

THROAT CHAKRA

Location: In your throat

Sanskrit name: *Vishuddha* (meaning "purification")

Represents: Communication + expression

Color: Light blue

Gemstone: Amazonite

Associated with...

- Inner truth
- The ability to listen + express yourself clearly
- The ability to turn ideas into reality
- Uncovering your purpose
- Authenticity

When blocked or out of alignment, you might experience:

- Trouble speaking your truth or expressing your thoughts + feelings
- Lack of control over your speech or fear of speaking
- An inability to listen to others or keep secrets
- Secretiveness or shyness
- Difficulty paying attention + staying focused
- Fear of judgement
- Sore throat, thyroid issues, neck + shoulder stiffness, or headaches

How to heal it: Place throat chakra stones along your throat to cleanse + unblock energy, and surround yourself with shades of light blue. Find ways to make your voice heard (such as singing, even if it's only to yourself!), and practice expressing your thoughts + opinions from a place of love. Drink lots of water to soothe the throat, and every now and then, treat yourself to a massage to release tension in your neck + shoulders.

AFFIRMATION

#1 I hear and speak the truth

#2 I am expressing myself with clear intent

#3 Creativity flows in and through me

#4 I am an important voice in the world and my voice is heard

#5 I speak my truth clearly

#6 I love to share my experiences and wisdom. I know when it is time to listen

#7 I listen to my body and my feelings to know what my truth is

#8 I am safe and trust others to allow me to express myself truthfully

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

#10 I express my love and goodness each time I speak

FOODS

Juices

Tea

Water

Eggplant

ESSENTIAL OILS

Eucalyptus

Chamomile

Peppermint

CRYSTALS

Lapis lazuli

Apatite

Aquamarine

Kyanite