



THROAT

VISHUDDHA

Communication, Self-Expression,
Truthfulness, Listening



Chakra Number: 5th

Sanskrit: Vishuddha

Meaning: Communication

Lotus: 16 Petals

Element: Ether

Color: Blue

Frequency: 741Hz

Seed Sound: HAM

Vowel Sound: EYE

Music: Calming, Meditative Music

Affirmation: I speak

Sense: Hearing

Location: Throat

Glands: Adrenal glands

Body Parts: Throat, Respiratory System,
Teeth, Vocal Chords, Thyroid, Neck



AAKASH

Nutrition: Blueberries, Blue Raspberries,
Kelp, Figs, Tart or Sour Foods, Herbal Teas
Like Chamomile or Peppermint

Essential Oils: Eucalyptus, Peppermint,
Lavender, Chamomile, Tea Tree, Sage

Reiki Pose: Throat Hand Position

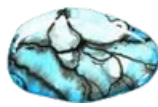
Crystal: Blue Lace Agate, Aquamarine,
Sodalite, Blue Kyanite, Turquoise



BLUE LACE AGATE



AQUAMARINE



TURQUOISE

AFFIRMATIONS

- I communicate clearly and effectively. I
- express my true self with confidence.
- My voice is heard and valued. I listen to
- others with an open heart. I speak my
- truth with love and courage.

BALANCING PRACTICES

- Singing, Chanting, Speaking Truthfully, Expressing Oneself, Journaling, Deep Breathing, Active Listening
- PROMPTS: What stops me from expressing myself? In what ways can I be a better listener?

YOGA POSES

- Fish Pose (Matsyasana):** Opens the throat and stimulates thyroid function.
- Shoulder Stand (Sarvangasana):** Stimulates the throat and improves circulation.
- Plow Pose (Halasana):** Calms the mind and stimulates the throat.
- Cat-Cow Pose (Marjaryasana-Bitilasana):** Enhances flexibility and opens the throat.
- Lion's Breath (Simhasana):** Clears the throat and releases tension.



BLOCKED

- Difficulty expressing thoughts and feelings
- Fear of speaking or public speaking
- Chronic sore throat or throat issues
- Shyness or social anxiety
- Feeling misunderstood or ignored.
- Trouble finding the right words
- Lack of confidence in communication

BALANCED

- Clear and effective communication
- Confidence in expressing thoughts and feelings
- Healthy vocal expression and speech
- Ability to listen and understand others
- Honest and truthful communication
- Creativity in verbal and written forms
- Strong sense of self-expression

OVERACTIVE

- Talking excessively or dominating conversations
- Interrupting others frequently
- Speaking without thinking or tactlessness
- Gossiping or spreading rumors
- Overemphasis on being right or argumentative
- Loud or aggressive speech

