

5th Chakra – Throat Chakra

Tibetan Note ~ A

Communication, Self-Expression and Creativity Through Sound

The Sanskrit name for this chakra is *Visuddha* (meaning purity or to purify). The throat chakra helps keep your mind focussed on related issues, including the importance of expressing your emotions and communicating your truth to yourself and others. Mastering this chakra helps us to grasp the importance of purifying ourselves by honestly recognizing how we feel and having the confidence to communicate those emotions to others.

This is truly the swirling energy centre of truth and honesty, the centre for communication, self-expression and creativity. This is where the inner voice of one's truth is expressed. It is the chakra of diplomacy, of pure relationships with others and of playful detachment. The stillness of the colour blue allows you to tune into your inner being and gives a sense of calmness to the busy mind.

Visuddha is the bridge from the heart chakra to the uppermost spiritual energy centres. A person with a balanced throat chakra will express the emotions in their heart, may express their joy for life through song, desires harmonious connection with others and focuses on the appreciation of global matters instead of fixating on nationality.

The **thyroid** gland should be balanced and able to perform all of its important functions, including cell repair and the production of T3 and T4 hormones that regulate the rate of your metabolism. Troubles here are not subtle, they will be connected to speech and neck issues.

While it gets out of alignment easily, it also corrects with simple steps like a scream, yell, laugh, chant or gargling saltwater. You can also write a letter to yourself or paint. Truly expressing yourself with compassion will also help realign this energy centre.

When the throat chakra is too open/overactive/congested (chakra spins too fast):

Wilful; controlling; judgmental; using hurtful words; arrogance or self-righteousness; excessive talking; bitter language towards others and self; sexual dominance; lack of concern for global perspective; unable to relax; dogmatic.

When the throat chakra is blocked/weak/depleted (chakra spins slowly or not at all):

Lacking faith, unable to creatively express oneself; silent inner child; ear, nose or throat problems; speech problems (stuttering); sore throat; neck pain; timid behaviour; fear of sexual power; holding back from self-expression; unreliable; holding inconsistent views.

When the throat chakra is balanced/healthy (chakra maintains equilibrium and spins at correct vibrational speed):

Effective communication; creativity; sound; intuition; synthesis, self-expression; a desire to speak and hear the truth; good communicator; contented; finds it easy to meditate; artistically inspired; in truth with oneself; aligned with own feelings; pure nature; harmony with others; self-knowledge.

Affirmations: * I am open, clear, and honest in my communication * I have a right to speak my truth * I communicate my feelings with ease * I express myself creatively through speech, writing, or art * I have a strong will that lets me resolve my challenges * I nourish my spirit through creativity * I live an authentic life * I have integrity * I love to share my experiences and wisdom * I know when it is time to listen * I express my gratitude towards life * I listen to my body and my feelings to know what my truth is * I take good care of my physical body * I am at peace *