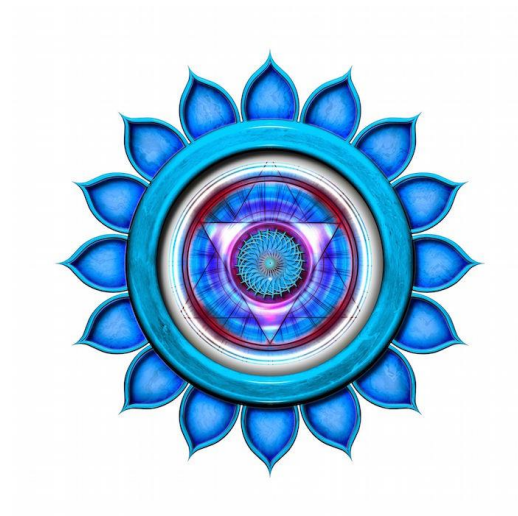


## Vishuddha / The Throat Chakra

To speak and be heard



LISTEN with ears of **Tolerance**

SEE through eyes of **Compassion**

SPEAK with the language of **Love**

Rumi

<b>Colour:</b>	Blue/ Turquoise
<b>Element:</b>	Sound
<b>Location:</b>	Centre of the throat, front and back
<b>Purpose:</b>	Communication, Creativity, Purpose, "Souls gate"
<b>Demon:</b>	Lies
<b>Right:</b>	To speak and be heard
<b>Developmental Stage:</b>	7 to 12 years

*The Throat chakra is the first of the spiritual chakras and is associated with communication, connection to Spirit, living your truth, being aligned to your purpose and the expression of your creativity.* As you can imagine when you see creativity, this chakra has a natural connection with the sacral chakra. While the sacral is focused on the creative process, the throat chakra's emphasis is on expressing, communicating and projecting that creativity into the world authentically.

Throat chakra is also associated with the following psychological and behavioural characteristics:

- Fear of public speaking.
- Stuttering and stammering
- Introversion, shyness
- Metabolism – physical, mental and emotional
- Rhythm and timing

### Signs of a blocked throat chakra

You may find yourself unable to speak your truth when you need it the most, or find yourself holding back on expressing your needs and desires. Perhaps, you long for realizing your dreams and living with a strong and clear purpose, but seem to not be able to quite get there.

If you suspect that you might have a blocked throat chakra, think back to your childhood. Were you criticized a lot by your parents or caretakers? Did your family encourage you to express your truth? Were your thoughts, ideas and opinions valued? If you felt like you couldn't openly express your thoughts and feelings, it's likely that you struggle with an imbalanced throat chakra.

Physical signs of a blocked throat are: Tension Headaches, Sore Throats, Tonsillitis, Earaches, Toothaches, Neck Pain, Thyroid diseases, and Anxiety attacks.

## Right – To speak and be heard

Everyone has the right to be heard whether you're a 7 year old child or a 77 year old woman. The trouble is most of us never really say what it is that we want and we don't listen to what people are saying.

Sometimes we say what we think the other person wants to hear out of fear of rejection or abandonment or ridicule or simply we just don't know what it is that we want.

We know what we don't want and we know what we should want (solar plexus), but what do we actually want? Once we're in touch with that and we come into a place of balance in our throat chakra, then we find that it's ok to communicate this; to speak our truth in a loving way.

## Living your truth

Living your truth is the authentic expression of your own needs, wants and desires and not what you feel you *should* want or need according to your parents, conditioning, peers or society. We are all individuals (and claim that right through the Solar Plexus) and all have different desires, dreams and visions. This chakra is about expressing who you are as an individual, something that can be discouraged in society today, e.g. conforming, stereotyping, peer pressure etc.

## Authentic Communication

Walking your talk. When we own who we are we are in touch with our truth. When we know our light and shadow and are comfortable with both, we are authentic. When we teach what we preach and live a life that is an outward expression of who we are then we are authentic.

Q: think of your home – is it a reflection of yourself? Do you express yourself in the décor, the colour on the walls or do you have a space (a room perhaps) in which you can do this?

This also refers to the life that you live – it is a true expression of who you are? Are you in a job selling something that you don't believe it? Are you preaching clean living but not practicing it? Are you working for a company that is in alignment with your values? These are all ways in which we lie to ourselves, but also this is an aspect of the throat chakra that we don't generally reflect upon.

## Demon of the Throat Chakra: Lies

White lies, lying to yourself or others – on a CV, in a relationship, even innocent little lies can block this chakra. Also any time we gossip or tell ourselves what we know to be a lie then we block this chakra. To live authentically, to express ourselves freely is the right of this chakra and any time we go against this right we block it.

