




IGNITE your Chakras

The Throat Chakra: Invoke

Central theme	communication and expression	
Sanskrit	Vishuddha	
Mantra	HAM	
Planet	Saturn	
Essential oil	Jasmin, Ylang Ylang	
Crystal	Blue lace Agate, jasper, Aquamarine, Agate	
Sensory function	hearing	
Flower	Lavender	
Representation	sixteen petaled lotus flower	

- center of: sound, communication, writing, expression
- colour- blue, turquoise
- element- void or ether
- endocrine glands- respiratory system, thyroid
- in balance- knowledge, discipline, self-expression, creative expression

- location- neck region
- out of balance- spiritual doubt, negative intellect
- physical problems- neck problems, lungs, thyroid, throat, vocal cords
- plane- etheric
- shape- circle

Basic Description

The throat is where we make the inner world real. Our thoughts become physical through the throat. The throat chakra represents the consciousness of language, voicing your higher truth. This chakra is all about communication. The throat chakra expresses the energy of all the other chakras. The throat chakra connects the heart with the third eye, this balances the worlds of thought and feeling. The throat chakra acts as a bridge between the intelligence of the heart and the intelligence of the mind. The throat chakra makes the inner world real, we balance our karma through voicing our truth. The throat chakra can thus be seen as a mastery chakra. We all know how difficult it is to stand up for ourselves, but once we have done it we feel elated and full of energy. The throat chakra is where we stand our ground and take back our power.

Physical ailments of the throat chakra:

- ears- finding balance between listening and voicing
- goitre- being silenced, can't get communication out
- hands- not expressing what you desire
- jaw problems- anger, blocked communication
- laryngitis- fear of speaking one's truth, need to listen
- lump in throat- fear of speaking
- neck and shoulder pain- not voicing one's truth, thinking too much

- neck problems- resentment, blocked consciousness, not communicating
- stuttering- somebody else's energy stuck in the chakras
- thyroid problems- shock or trauma, metabolism, grief, resentment
- tonsillitis- poor self-care, exhausted throat chakra
- toxicity- unexpressed feelings in heart, unexpressed thoughts in mind

Characteristics of the throat chakra:

- authentic self- being comfortable with individuality
- courage- having the power to stand your ground
- creativity- not being able to express creativity
- criticism- criticising someone to make yourself feel better
- inspiration- not feeling inspired by work
- lies- not voicing truth
- listening- not being able to keep quiet
- lying- not communicating truth
- manipulation- being manipulated or manipulating others
- resonance- not needing verbal communication
- shyness- not being able to express oneself
- verbal abuse- overpowering another person
- voice- clear and precise voice








OVERACTIVE THROAT:

- an overactive throat chakra leads to verbal diarrhoea
- the person will talk continuously without leaving space for you
- this leads to stagnation in the air element and will lead to feeling stuck or suffocated
- people with an overactive throat chakra will also repeat themselves a lot and you will feel drained or trapped in their company



UNDER ACTIVE THROAT:

- an under active throat chakra leads to a build-up of unexpressed emotions and thoughts, the energy will usually get stuck in the heart, this creates auric mucus or it makes the throat heavy
- the person will battle with expressing their true feelings and will carry anger and resentment, which will build up in the body as toxicity
- a non-individuated person will voice what others want to hear
- a fearful person will be afraid to voice
- a person without a strong self-image will fear what others think of them

The man power patterns of the throat can be seen as:

-  communication
-  expression
-  creativity
-  experience
-  symbol system
-  morphogenic field
-  resonance






COMMUNICATION:

-  self-expression, gateway between the inner and outer worlds
-  we express our inner thoughts or feelings, or we reject them





EXPRESSION:

-  we can either feel comfortable enough to express our true individuality or we lie about ourselves



CREATIVITY:

-  creativity leads to freedom from patterns and belief systems
-  creativity is a conscious willed process, we create our world
-  creativity is the pure expression of spirit within us
-  creativity is the gateway between the past and the future
-  blocked creativity leads to a negative or dull experience of the world






EXPERIENCE:

-  we receive information without any feeling content
-  we stop relating to our world with feeling
-  everything becomes about the mind
-  we hear about life but we don't experience it

SYMBOL SYSTEM:

-  we communicate through images or pictures
-  the stronger the symbol system the stronger the control over the mind, the less freedom

MORPHOGENIC FIELD:

-  when there are enough people thinking or feeling the same about a topic it creates a field of resonance
-  this field can either be negative or positive in nature
-  the morphogenic field controls through mass communication
-  we have to find our own truth and step out of the field
-  this leads to liberation and freedom of suppression

RESONANCE:

-  positive outcome- moving in harmony with the universes



negative outcome- moving against the flow of the universe








Why would we choose these things for ourselves?

