose dropping back the head, Warrior Poses with backbends

Harmonious Function of the Throat Chakra

Openly able to express feelings and thoughts – Living creatively –
Good sense of timing and rhythm – Imaginative – Colorful and clear speech –
Trusting your inner guidance – Openly passing knowledge – The ability to listen and to be heard

Underactive Throat Chakra Energy

Fear of speaking
Difficulty putting feelings into words
Shy, quiet, and withdrawn
Out of touch with own desires
Not trusting intuitive powers
Cowardice

Physical Throat Chakra Imbalances

Cold systems/Stuffiness, runny nose
Coughing/tickle/phlegm in throat
Stress
Hyperactivity
Allergies
Goiter
Depression/Fatigue
Asthma
Emphysema

Emotional Fifth Chakra Imbalances

Surrendering to superiors constantly
Clinging to tradition
Resisting change
Rigidity and stubbornness
Trapped by fixed ideas
Being slow to respond

Overactive Fifth Chakra Energy

Too much talking
Talking as a defense
Dominating voice
Inability to listen
Appear strong at all cost
Language is coarse and blatant

How to maintain a healthy Throat Chakra.

Maintaining the health of your lower chakras will maintain the health of your throat chakra. First and second chakras that are in alignment help overcome fears. A balanced third chakra is empowering, increasing your confidence so you can express yourself. A clear heart space allows you to live in love, compassion, and empathy with yourself and others. These balanced lower chakras allow your throat chakra to verbalize your needs, desires, and opinions, and to speak your truth.

The element for the fifth chakra is sound. Music – sound healing – happy places where there is laughter – the sound of the ocean – the sound of nature – All of these things and more can be a healing source for the throat chakra. Listening more and talking less is also healing. Learn to listen. Give your voice a rest and pay attention to and focus on the person or people you are hanging out with. Stop waiting for your turn to speak and really hear what they are saying. Absorb their words. Experience the conversation. They will appreciate it!

Expression is the keyword for this chakra, so the question to ask yourself is, how do you express yourself? Are you artistic? Musically inclined? Have a green thumb? Computer savvy? Creativity is not just tied to the second chakra – it's also connected to the fifth chakra and a healthy and beautiful way to express yourself.

Change up your meditation practice with soothing background music, or a guided one. And while meditating, you can envision the color blue glowing around your neck and jaw area. Allow the cool blue color to soothe your chakra. Holding a crystal while doing this can increase your imagination and make this experience stronger. You can also wear a necklace or earrings with crystals that raise the vibration of the throat chakra.

To maintain the health of this chakra, drink fresh fruit juices, tea, and water. Chamomile and peppermint are especially soothing for this chakra! Eating fruit is also an excellent food source for this chakra!