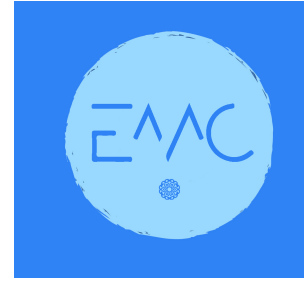


HOME SERIES: 5TH (THROAT) VISHUDDHA CHAKRA (1)



One of the most profound human needs is to be heard. When this simple need is met, we feel complete and ready to move forwards in life. Vishuddha is about being heard: self expression, communication and projecting our authentic creativity into the world. The sign of a truly balanced fifth chakra, connected to mind and body, is a resonant rhythmic voice that speaks truthfully, clearly and concisely. Conversation with others is balanced, and we have a true ability to listen and respond.

We have passed the halfway point in our chakra system. In chakra 5, we begin to turn our attention to the abstract: the subtle rhythmic vibrations that move through everything through space and time. The upper chakras represent the symbolic world of the mind: words, images, thoughts, imagination.

Due to its location, Vishuddha is often seen as the “bottleneck” of the movement of energy in the body. It sits just before the upper chakras of the head. In the lower chakras we are concerned with structures of manifested form, movement, activity, relationships. If the lower chakras are in order then authentic self expression is possible. Opening the throat chakra can also help align your vision with reality and release pressure that may affect the heart chakra that is located just below.

When we are out of our truth, we are living a lie, and this is why lies are the demon of this chakra. As the guardian of secrets and the sister to the sacral chakra (the center of our emotions and creativity), Vishuddhi is where our emotions have the potential to be expressed, and how we allow our inner thoughts, feelings and emotions out into the world. The ego can be a false identity, or mask created to protect ourselves from our perceived imperfections, and censor ourselves out of fear of rejection or to please others. In the 5th chakra, we can find love and express our truest authentic self.

Creativity combines will (from the third chakra) and consciousness (the seventh chakra), but communication is the creative expression of all that is within us. We are making our world at each and every moment through our actions, expression and communication.

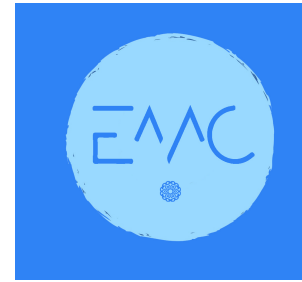
Shame, guilt and fear (located in the lower chakras) are what block us from expressing our truth and cause us to silence ourselves and others and bottle up our emotions.

Secrets and mixed messages are also an important factor in blockages here: many children and adults are burdened with having to keep secrets, and these block flow in the body and of course, the voice passage.

Fear for our safety, denying or being out of touch with our feelings and what is going on inside of us: we protect our vulnerable inner world from harm or ridicule from the outside world.

To hide and censor our true selves, we tighten the neck and shoulders, create our shy persona, talk incessantly about anything and everything except our truth, overeat (blocking the passage to prevent our feelings pouring out), hide by keeping ourselves from intimacy, not expressing our selves in our clothing, creative endeavours or speech until we become disconnected from knowing our truth.

The Throat chakra is about enhancing the rhythmic vibrations in us: our cells, to resonate in harmony as one system: with ourselves and the universe. Resonance is a state of synchronisation and harmony among vibrational patterns. Resonance requires a balance of flexibility and tension. Resonance within mind and body is a statement of our health and vitality.



Possible signs your Throat Chakra is deficient:

Feeling insecure, timid, introverted
Excessive fear of speaking
Holding back for fear of getting it wrong
Small, imperceptible voice
Excessive secretiveness or shyness
Lack of connection with a vocation or purpose in life
Depression
Stubbornness
Hiding yourself/ Invisibility
Anxiety
Lack of self-esteem
Anger: grudges and unable to forgive
Defensiveness

Possible signs your Throat Chakra is excessive:

Aggression
Arrogance
Domineering
The filter between the discourse you have in your mind and what comes out of your mouth is not working, or missing entirely.
Gossiping or nonstop talking
Being verbally aggressive or mean
Not being able to listen to others
Not being able to keep secrets or keep your word
Telling lies

In balancing our throat chakra we may:

Excellent communication skills whether it's verbal or non-verbal, external or internal
Connection with the etheric realm, the more subtle realms of spirit and intuitive abilities
Propensity to create, projecting ideas and blueprints into reality
Realize your vocation, purpose
Good sense of timing
Great at listening
Trust ourselves without negative mind patterns and thought
Let go of judgement of the self and others
Have no issues being honest regardless of the situation or company you're in.