Chakra Balancing Series
Throat Chakra: Vishuddha (Purification)

Communicating from a place of truth to honour your integrity and creativity

Chakra Five controls, creates, transmits and receives communication. It gives us the power to express our truth and sing the song of individuality. Vishuddha is closely linked to Anahata. When the Heart Chakra is imbalanced, your spirit remains closed and you continue to operate solely in the world of the senses. In working with the Throat Chakra, we create a space of openness to clearly express the gift of who we really are.

- Nerve Plexus: Cervical
- Associated Glands: Thyroid and Parathyroid (Metabolism)
- Governs: Neck, Shoulders Jaw, Mouth, Teeth, Vocal Chords, Ears, Voice, Airways, and Upper Lungs

This narrow area of the neck acts as a filter for all the energy moving between the body and mind – no wonder the neck tends to get stiff and sore!

Vishuddha can act as a container and seal for vital energy, however the integrity of this chakra can be undermined by injury and emotional or physical abuse. For example, grief and unexpressed fear, dishonesty and gossip, substance abuse and overeating all damage this chakra and disrupt energy flow between lower and upper energy centres.

For balance, the body must reach a certain level of purification. "Vishuddha is the centre of extreme purification. **When it is in balance it purifies all of the chakras and brings harmony to your bein**g. Vishuddha facilitates communication between your individual spirit and the spirit of the universe; it connects you to a higher plane of consciousness, so that you can tap into your creativity and find inspiration in life." – Alan Finger

The Throat Chakra directly affects the quality of your communication (speaking, writing, listening, singing). Deepening your commitment to truth and integrity balances this chakra and supports you in:

- Conserving your energy to become stronger and more resilient.
- Connecting to your higher self for guidance and protection.
- Harnessing your will to develop wisdom and discipline and address challenges.
- Releasing limiting beliefs that keep you from experiencing the freedom of your true being.

Points for Self-Inquiry

- Do you say what you feel?
- Is it hard for you to stand up for yourself or do you tend to dominate conversations?
- Are you living in a way that is true to your core beliefs and values?
- How connected are you to a sense of spirituality?
- Where do you channel your creative energy? Do you feel inspired by life?

The orientation is toward self-expression and the challenge to overcome is lies. At this level, we may experience separation from our intuition, our spark of creativity, and our true inner voice.

Traumas: Verbal abuse, excessive criticism, secrets or lies and mixed messages, authoritarian parents.

Excessive: Dominating voice, interrupting, harsh judgment, inability to listen, stuttering, gossip, exaggeration, talking too much as a defense.

Deficient: Small/weak voice, difficulty in expression, fear of speaking the truth, poor rhythm, shyness.

Physical Issues: Disorders of the throat, voice, ears, neck, mouth, jaw, thyroid, parathyroid and shoulders, hormonal problems, metabolism and energy level problems.

Tips for Balancing the Throat Chakra

- Listen to your feelings and inner voice to know what is true for you.
- Be mindful of what you consume (food and drink, forms of media).
- **Make a commitment to be as truthful as possible. Attitudes about suppressing "negative" feelings, being polite and not rocking the boat block this chakra and weaken our life force.**
- Say affirmations out loud for a direct effect on the endorphin levels in your blood.
- Take a vow of silence (try for a few hours at first) or just spend less time talking to open up other avenues of communication (namely with higher consciousness).
- Practice non-goal-oriented creativity to use your voice in an expressive way (storytelling, journaling, singing, making art).
- Say "no" to what and who may be harmful to cultivate a strong will.
- Practice the ancient Hawaiian prayer of Ho'oponopono to restore positivity.
    - I'm sorry. Please forgive me. I love you. Thank you. (see overview below)

Pranayama – Ujjayi Pranayama (Ocean-Sounding, Victorious Breath) both calms and energizes. It activates the parasympathetic nervous system to help us relax while creating a state of mental alertness. It can be practiced in a seated position or lying down. Once you learn Ujjayi, seek to practice it throughout your posture sequence to release excess

carbon dioxide. It makes the breath an audible point of focus for the mind, keeps you from breathing too rapidly, builds heat in the body and helps us move in a coordinated way.

To begin, inhale through your nostrils with a slight constriction of your throat, making a snoring sound. Maintain the slight snoring sound on the exhalation, and imagine that you are actually breathing from the back of your throat.

