



IGNITE your Chakras

Throat Chakra Workbook



Throat Chakra Self-Care Ritual

Congratulations on taking the time to start your self-care ritual.

For you to get the most benefit out of this experience- it is suggested that you participate in the whole process.

We tried to keep this process as simple as possible to ensure maximum results.

Consistency is the key. Each chakra ritual is designed to give you an immersive energetic experience.

Your devotional chakra ritual starts here!!

Create a moment each day where you can connect to your energy.

Use your kit in the following manner:

Morning ritual:

Use the soap in your morning bath or shower. This will infuse your aura with the qualities of the essential oils used in the soap.

Dharma Mala:

Take out your mala bracelet and devotional oil. Place a drop of oil to anoint the wooden beads.

Hold the bracelet in your hands. Sit quietly and say the affirmation on the chakra card, infusing the bracelet with these qualities. Use the Essence spray to clear and activate your aura.

Use the bracelet as a constant reminder to pay attention to your thoughts (Mindfulness).

Use the affirmations to reprogram your sub-conscious mind. Every time you see your bracelet, repeat the affirmations.

Place a drop of devotional oil on the lave or wooden beads. The beads diffuses the energetic properties of the essential oils. You can also use your oil on energy pulse points or in your bath water. It can also be used in an aromatherapy diffuser.

Chakra Spray:

Use the chakra spray throughout the day. The pure aromatics in the Essence Chakra spray will harmonise and balance your chakras. Instructions: lavishly spray, breathe, connect and unwind.

Disk:

Keep the activated chakra disk in your pocket during the day.

Place under your pillow at night.

Hold in meditation.

You can also use your chakra disk on a chakra point.

End of the day ritual:

Bath crystals:

Our crystals are designed and charged to clear your energy field.

This is a good ritual to use at the end of the day.

If you don't have a bath:

Soak your feet in a bowl with warm water adding some of your bath salts.

Place salt in a bowl next to your bed.

Salt is known to clear negativity.

Meditation

A Chakra Meditation is provided as a free streaming service, there is a small additional charge if you would like to purchase and download the chakra meditations.

Online workshop:

Use the online workshop to expand your knowledge of a particular chakra.

Use the free colouring page as a creative outlet.

Participate

You will notice some gaps after the questions in the throat chakra workbook.

Answer honestly and clearly.

This inner enquiry can really shift your life.

Before you speak....

T H I N K !

T - is it true?

h - is it helpful?

i - is it inspiring?

n - is it necessary?

k - is it kind?

The Throat Chakra Workbook

The throat chakra- expressing my truth

The throat chakra is where we make the unseen world of energy real. It is a difficult chakra to balance because we never know how energy will express itself. For instance, you feel that you have to say something about the behaviour of someone that is bothering you. You decide to man up and say exactly what you feel. Now there are two ways that this can go. The person responds to you in a hostile manner, or the person listens to what you have to say, thinks about it, and then responds gently. Or not. Most of the time people, are still stuck in the lower worlds of the ego, hate being corrected or put in their place. Most people have forgotten the art of debating without emotion.

The throat chakra can teach us this, we are allowed to have an opinion, but our opinion is just that, ours. It come from a very limited view of the world through our judgemental eyes. We never ever see the full picture, when we think we do then we are in our egos, solar plexus. So the throat chakra teaches us kindness, gentleness but also integrity and honesty.

The primordial sound Aum



OM (AUM)

Om consists of three words A, U, and M, which loosely translate to body/mind/spirit. Aum, chanted correctly, has great ability to empower. In Hindu tradition, chanting AUM brings universal consciousness.

The three words in OM - A, U, M are strung together in one long sound that is the primordial sound of creation. Each word is associated with specific energy forces. Traditional meanings associated with each sound of the AUM are:

A (AH) - Waking state, earth, form, speech, absence

- of limiting desire,
- masculine energy, past,
- teachings of the father, the first creation

U (OOH) - Dream state, inner world, air, inner

- consciousness, upward movement,
- mind, absence of fear,
- feminine energy, the present,
- teachings of the mother, conservation.

M - Unity of consciousness and unconscious mind,

- cosmic void, breath of life,
- absence of anger, neutral energy,
- the future, teachings of the guru, transformation.

"Om is the symbolic word for perfection, the infinite, the eternal, Om represents the wholeness of creation. It fills the mind with the essence of infinite perfection"

Each word should be sounded in equal length with the others; the *Ahh* - *ooh* - *mmm* must be evenly spaced between each sound.

In addition, the three words relate to:

- A = Waking state, earth
- U = Dream state, inner world, air
- M = Deep sleep, undifferentiated unity, void







How to chant Om:

- Sit upright, lie flat or stand.
- Take a deep breath and say an elongated "Ah" as when the doctor tells us to say "aaghh". Feel the AH in the root chakra, moving up to the solar plexus chakra.
- Chant the sound to "U" as in "OOOO." Feel this from the solar plexus chakra to the throat chakra.
- Now change to "M" as in "MMMMM." This "M" can also be chanted with the tongue at the roof of the mouth. Some teachers say this increases the power of Om (Aum). Feel this from the throat chakra to the crown chakra.
- Keep the duration of the A U M close to equal in length.
- When chanting alone, find a comfortable pitch and speed.

Surrendering to the Higher Mind

For the next month your homework will be to surrender the events of every day to your higher self, this is almost like a recycling project for your energy. By doing this on a daily basis you can release trapped energy and generate a positive life flow.

Things or qualities you can release to your higher self for up-cycling:

-  all the people you came in contact with during the day
-  all emotions and feelings you experienced during the day
-  any difficulties
-  good experiences and negative experiences
-  bodily aches and pains
-  obsessive thoughts or feelings about yourself and others

Surrendering to your Higher Self

Use only 5 to 15 min every day to surrender to your Higher Self. Do this by going into a quiet space, just sitting quietly and visualising all the experiences of your day gently floating upwards through all the chakras, out of the crown chakra. Visualising balloons with maybe the qualities or pictures of your experiences can be helpful. Let the energy of your higher self absorb these energies. Leaving you empty and quiet.

Visualisation

Visualise that you are deleting all the files of your experiences at the end of the day. Quickly thinking about all the things you have seen and experienced and then deleting these files. By doing this you can keep your aura free from energy imprints.

Healing the throat chakra homework:

- 🌀 watch your responses and reactions
- 🌀 be aware of the food you eat and eat more berries
- 🌀 stop gossiping and sharing negative information
- 🌀 share only beautiful things on Facebook
- 🌀 practice random acts of kindness
- 🌀 watch your mind, emotions, action and what you say
- 🌀 wear more blue
- 🌀 heal past hurts by sending people letters apologising for any hurt caused
- 🌀 voice your truth out of your heart not your ego
- 🌀 forgive yourself for all your past unconscious shit, we are human we all make mistakes, fuck it!!
- 🌀 stop swearing, fuck it, did i mention that fuck it is another four letter word like food, crap and love.

Journey through the chakras:

If you have enjoyed this chakra process and feel like you would like to continue your journey through the chakras please see our website for more information on the processes.

Energy healing and the throat chakra:

If you have completed this throat chakra workbook and feel you need some energetic support or assistance please contact us for energy healing options. We offer in person or distant healing sessions.

Much love
Berto & Tamar

Essence Energetics
www.essencenergetics.com

Pulse points of the chakras:

The following chakra pressure point map is given to familiarise you with the pressure points for balancing each chakra. You can use your essential oil in your kit to gently massage the particular chakra or you can massage the oil into all the points to help you achieve balance.

Pulse Points

