



# THROAT CHAKRA

## 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 onto 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 important to me to be a patient and attentive listener?

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Why is it important to me that my voice is heard when I speak?

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How do I communicate in one-on-one conversations? How much do I listen, and how much do I speak? Is this ratio balanced?

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More than anything, today, I am grateful for....., because.....

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## THROAT CHAKRA

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

How do I feel when others are distracted or not listening when I speak?

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How can I clearly and effectively communicate so that I have the undivided attention of those I'm speaking to?

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How can I cultivate more confidence in situations where I'm called to speak my truth?

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## THROAT CHAKRA

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

What are the guiding principles and truths that I carry with me throughout my life?

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What does authenticity mean to me?

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How do I live my authentic truth in my daily life?-

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# THROAT CHAKRA

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?

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Are there any situations in which I feel like I fake or force myself to be someone or something I'm not? How do I feel when I do this?

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How do I feel when someone is being inauthentic with me? How can I avoid doing the same to others?

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# THROAT CHAKRA

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?

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How does it make me feel when I gossip about another person, or when I hear that someone has gossiped about me?

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When I hear others gossiping, how can I respond in a clear, calm, and effective way?

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# THROAT CHAKRA

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 creatively?

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What outlets and practices do I use for creative expression?

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How can I open myself up to more opportunities for creative expression?

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# THROAT CHAKRA

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

Why is it important to me to remain centred and patient throughout my daily life?

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Are there any situations where I tend to lose patience? How does this make me feel?

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How can I cultivate more calm and patience when I begin to feel myself growing impatient with internal and external circumstances?

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