



Throat (Vishuddha)

Communication, Expression,
Authority, Truth

CHAKRA NUMBER: 5

ROLE: Forthright

FOCUS: Expression (I Speak)

LOCATION: Throat

GLAND: Thyroid

COLOR: Light Blue

SEED SOUND: HAM

HEALING FREQUENCY: 741 Hz

SOUND: Singing Insects

ELEMENT: Ether

PLANET: Mercury



Affirmations

- I hear and speak the truth
- I am open and honest
- I live an authentic life
- I have integrity
- My voice matters

Healing Practices

JOURNALING

Record your thoughts and emotions

MEDITATION

Focus your attention on your throat chakra

SPEAK

Talking, singing, mantra chanting, shouting

LISTEN

Listen actively and thoughtfully to others

AROMATHERAPY

Use the suggested scents either as incense or essential oils

NECK MASSAGE

Self-massage your neck, get a massage, or perform exercises and stretch out the neck

GROUNDING MUSIC

Listen to music tuned to 741 Hz healing frequency, or 741 Hz healing bowls, bells, or tuning forks

AFFIRMATIONS & MANTRAS

Use the suggested affirmations and the mantra "HAM"



Foods To Heal

Blueberries, Blue Raspberries, Kelp, Figs, Blackberries, Plums



Essential Oils

Eucalyptus, Peppermint, Cypress, Bergamot, Chamomile, Frankincense



Crystals & Gemstones

Turquoise, Aquamarine, Lapis Lazuli, Angelite, Blue Lace Agate, Amazonite



Health State

BALANCED

Truthful
Confident In Self-Expression
Authentic

IMBALANCED

Shyness
Fear of Speaking
Lack of Trust
Secretive
Gossipy

Yoga Poses

