

THROAT CHAKRA
~ VISHUDDHA ~

The Throat Chakra is the centre of communication, self expression, your naturalness and authentic power. The energy/vibration of this chakra allows you to seek knowledge that is true, beyond limitations of time and space, beyond cultural and family conditioning, aligning you with your spiritual path - you're an agent for God/Spirit.



The Throat Chakra is located in our throat area.

Developmental Age: 7 yrs to 12 yrs

Colour: **BLUE**

Sense: Hearing

Element: Ether/Energy

Physically Relates To: Throat, thyroid, parathyroid glands, hypothalamus, esophagus, jaws, teeth, gums, ears, neck and shoulders.

Initiation: Aligned with Divine Will you share your unique creative expression — naturally.

Sacred Truth: **SURRENDER PERSONAL WILL to DIVINE WILL.**

Your every choice, thought and feeling has biological, environmental, social, personal and global consequence. Actions motivated by personal will that trust Divine authority, give you the richest power — authentic power.



The front of our Throat Chakra relates to honesty in our outward expression. This may be through our arts, crafts or the spoken word. Intrinsicly linked with the Sacral Chakra, our Throat Chakra is the mouthpiece for what we want to share with the World, with our own unique stamp on it.

In the back of the Throat Chakra - the shadow - we hold: judgments, lies, criticism and doubts related to the false belief of 'I am worthless'. This is connected to the emotional wound of worthlessness - not feeling worthy of your ideas, feelings or what you have to share. Arrogance can be a protective mask for worthlessness.

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The key gifts of the Throat Chakra are that it teaches us the art of silence and when to speak from a place of love — free from judgment or having to add our opinion.

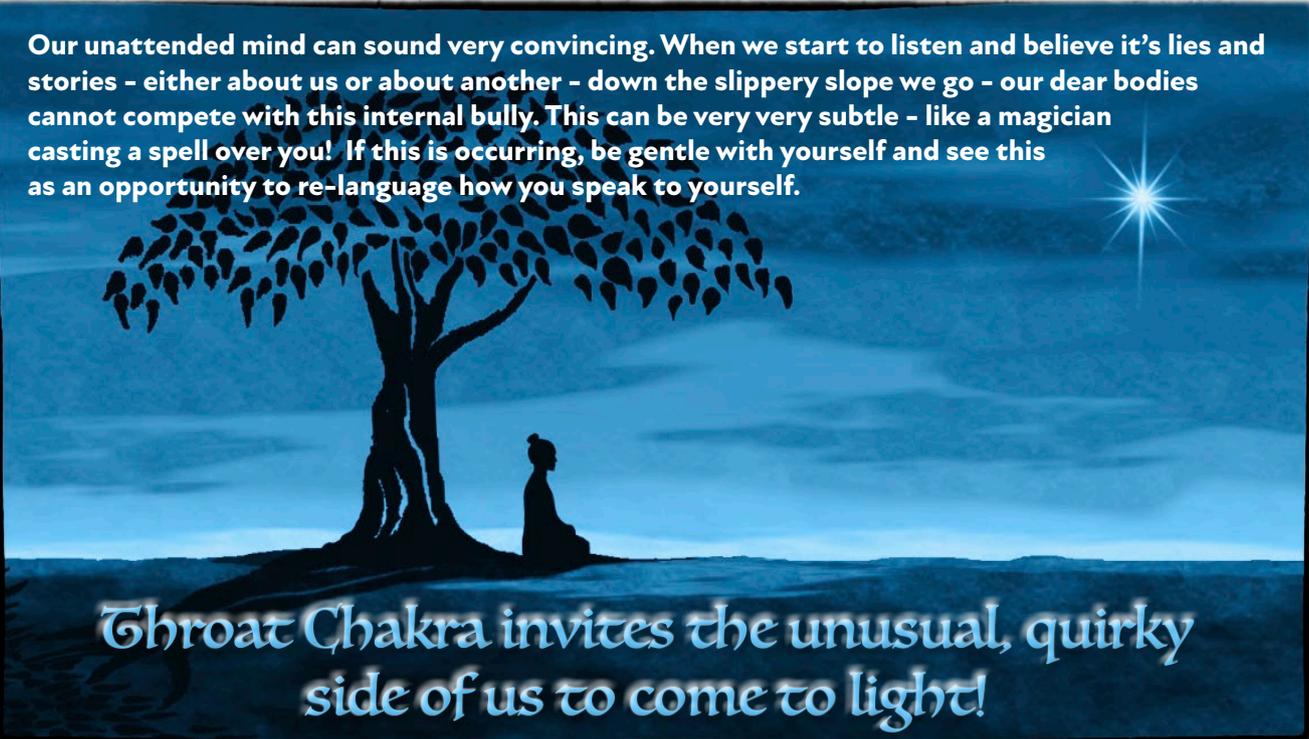


***Do you swallow your words and stay quiet from fear of speaking out? OR
Do you chatter away to fill silence?***

The Throat Chakra invites us to be real and speak our truth from a place of love, free from the sword of the tongue that feels the need to defend or make either ourselves or another wrong - to blame, shame or judge.

The moment we have judged either ourselves or another, we have separated and disconnected from love and our body by escaping into our head - to our thoughts as a defence. This creates an illusion of safety, but really — it is control. **When we are vulnerable and real others can feel us and relate to us — which builds trust and connection occurs.**

Our unattended mind can sound very convincing. When we start to listen and believe it's lies and stories - either about us or about another - down the slippery slope we go - our dear bodies cannot compete with this internal bully. This can be very very subtle - like a magician casting a spell over you! If this is occurring, be gentle with yourself and see this as an opportunity to re-language how you speak to yourself.



Throat Chakra invites the unusual, quirky side of us to come to light!