



# The Throat Chakra

*Vishuddha* in Sanskrit, which means 'purest.'

16-petaled Lotus

Located in neck region, near the thyroid gland.

Link between bodily basic needs and your higher wisdom.



The Throat Chakra is linked to the color blue, a psi connection rooted in spiritual and holistic traditions like yoga and energy healing.



# The Throat Chakra

## When it's blocked:

- difficulty expressing oneself,
- fear of speaking your Truth,
- difficulty saying what you believe;
- physical symptoms like sore throats, hoarseness, or thyroid issues.

and also

- inability to listen to good advice;
- interrupt others consistently.

## You may experience:

- Hoarseness;
- Sore throat, mouth, tongue;
- Ear and sinus infections;
- Difficulty swallowing;



- Sinus infections;
- TMJ;
- Tight shoulders.



# The Throat Chakra

SCIENCE

- Calmness;
- Communicate clearly;
- Vocalize Universal Truths and Beliefs;
- Lead a creative life, finding ways to creatively and psychically express yourself;
- Reprogram limiting, outdated beliefs that you've accumulated not only in your current life, but also helps eliminate patterns of 'mental wiring' that you've inherited subconsciously from your past incarnations (Rewire your brain);
- Eliminate demeaning patterns and negative karmic influences;
- Protect your larynx, thyroid, teeth, and vocal cords.





# The Throat Chakra

- The Lion's Breath

To practice this form of breathwork, inhale through your nose with your eyes and mouth wide open. Stick out your tongue, and 'roar' audibly out loud. The breath of your exhale should be loud and energetic, like a lion's roar.

- The Bija Mantra (pronounced BEE-ZAHN)

A bija mantra is a 'kernel of truth' or complete idea distilled into a single syllable or several simple syllables to stimulate a greater understanding. It's a one-syllable sound that, when spoken out loud, helps activate and balance your Throat Chakra.

A bija mantra is a single syllable sound that figuratively means 'seed mantra' in Sanskrit. It's a fundamental part of Tantric Hinduism and Esoteric Buddhism. Examples: OM; Peace; Joy; Love.



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# The Heart Chakra

Heart Chakra: The Heart Chakra, which like the six other chakras, is an astral energy and features the green color which represents the ecological benefits of unconditional love, healing, wellness, emotional growth, and Higher Consciousness wealth. The color green is also associated with balance, renewal, and the symbiotic connection between your mental, emotional, physical, and spiritual realms. The vibrant green energy of this chakra mirrors the life-giving qualities we see in nature.

- When properly aligned, the Heart Chakra helps you love unconditionally, feel a stronger emotional connection to others, and create room for different perspectives without judgment.
- The Heart Chakra is a gateway, an astral bridge, between the lower and upper chakras, and when open and balanced, its energetic benefits are believed to allow people to invite love, empathy, compassion, passion, and positivity into their lives.
- It's fueled by acts of loving kindness and charity, and you're being able to give and receive affection with equal ease.

