

More on Chakra Five

The Throat chakra is about self-expression and talking. When it is open, a person has no problems with expressing him or herself, and may do so in a creative manner.

When this chakra is under-active, one tends not to speak much, and may be introverted and shy. Not speaking the truth may block this chakra.

If this chakra is over-active, a person tends to speak too much, may be domineering and/or keep people at a distance. One may be a bad listener if this is the case.

Opening the Throat Chakra

Cross your fingers on the inside of your hands, without the thumbs. Let the thumbs touch at the tops, and pull them slightly up.

Concentrate on the Throat chakra at the base of the throat.

Chant the sound HAM.