We choose the issues of the throat chakra to achieve true liberation of the belief systems and control dramas of this world. The throat chakra teaches us to be authentic and original in our thought processes. We become an individualised, perfect but original reflection of God- this is the reason we came here in the first place. The throat challenges us to step out of the mundane and become an authentic, integrated, creative being. We are challenged by the throat to master our thoughts, feelings, words and actions. The throat makes the un-manifest real. The throat helps us to vibrate with the perfection of the universe, all we have to do is link or resonate with the perfection and allow spirit to flow through us. If there is any resistance, we will feel stuck or lost in all areas of our lives. The throat can be seen as the magician or alchemist. With the right word, you can change or create a perfect outcome or reality, with the wrong word you can destroy and abuse. This is how we create our karmic patterns. When many people abuse the throat through negative expression it creates a field of dense vibration. We feed this field with our negative thoughts and feelings and create more of the same. To step out of this field is to separate yourself from the mass consciousness and to seek something more align and pure. This leads to true liberation and freedom.






“MASTERING THE THROAT IS MASTERING LIFE”

Mastering the throat:




Why don't we voice our truth? The first test is overcoming fear:

-  fear of ridicule
-  fear of rage or abuse against us
-  fear of how things will change when we voice
-  fear of our own power
-  fear of criticism
-  fear of humiliation
-  Fear of secrets being revealed

The second test is overcoming anger:

-  internalised anger
-  addiction to pattern of verbalized anger
-  anger of feeling cheated
-  anger towards an abuser
-  anger towards self for feeling weak

The third test is about compassion:

-  compassion leads to forgiveness
-  forgiveness leads to healing
-  healing leads to freedom

















Spiritual symbolism of the throat chakra:














This is the center of sound, often called the seat of purification. Sound is the primordial ingredient of creation. From the Word or the Sound, life was created. It is responsible for speech and communication. The throat chakra connects the third eye chakra with the heart chakra, this connection balances the worlds of feelings and thoughts. The throat can be seen as the narrow doorway (neck) through which the body connects with the mind. When the throat is blocked, we cannot manifest the guidance from our higher self into form, we live in our head not in the body. The voice is the vehicle that the mind uses to manifest. The throat chakra works with sound and resonance, if we are not vibrating in alignment with our Soul we become restricted, blocked and stuck in life. This unexpressed energy gets stored as stress in the body. We close the bridge of communication between the heart and the third eye. This makes it even more difficult to speak out. The longer we wait to speak our truth the harder it becomes. Unfinished conversations keep our energy trapped in the past.

The 16 petals of the lotus:

Awakened

-  authenticity
-  clarity
-  clear communication
-  control over power
-  creative expression
-  freedom
-  liberation
-  purity
-  resonance
-  sound
-  spiritual integrity
-  spiritual wisdom
-  stillness
-  symbolic thinking
-  synchronicity
-  truth
















Unawakened

-  Deceit
-  Manipulation
-  Exaggeration
-  Lies
-  Control
-  Fakeness
-  Complaining
-  Anger
-  Excessive swearing
-  Foul language
-  Gossip








Colour symbolism:

- Light blue : clear communication
- White : purity
- Turquoise : clarity, creative expression

Healing the throat chakra:

-  affirmation
-  creativity using the right brain, no form or structure
-  getting enough sleep, during sleep our body moves into a state of harmony
-  keep a journal
-  letter writing
-  neck and shoulder massage
-  neck stretches
-  peppermint tea to soothe throat
-  read inspirational books about powerful people
-  sing along to music
-  story telling
-  toning
-  mantras
-  voice training
-  voice your own opinions

Mantra sounds for the seven chakras:

	base	LAM
	sacral	VAM
	solar plexus	RAM
	heart	YAM
	throat	HAM
	third eye	OHM
	crown	AUM