*When we are out of our truth, we are living a lie.*

Lies can be told with words but they can also be told with actions. For example, if I'm afraid to show someone how excited I am, I restrict the muscles of my face or hold my arms down by my side. I am then lying with my body.

*Any time we are not allowing ourselves to express our feelings we are lying.*

This doesn't mean that you need to tell everyone exactly how you feel; this isn't appropriate nor is it necessary for example to tell the bus driver that you just aren't feeling connected with your true power. What is important is to be able to communicate through either speaking or writing or drawing or dancing or any other form of self-expression. (See the healing practises for other suggestions)

*When you own how you feel then you're being true to yourself.*

We have all lied about something, in order to protect ourselves from humiliation, shame, pride, modesty. We'd lie to a colleague, but not our best friend. We'd lie to our boss, but not to our parents...

But we lie to avoid our own personal issues. Because we don't want to admit who we truly are... because we don't want people to look at us in 'that way' or because we don't want people to think badly of us.

## Balancing your throat

### Exercise: Mindful Listening

Communication isn't just about speaking; it's also about seeing and listening. Many people have the "gift of the gab" and are excellent speakers, but lots of us have lost or were never taught the art of listening.

*Isn't it true to that to get to know the beauty and majesty of a tree*

*You have to be quiet and rest in the shade of the tree?*

*Don't you have to stand under the tree?*

*To understand anyone, you need to stand under them for a little while*

*What does that mean?*

*It means you have to listen to them and be quiet and take in who they are As if from under,  
as if from inside out.*

*Listening is much more than allowing another to talk while waiting for a chance to respond.*

*Listening is paying full attention to others and welcoming them into our very beings.*

*The beauty of listening is that those who are listened to start feeling accepted, start taking their words more seriously and discovering their true selves.*

*Listening is a form of spiritual hospitality by which you invite strangers to be friends, to get to know their inner selves more fully, and even to dare to be silent with you.*

*- Henri J.M. Nouwen -*

How:

- Set an intention
- Have an anchor – your breath, physical sensations
- A commitment to notice the resistances and then let them go – for e.g. the unwillingness to do it, to be there, to listen, etc. and forgive the thoughts when they come. You can use a mantra like “there’s plenty of time” or “relax and listen”

4 tips for Mindful Communication by Susan Piver

- Timing – knowing when to speak and when to be quiet. Allowing the space.
- Listening – do not use the time to listen to figure out what you’re going to say! Give the person you are listening to your full attention.
- Agendalessness – drop your agenda. A way to drop your agenda is to be curious
- Confidence - place your attention on maximising the other person’s position. Think about giving them what they need.
- Mindful listening is nothing to do with what you say and everything to do with who you are.

If you have an imbalance in your throat chakra, consider the following questions honestly to help seek balance.

- ☐ Are you keeping things to yourself?
- ☐ Are you afraid / worried about speaking out?
- ☐ Do you feel your opinions can not be voiced?
- ☐ Do you feel that you are not being true to yourself?
- ☐ Are you afraid of speaking your truth?
- ☐ Do you have something to say, but not sure how to say it?
- ☐ How do you express your authenticity?

## Other ways to heal the Throat

**Eat:** Liquids in general: water, fruit juices, and herbal teas. Tart or tangy fruits: lemons, limes, grapefruit, kiwi. Other tree growing fruits: apples, pears, plums, peaches, apricots, etc. Spices: salt, lemon grass

**Smell:** Essential oils like Lavender, chamomile, rosemary, thyme and sage.

**Wear:** Gemstones like Blue Topaz, aquamarine, Lapis Lazuli, Blue Lace Agate or any of the blue gemstones that resonate with you.

**Recite:**

- ॐ I speak my truth with ease grace and clarity
- ॐ I express myself fully and creatively
- ॐ I open to the universal truth within me
- ॐ I acknowledge the power of my word to create what I intend.
- ॐ I express myself with clarity and confidence
- ॐ I am aligned with my highest truth and communicate this with love and honour. My words echo softly within the Universe.
- ॐ I hear and speak the truth
- ॐ I speak truth, I speak love. I am expressive. I am gently with my words. I listen to others. I am authentic.
- ॐ It's safe for me to speak my truth
- ॐ Creativity flows in and through me
- ॐ My voice is necessary.

**Make Noise:** Shout, roar, sing, hum... *whistle as you do your chores!*

**Keep a diary or Journal**

Write morning pages.