

Throat Chakra

Knowledge Health Communication

*I express myself freely and easily.
I communicate my thoughts clearly
and effectively.*

SURRENDER PERSONAL WILL TO DIVINE WILL

If love is the key word for the Heart Chakra then expression is the keyword for the Throat Chakra. The Throat Chakra has been referred to as the “Holy Grail” of the chakras because it holds precious information from all the chakras.

The Throat Chakra is about communication, personal expression, speaking your truth, creativity, knowledge and harmony with others, accountability, and following your dreams. The fifth chakra is the center of the human capacity of expression, communication and inspiration. It serves as a link between the lower chakras and the crown center. Through the fifth energy center we express everything that is alive within us such as our laughing and crying, our feelings of love and happiness, anxiety and aggressiveness, our intentions and desires as well as our ideas, knowledge and perceptions of inner worlds.

The element associated with the Throat Chakra is ether, which is a medium of sound and of the spoken word.

Our fifth chakra shows us that personal power lies in our thoughts and attitudes. It is also the center of choice and consequence. Every choice we make and every thought and feeling we have, is an act of power that has personal, social, environmental, and global consequences.

Characteristics of a strong Throat Chakra are strong communication and listening skills. People with these characteristics will tell you the truth even if you would rather not hear it. These people make excellent healers, speakers and therapists. They are very reliable and once they make a commitment they will keep their word and follow through with the promise. Someone with a strong throat chakra has independence, freedom and self-determination and will trust their inner guidance.

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THROAT CHAKRA



COLOUR
Blue

COMPLIMENTARY COLOUR
Orange

SOUND
Note G and G#

SENSE
Hearing

LOCATION
Throat

BASIC PRINCIPLE
To speak and hear the truth

ASSOCIATED GLANDS
Thyroid

ASSOCIATED MERIDIANS
Lung

EMOTIONAL COMPONENT
Lying

PHYSICAL COMPONENT
Jaw, neck, throat, voice, and airways

“The Essence of Sound”
“Full Spectrum Vibrational Healing for the Meridians, Chakras and Figure Eight Energies”
by Evelyn Mulders

INSUFFICIENT THROAT CHAKRA ENERGY:

Fear of Speaking
Difficulty putting feelings into words
Shy, quiet, and withdrawn
Out of touch with own desires
Not trusting intuitive powers

EXCESS THROAT CHAKRA ENERGY:

Too much talking
Talking as a defense
Dominating voice
Inability to listen
Appear strong at all cost
Language is coarse and blatant

HARMONIOUS FUNCTION OF THE THROAT CHAKRA:

Openly able to express feelings and thoughts
Living creatively
Good sense of timing and rhythm
Imaginative
Colourful and clear speech
Trusting your inner guidance
Openly passing knowledge

PHYSICAL IMBALANCES:

Cold symptoms
Coughing
Tickle and phlegm in throat
Stress
Hyperactivity
Allergies
Goiter
Depression
Fatigue
Asthma
Emphysema
Stuffed, runny nose

EMOTIONAL IMBALANCES:

Surrendering to superiors constantly
Clinging to tradition
Resisting change
Rigidity and stubbornness
Trapped by fixed ideas
Being slow to respond