

THROAT CHAKRA (VISHUDDHA)

Location: Throat Element: Space Colour: Blue

Balanced: Clear communication & direction

Issues: Communication, Truth, Self-expression, authenticity

Body Areas: Neck, Throat, Mouth

Endocrine Gland: Thyroid

Essential Oils: Lavender, Spearmint, Frankincense

RITUAL: JOURNALING

If you are struggling with verbalising your thoughts, try allowing them to flow with ease ento paper. Have a daily practice of recording truthfully how you feel with no judgement on yourself.

CRYSTALS

SODALITE

Sodalite brings deep harmony to your life, deepening your confidence and self esteem, it increases your intuition and brings a real sense of knowing yourself. Through this new belonging it allows you to understand these feelings and stand firmly in them before speaking your truth clearly. Sodalite is perfect for anyone who feels they need help expressing themselves or being heard.

BLUE QUARTZ

The emotional & mental healing properties of blue quartz are in its soothing vibrational energy. A stone for replacing negative energy with positive, for enhancing communication & increasing clarity & acts as a calming influence on the body.

LAPIS LAZULI

A crystal of truth in all aspects. It reveals inner truth & promotes self-awareness & the acceptance. It provides for the relief of things that may have been suppressed & allows for them to surface, helping to diminish dis-ease or repressed anger & allows for self-expression without holding back or compromising

AFFIRMATIONS
'I FOLLOW MY TRUTH & COMMUNICATE IT CLEARLY'

I SPEAK TRUTH.

I SPEAK LOVE.

I AM EXPRESSIVE.

I AM GENTLE WITH MY WORDS.

I LISTEN TO OTHERS

I AM AUTHENTIC'

THROAT CHAKRA

Placing one hand on the heart, draw a deep loving breath in, and a long slow exhale release... journal on the following:

MY VOICE MATTERS

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Why is it imper	tant to me	that my	voice is h	neard wh	en I speak	?		
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How do I cemm	unicate in	one-on	-one conv	ersations	? How mu	ıch do I liste	n, and hov	v much
			-ene cenv	ersations	? How mu	uch do I liste	en, and hov	v much
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do I speak? Is th	is ratio bala	enced?				uch do I liste	en, and how	v much
do I speak? Is th	is ratio bala	enced?				uch do I liste	en, and hov	v much

Placing one hand on the heart, draw a deep loving breath in, and a long slow exhale release... journal on the following:

I SPEAK WITH CALM, CLARITY, AND CONFIDENCE

Iow do I feel whe	n others are distracted or not listening when I speak?	
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	and effectively communicate so that I have the undivided attention of t	hc
m speaking to?		
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8 3		4
Iow can I cultivate	e more confidence in situations where I'm called to speak my truth?	
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More than anythir	ng, today, I am grateful for, because	
More than anythir	ng, today, I am grateful for, because	

Placing one hand on the heart, draw a deep loving breath in, and a long slow exhale release... journal on the following:

I CHOOSE AUTHENTICITY OVER PERFECTION

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What are the guid	ing principle	es and truths t	hat I carry w	ith me through	out my life	?
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What does authen	ticity mean	to me?				434
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					357 6	3/4
9/69					5/ 6	NO SE
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How do I live my a	aumenue tri	atn in my dair	y me ?-	41 37		
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More than anythir	ng, today, I ar	m grateful før.	, because			
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Placing one hand on the heart, draw a deep loving breath in, and a long slow exhale release... journal on the following:

I HAVE THE COURAGE

TO BE MY TRUE

AND AUTHENTIC SELF

What does it mean to me to carry myself with integrity?
What does it mean to me to carry my sen with integrity ?
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Are there any situations in which I feel like I fake or force myself to be someone or someth Im not? How do I feel when I do this?
In not? now do neer when the time?
How do I feel when semeene is being inauthentic with me? How can I avoid doing the sam
others?
More than anything, today, I am grateful for, because

Placing one hand on the heart, draw a deep loving breath in, and a long slow exhale release... journal on the following:

WHEN I SHARE MY WORDS I SHARE MY LIGHT

How do I feel about gossip?			
			62
		ASS	A
How does it make me feel who has gossiped about me?	en I gossip about another per	rson, or when I hear th	at someone
KAX			
When I hear others gossiping,	how can I respond in a clea	r, calm, and effective w	ay?
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More than anything, today, I an	n grateful for, because		X
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Placing one hand on the heart, draw a deep loving breath in, and a long slow exhale release... journal on the following:

I LIVE AN HONEST
AUTHENTIC,
AND WHOLEHEARTED LIFE

Do I express myself cr	reatively?				
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	AD				A
What outlets and pract	ices do I use	for creative e	xpression?		X
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How can I open mysel	fup to more	opportunities ************************************	for creative ex	pression?	
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Placing one hand on the heart, draw a deep loving breath in, and a long slow exhale release... journal on the following:

I AM CALM,
PATIENT AND
PEACEFUL

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w can I cultivate more calm and patience when I begin to feel myself growing impath internal and external circumstances?					
th internal and external circumstances?				433	
th internal and external circumstances?	re there any sit	uations where I to	end to lose patience? H	low does this make	e me feel?
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Placing one hand on the heart, draw a deep loving breath in, and a long slow exhale release... journal on the following:

MY VOICE, WORDS, IDEAS, & PRESENCE ALL MATTER.
THE WORLD NEEDS THE MAGIC INSIDE OF ME.

What does an ordinary day as my most communicative, patient, authentic self look like? I	How
do I carry myself throughout the day? How do I treat others and myself?	
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More than anything, today, I am grateful for, because	人

 $Today, I invite you to take a few moments to breathe before your journaling practise \\ \textit{\& then to step into a}$

RAMPAGE OF APPRECIATION

To fill the whole page with anything that your heart desires

To free write with joy, love, abundance, and so much

With a heart full of love, trust, compassion & joy...journal on the following: More than anything, today, I am grateful for....., because......

I GIVE GRATITUDE FOR
MY RADIANCE
MY BEAUTY
MY JOY