



## VISHUDDHI

The Throat Chakra is housed in the throat and its energy is communication energy. It represents sound and ether – 2 fields of subtle vibration and self-expression is its role. Meaning “to purify,” the fifth is the chakra of diplomacy, pure relationships with others, and playful detachment.

**BIG IDEA:** When you know yourself and accept yourself, you can express yourself authentically, creatively, and with confidence. You are free to be who you are; your purpose expresses in the world.

Balance here allows you to feel centered, contented, and to speak confidently. If we are resonating our inner truth, this chakra will help us find our unique way to express ourselves in the outside world. Creative expression is strong when this chakra is balanced and open, and we feel drawn to meditation and spiritual wisdom. Health here removes guilt and remorse, and gives you a kind and compassionate voice. All forms of music, singing, dance, writing and speaking are expressions of fifth chakra.

Bringing awareness to subtle vibrations and energies, this is also the “psychic” chakra – we hear our intuitive voice clearly, so our communication with others can be truthful, positive, and healing. Energy healers may be working from this chakra, and we all have the power to move or shift energy from here. Yoga teachers control and move the energy of the class from this place, including synchronizing the breath, movement, and mental state of the whole group.

An over stimulated 5<sup>th</sup> chakra produces arrogance, dogma, excessive talking, and self-righteousness. Physical problems include hearing problems, stuttering and overactive thyroid.

Too little movement here expresses itself as timid, inconsistent, unreliable, manipulative and frustrated. You may have a short attention span and fear of sex. Physically, stiff neck and shoulders, teeth grinding, jaw and throat problems, and underactive thyroid.

“Purification” tools all help to charge this chakra. A healthier body allows you to open to the subtler aspects of the higher chakras. Drinking more water, enjoying cleansing rituals, practicing some healthier lifestyle patterns allow the shoulders, neck and throat to open. Sound is also purifying. We feel better when we listen to our favorite songs, hear the sounds of nature, or hum and chant.

### **Characteristics & Tools: self-expression**

Color: Blue

Element: Ether

Foods: Fruit

Rights: To speak and be heard      Physical functions: throat, tonsils, voice

Traits: Communication, creativity, focus on spirit, self-expression

Gemstones: Sodalite connects you to the expression of universal truth, reinforcing communication. Also turquoise, lapis, azurite, labradorite

Scents: frankincense, lemon, rosemary, eucalyptus, sandalwood, chamomile, basil, peppermint

### **Assignment: EXPLORE BLUE**

- Wear blue, bring out blue things in your surroundings.
- Fruit is the main food but other blue foods are fish, shellfish, and honey.
- Continue your gratitude journal.
- Practice yoga with music or sound.
- Make a list of your top 10 all time favorite songs, and use them – when you want to detach from a craving, bad habit, or negative thought pattern, play one of your songs, and think about how it works to release you from your attachment. Can you do this without music also?
- Listen. Make a point to sit and listen to someone without judgment or agenda, without the need to fix or share. Practice just listening to others.
- Use your voice. Sing, hum, chant, make noise.
- Give yourself a 24 hour period of NO outside noise – no email, TV, news media, books, magazines, even other people, if you can. Experience 1 day of complete silence, or give yourself a 1 week social media blackout.

### **Mudra for Fifth Chakra**



Interlace all your fingers except the thumbs. Let the thumbs touch at the tips, and pull them slightly up to make a circle with your cupped hands. Concentrate on the throat chakra at the base of the throat.