



CHAKRA 5 – THROAT

Express Yourself - Communications

COLOR: Sky Blue, 16 Lotus petals

SANSKRIT NAME: Vishuddha, Center of Purification

LOCATION: Throat

MANTRA: HAM

ELEMENT: Space

GEMSTONE, or CRYSTAL: Sapphire, lapis lazuli, turquoise, aquamarine

HERBS: Cloves, Vervain

INCENSE: Frankincense

As with each chakra the desire is to reach a balance. Chakras are great indicators of how your internal barometer is functioning at any given moment. Each chakra can be in balance or out of balance, too much one way or the other.

The 5th Chakra known as the throat chakra is associated with communication, ability to express one's feelings and to listen, speak and hear the truth as well as being able to express communication in written or musical forms.

When this chakra is awakened, your voice becomes more clear, you will begin to say what you really mean, discern the truth and perhaps really hear when others speak and to be more engaged in listening to others. Chanting, singing, repeating mantras aid in opening up this chakra. Relationships can begin to improve.

If your 5th chakra is too open one can talk over others, interrupt, be domineering in a conversation. Gossip and lying are associated with an enlarged 5th chakra.

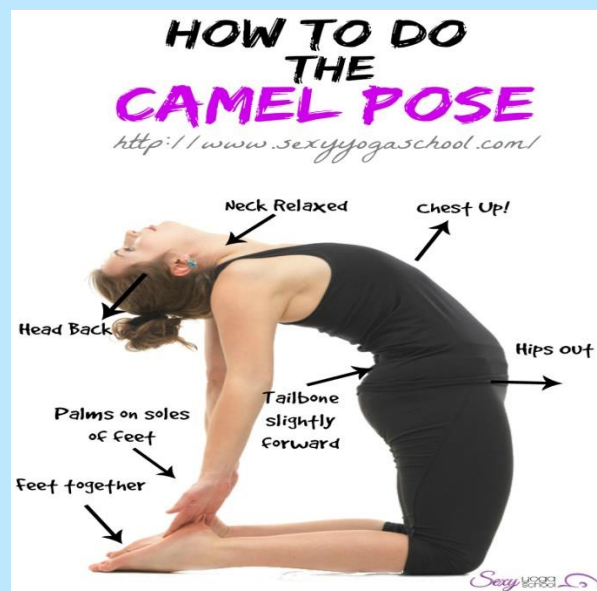
Health issues related to an enlarged throat chakra; tooth decay, canker sores, other problems in the mouth and throat areas. Inability to discern the truth of others, having writer's block, fear to speak your own truth are some psychological issues than can occur.

Tips for helping to heal this chakra are to try actively listening, waiting to respond as in the 3-second rule, but staying engaged in what is being said. Practicing meditation and focusing on the breath, or try being silent for 30-60 minutes to assist in healing an enlarged 5th chakra.

Below is a yoga pose you may want to consider – again, be gentle on yourself! Only do as much as is comfortable.

***As always, please check with your physician before trying any exercise, food, yoga pose or breathing exercise for this and the other chakras. Below is a yoga position if you are comfortable and able to perform – be gentle and easy on yourself, no need to strain and overdo.*

CAMEL POSE:



Mudra that can be used during your Throat Chakra clearing.



