



### THROAT CHAKRA MUDRA

#### Throat Chakra:

Your throat chakra holds the energy for clear communication, listening and speaking in an authentic, truthful and compassionate way. Speaking your own truth is the dominate aspect of this chakra when fully balanced.

If you are running too much energy in this chakra you might talk too much or inappropriately, participate in gossiping, have a stuttering issue, have difficulty being silent or the inability to keep confidences.

Being deficient energetically in this chakra might show up as a fear of speaking, have a small or weak voice, exhibit shyness, experience tone deafness or have difficulty putting things into words.

Organs and/or body systems affected by an energy imbalance in the throat chakra are the: laryngeal nerve plexus, vocal cords, mouth, throat, ears, thyroid and the parathyroid glands. One may experience thyroid illnesses, metabolism issues, tonsillitis, tinnitus, congestion of the ears, nose or throat if the throat chakra is “out of whack”.

Here are some questions to ask yourself to establish if you have an underlying imbalance in this chakra.

Where you able to talk about how you were feeling as a child?

Did people listen to you as a child; really hear what you had to say?

Do you feel you are heard now as an adult?

Are you able to express yourself and your feelings verbally now without feeling guilty or fear of being reprimanded or humiliated?

Can you speak up for others or yourself in a clear, concise, compassionate manner?

Do you let others speak their truth easily, without interruption?

## EXPANDED CHAKRA HEALTH

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Do you feel people understand you, really understand you?

Have you been “forced” to keep secrets?

Have you ever had to lie to avoid “punishment”?

Have you ever felt that “keeping your mouth shut” was the best thing to do?

Here are some tools to assist in bringing harmonic balance to this chakra.

Pay attention to where you feel things (energy) in your body when you speak. If you feel constriction, restriction anywhere in your body change the language you are using to a more positive vibrational flow.

Toning or chanting would be extremely beneficial to the throat chakra. The tone associated with this chakra is EYE as in I. When toning, draw the sound out and pull it up and out from your abdomen.

Decorating with blue tones, bringing in fresh flowers or planting blue colored flowers helps to soften this chakra allowing it open more fully.

As is the same with the other chakras, breathing blue, sky blue light into your throat will help in clearing your throat as well as expand its energy field. Visualizing any color blue will help. Make sure to work with opening the back of the throat chakra as well as working with the front.

Eat foods that are blue or have blue skin, such as blueberries or purple grapes can help to maintain your balance or bring balance to your throat. Using honey to soothe the throat in times of vocal stress is very beneficial. It can also assist you in allowing you to speak your truth which is “the sweetness of life”.

### **Affirmations:**

I am able to engage in clear, concise and compassionate communication easily and effortlessly.

I am able to listen and to hear people while keeping an open mind.

My beliefs and opinions are my own.

I speak my feelings in a clear manner, being as mindful and compassionate as possible.

I am thinking and speaking more positively every day.

I am able to speak truthfully and authentically.