

Chakra Five: Throat Chakra

Speaking One's Truth

The Throat Chakra is associated with the color sky-blue. This chakra is our will center. The health of the fifth chakra is in relation to how honestly one expresses him or herself. It is about integrity in all areas of life. We speak our choices with our voices (throats). All choices we make in our lives have consequences on an energetic level. We have all experienced that "lump in our throats" when we are at a crossroad of not knowing how to speak the right words in a given situation, perhaps even stuffing our own emotions. A challenge of the throat chakra is listening and speaking in a balanced fashion, living one's dharma and receiving abundance.

Chakra Five - Associations

- **Color** - blue
- **Sanskrit Name** - vishuddha
- **Physical Location** - throat, neck region
- **Purposes** - learning to take responsibility for one's own needs
- **Spiritual Lesson** - confession, surrender personal will over to divine will, faith, truthfulness over deceit
- **Physical Dysfunctions** - sore throat, mouth ulcers, scoliosis, swollen glands, thyroid dysfunctions, laryngitis, voice problems, gum or tooth problems, TMJ
- **Mental and Emotional Issues** - personal expression, creativity, addiction, criticism, faith, decision making (choices), will, lack of authority
- **Information Stored Inside Throat Chakra** - self-knowledge, truth, attitudes, hearing, taste, smell
- **Area of Body Governed** - throat, thyroid, trachea, neck vertebrae, mouth, teeth, gums, esophagus, parathyroid, hypothalamus
- **Sense** - Hearing
- **Element** - Ethers/Sound/Vibration
- **Gems** - Turquoise, aquamarine, blue agate
- **Essential Oils** - Ylang ylang, blue chamomile, gardenia

Throat Chakra Exercises

Chakrercise your throat chakra by gargling with salt water, singing, chanting or screaming. *Best Yoga Poses:* Poses that open the throat appropriately like fish and camel are good. Also effective is practicing mantras, such as OM.

Feeding Your Throat Chakra

- **Liquids in general:** water, fruit juices, herbal teas
- **Tart or tangy fruits:** lemons, limes, grapefruit, kiwi
- **Other tree growing fruits:** apples, pears, plums, peaches, apricots, etc.
- **Spices:** salt, lemon grass