

# Throat Chakra-Vishuddha Knowledge, Health and Communication

## **Associations:**

**Sound:** Notes "G" & "G#"

**Color:** Blue

**Meridian:** Lung

**Location:** Throat

**Physical Components:** Jaw, Neck, Throat, Voice, Airways, Upper lungs, Nape of neck, Arms

**Glands:** Thyroid

**Emotional Component:** Lies

**Purpose:** Communication and creativity

**Basic Rights:** To speak and hear the truth

## **Harmonious Function:**

Openly able to express feelings and thoughts

Living creatively

Good sense of timing and rhythm

Imaginative, colorful and clear speech

Trusting your inner guidance

Openly passing knowledge

## **Insufficient:**

Fear of speaking

Difficulty putting feelings into words

Shy, quiet and withdrawn

Out of touch with your own desires

Not trusting of intuitive powers

**Excess:**

Talking too much

Talking as a defense

Dominating voice

Inability to listen

Appear strong at all costs

Language is coarse and blatant

**Physical Imbalances:**

Cold symptoms

Tickle or phlegm in the throat

Coughing

Stress

Hyperactivity

Allergies

Signs of a goiter

Stuffy, runny nose

Fatigue

**Affirmations:**

I express myself freely and easily

I can communicate my thoughts clearly and effectively

I hear and speak the truth

I live in my truth, I communicate my truth, I am the truth

I trust the whisper of angels' voices as I sit in silence

I listen to myself and trust my inner voice

I express my love and goodness each time I speak

Communicating is vital to my well-being

I listen to the truth of others; I share my truth honestly

My willpower is aligned with my spiritual purposes in life

**Nature:**

Explore the blue sky and listen to water

**To Achieve Balance use Sound Essence Chakra Note "G" & "G#" Atomizer**

**Sound therapy:** Notes "G" & "G#"

**Color therapy:** Blue

**Aromatherapy:** Geranium, Lemon, Pepper and Sweet Birch

**Gemstone Therapy:** Blue lace Agate and Sodalite