



VISHUDDHA CHAKRA

Meaning: “Pure”

Colour: Turquoise, Light Blue

Physical: Cervical Spine, Neck, Throat, Thyroid Gland, Tongue, Lymphatic system, Vocal chords, Jaw

Governs: Truth and Authentic Voice, Communication, Transformation, Voice, Expression, Integrity, Honesty, Sound

Bija Mantra (seed sound): HAM

When this Chakra is UN balanced:

Problems with the nasal area, irritated sinuses, sore throat, jaw pain, voice loss, thyroid problems, teeth and gum problems, and ailments of the oesophagus and tonsils.

Energetic/emotional/experiential:

An under-active throat Chakra can be presented as someone who may have trouble putting thoughts into Words. Your intentions don't translate to others and as a result your relationships suffer. You may feel like no one understands you, or like you are never truly heard. There may be a belief that what you have to say is not relevant or impactful. Because of everything you are holding in, you get stressed easily and when it builds up too much, it overflows and can hurt the people around you. On the other hand – an overactive would be the opposite. Have you ever been the person in the room who just keeps talking – monopolizing the conversation due to insecurity, discomfort, or just because your ideas were more important than others? Ever seen this in other people? How does it make you feel? How does it make you feel when you see yourself doing it? When have you been so angry at someone that things came out of your mouth that you did not mean?

When this Chakra is IN Balance:

When this Chakra is balanced you are not only able to speak words, you are able to translate feeling, sensation, emotion, and compassion through your voice, your touch, your gaze, or any other means of communicating. You are confident in your ideas and you can back them up. You mean what you say and say what you mean! Your intentions are clear to many different types of people and you are to make conscious choices about the best way to present information. You accept that everything happens for a reason, and you have faith that what you express is right, and good. The pathway from Anahata (the heart) to others is open and you know how to use it!