

HOME SERIES: 5TH (THROAT) VISHUDDHA CHAKRA (2)

(Suggested to be followed only under the guidance of an experienced Yoga instructor)



The origin of the rainbow chakras and the kundalini serpent derive from the Yoruba orisha system of ancient West Africa, deified in the divinity Osumare. This was later taken to Kemet (Ancient Egypt) and became the Uraeas, and then transferred to the Andamanese (the oldest inhabitants of India) from where the physical exercises that constitute yoga as we know it and the Hindu concept of chakras evolved. In the tantric tradition, it is believed that the energy that was brought forth at the creation, the Kundalini, is a serpent coiled at the base of the spine. Through the use of yoga and meditation, the Kundalini energy can be awakened to flow through the body and allow one to connect with the Creator.

Seed Mantra: HAM

Orisha: Obatala

Element: Air (Related to the element of sound. (Its vibration can be felt not just in our ears, but our whole body).

Colour: Bright Blue

Shape: A crescent with a circle inside of it, or a circle containing a downward-pointing triangle inscribed with another circle

Petals of the lotus: 16 petals

Position: The throat. (This chakra is multidimensional and is often represented as going out of the front of the throat, and going in the back at a slight upward angle).

Primary Planet: Uranus

Identity: Authenticity

Reclaim to heal: Express oneself without judgement

Development Stage: 7-12 yrs

Challenge: Lies

Objective: The 5th Chakra is related to authentic self-expression and communication

Ways to work on balancing your throat chakra:

Massage: The neck and shoulders

Water: Drink more water throughout the day. Not only does water help keep you hydrated, it also helps to cleanse the throat chakra allowing for healthy energy flow.

Sleep: Sleep puts us back in that harmony: the heart, the breath, brainwaves

Detoxify: Monitor and purify with what comes in: food, sound, thoughts,

Silence: For those in excess, go on a retreat or practise in your home/daily life

Healing: Work through and release all negative emotions, including guilt, hurt, shame, fear and resentment: This can work wonders to restore energy balance in the throat chakra. Sometimes a good cry can also help alleviate a blockage of the fifth chakra.

Talk It Out: Talk openly with close friends who will listen. Make it a point to be

open and honest with all you say. Simply speaking in a heartfelt way can work wonders to strengthen and balance the throat chakra.

Write It Down: Learning how to express yourself without censoring or editing can be valuable. Practice mindful self-expression by journaling. Get it all out on paper and let it sit, then revisit what you have written at a later time.

Sing: As the chakra of self-expression, singing can help dispel blockages, activate, and balance the fifth chakra. If you are too shy, humming is also an option. Just be sure to get those vocal cords vibrating with sound.

Forgive: Letting go is difficult. Holding on to things over which you have no control can lead to resentment, guilt, and anger — all of which contribute to an imbalance of the throat chakra.

Chant: (In Sanskrit a “seed” is called a Bija. And is used in Vedic traditions as a tool for the expansion and widening of one’s mind through sound vibrations. In its most literal translation it is planting the seed of liberation). **Seed Mantra:** HAM

Affirm: I celebrate, honour and embrace my voice and my body. I believe and prioritise my expression, and my intuition. I hear and speak the truth. I express myself with clear intent. Creativity flows in and through me. My voice is necessary.

Oils: Jasmine, Rosemary, Sandalwood, Calendula, Ylang ylang

Colour: Incorporating the color blue into your decor at home and work is a nice, subtle way to bring focus to the throat chakra. The calming effect of this color of wisdom and honesty can help open up and heal a blocked fifth chakra. Wearing precious or semi-precious blue stones is a great boost for chakra healing and balance. Meditating on the color blue also helps alleviate throat chakra imbalance

Crystals: (Cleansed and charged healing stones work best when worn as jewelry or placed over the chakra in need of balancing. Restorative effects may be gained with either approach) Amazonite, Lapis lazuli, Turquoise, Turquoise

Meditation: I celebrate, honour and embrace my voice and my body. I believe and prioritise my expression, and my intuition. I hear and speak the truth. I express myself with clear intent. Creativity flows in and through me. My voice is necessary.

