

Throat Chakra - Vishuddha



Your throat chakra as you may expect, is located in the centre of your throat and is blue in colour. It is responsible for communication, speaking/talking, listening and communicating with ease and helps with the flow of your words. Your throat chakra is twinned with your sacral chakra. Your sacral chakra is related to the physical and is all about birth and creativity and your throat chakra governs your self-expression and speaking your truth in a spiritual sense and perspective. So together they create and manifest any new ideas to share with the world. It is dominant from the ages of 29-35.

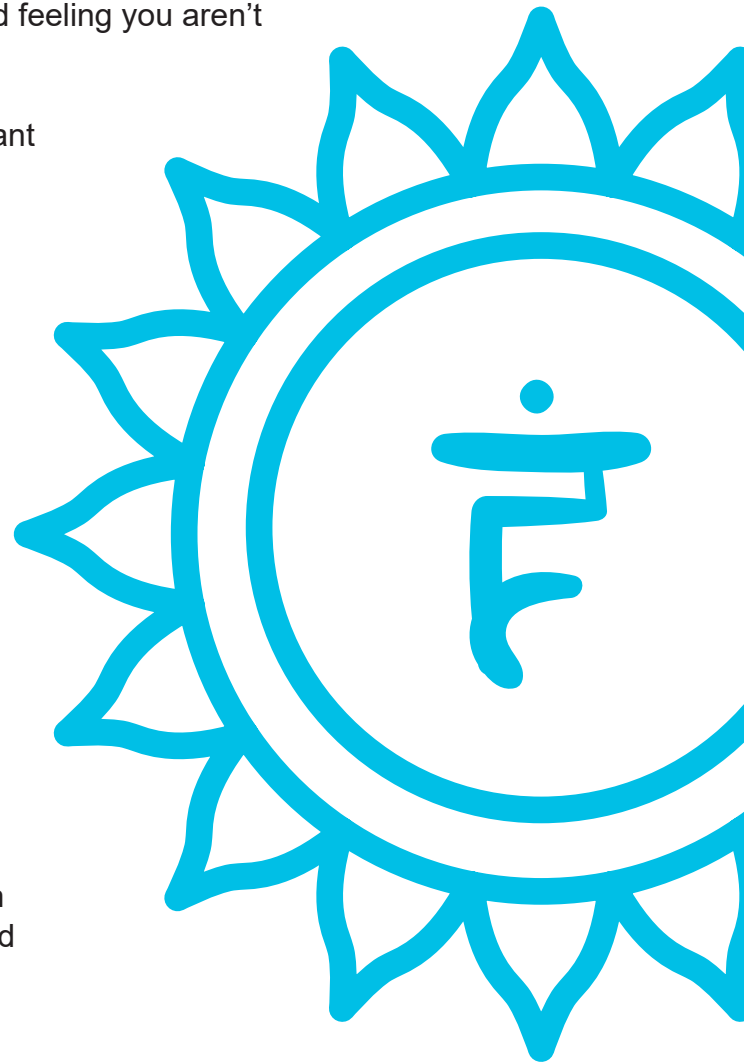
An unaligned throat chakra could be caused by being told either as a child or throughout your life to shut up, be quiet or ridiculed for expressing yourself in any way. By being shouted at a lot and feeling you aren't or weren't heard.

A healthy throat chakra would have probably meant throughout your childhood and life you felt heard and listened to. That your opinion and feelings mattered. You would have felt encouraged to speak freely.

When the throat chakra is healthy, open and aligned you will be able to express yourself clearly and with ease. Getting across how you feel and what you need confidently, effectively and authentically. You speak your truth whether verbally or written with clarity and confidence and you are not afraid to speak your truth. Over all communication comes easy to you, as you are able to listen well also.

If you have a blocked throat chakra then you will find it hard to stand up for yourself and you may stumble over your words and not feel able to own your words. You may have been or felt bullied and shied away from confrontation. Making you suppress your feelings.

The throat chakra can be overactive leading someone to talk incessantly. Feeling the need to get their point of view or opinion across without wanting to hear anyone else's.



Here are some ways of healing your throat chakra

Guided or unguided meditations for your throat chakra are very helpful where you voice mantras out loud related to your throat chakra.

Visualising a light or sky-blue orb or disc in the centre of your throat pulsating. Imagine it growing in size and becoming stronger and more vibrant with each breath in and it being free of any blockages and open and cleansed with each breath out. Becoming more radiant in colour then visualise a blue hue from the orb/disc emanating outwards around you. Seeing your throat chakra aligning with your whole energy system. Repeating mantras for the throat chakra out loud preferably whilst visualizing the above.

If you have an overactive throat chakra then visualize your chakra decreasing in size until it is the size of your others and it aligning and being in flow with all your other chakras.

Doing Inner and Shadow work can be extremely beneficial in healing your Chakras. Eating foods such as blueberries, coconut, tree fruits (apples and elderberries) and wearing blue clothes can also help.

Mantras and Affirmations

- I speak my truth.
- I am not afraid to speak my truth.
- I communicate easily.
- I speak with confidence.
- I own my words.
- I listen carefully and well .
- I speak with clarity.
- I am able to speak clearly and listen attentively.
- I can express myself calmly and with ease.

Crystals to use

Working or wearing blue crystals during meditations and visualisations can be very beneficial.

- Amazonite.
- Sodalite.
- Lapis Lazuli.
- Blue Topaz.

You could say any of these mantras and affirmations whilst doing a visualization/ meditation or holding one of the crystals mentioned above.

Getting out into nature and if you can, walking bare foot on the earth/ sand. Taking your time to appreciate mother earth and all that you see. Any exercise or movement is good.

Essential Oils and incense

- Camomile.
- Peppermint.
- Spearmint.
- Eucalyptus.
- Geranium.
- Jasmine.

Physical signs your throat chakra could be unaligned

- Mouth ulcers.
- Sore throat.
- Neck pain.
- Neck stiffness.
- Thyroid problems.
- Dental issues.
- Ear/hearing problems.

As with physical symptoms always get advice from a medical professional for any of the above ailments

Your chakras energy system plays an important part in your over-all wellbeing and spiritual growth. By recognising this and which ones needs attention, means you can work with your chakras to balance, align and heal any imbalances you may have in them. Helping and supporting you in your daily life, spiritual growth and journey.



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