Asana

- Head lift while lying down with shoulders on the floor; Bridge pose
- Neck rolls and shoulder stretches; Lion pose
- Cat and Cow; Cobra
- Fish pose; Knee-down Twist

The associated element is Ether or Space with the qualities of vastness, expansiveness and subtlety. “Ether can be equated with the all-encompassing and unifying field of subtle vibrations found throughout the universe. Any vibration, be it a sound wave or a dancing particle, is in contact with other vibrations, and all vibrations can and do affect each other. To enter the fifth chakra is to tune our consciousness into the subtle vibrational field that is all around us.” – Anodea Judith

Mantra

The word "mantra" literally means to protect or free from the mind. These ancient spiritual formulas have been consistently transmitted as a spiritual language for at least 4,000 years.

Chanting and toning produces an energetic vibration – this physical sound coupled with pure intention creates a powerful wave of consciousness. The intentional use of sound harmonizes frequencies around and within us and offers immense healing benefits.

“OM truly represents – in sound and meaning – the totality of all that is.”

1. A (ah) – waking state
2. U (oh) – dream state
3. M (mm) – sleep state
4. Silence – not the absence of sound; its the field of spacious consciousness, which is vital to developing yogic power

“These four parts form a progressive passageway between the manifest world of matter and energy to the unmanifest world of mind and spirit.” – Russil Paul, *The Yoga of Sound*

- Try chanting along to a good quality recording of OM MANI PADME HUM, which means “The jewel of the lotus resides within”

Intention – Affirm your right to speak and be heard. Chant HAM or EEE.

- It is safe to freely express my thoughts and feelings.
- I communicate clearly and effectively.
- In silence I hear my deepest truth and from that place I speak.
- I share my unique creative expression with ease and joy!

Guided Meditation – Listen to the recording while holding Kali Mudra. The core quality of this gesture is Spiritual Purification.

Note about Cellular Memory & Energetic Processing

Your body carries physical, mental and emotional data based on the course of your life. A blueprint exists for everything you have ever experienced and chakra balancing is one way to “get the issues out of your tissues”.

The programming of your chakras and this cellular memory contain a lifetime of conscious and unconscious patterns – some of which hinder our ability to feel well and attain our goals. As cellular memory is cleared, our perceptions shift and we make different choices, responding to stress and handling emotional challenges with greater ease. Even the way we perform routine tasks begins to change – we are more present, fully embodied. By default, the body is built to support health, harmony and connection between all parts. Remember that bliss is your birthright.

It is natural for all kinds of feelings to arise in this process. The emotions come up as they clear from the body-mind system. Try to make peace with transition – what we resist persists. At one point, those coping mechanisms (patterns and beliefs) served a function and now you're letting go to awaken and liberate your energy at a deeper level. Feel compassion for yourself and acknowledge the sensations and feelings, knowing that you have the power to heal and experience greater freedom. I like to affirm: "I easily release and transmute all energy that no longer serves me. I embrace more love and light."

In his book, *Yoga and the Quest for the True Self*, Stephen Cope writes: "The path from the very first step is self-acceptance. The goal of the practice is self-acceptance. The fruit of the practice is self-love. Compassion for the self and compassion for others radiates naturally from every moment of practice. As we practice allowing and accepting, we open our hearts and embrace that part of ourselves, or that part in another that has been pushed away. By cherishing, honouring, allowing all our energies, we move into that place inside that says "yes" to all experience. Yes! Through "yes" we have stepped into the plane of consciousness of the fully alive human being: the jivan mukta."

Restoring Positivity

http://www.positive-living-now.com/four-simple-phrases-that-change-everything/

"I'm Sorry. Please Forgive Me."

If your goal is to focus on the positive—on those things that produce satisfaction, meaning, serenity, and joy—and you notice that you have been lost in replaying an argument you had with someone, or that you are wrapped in images of hurt, criticism, complaint or blame, you can instantly refocus by repeating, "I'm sorry. Please forgive me," from your heart until you feel a sense of peace.

"Thank You. I Love You."

Then, as peace enters you – and if you are genuine in asking for forgiveness, peace will indeed enter – you can respond to it with "Thank you. I love you." Your thanks is for the gift of recognizing the negative thought, and for the relief that came when you chose to apologize for it. Your love is an appreciation for choosing to let go of the negative, to embrace the healing, the cleansing of it from your mind. And with your sincere utterance of gratitude and love, you set off a wave of joy.

You Are Responsible

According to the teachings of Ho'oponopono (and just about every other system of well-being as well), you are responsible for everything that you experience. Everything you see, think, notice, hear and feel is a creation of your own mind. All your reactions and interpretations are of your making, based in memories from the past.

Have you become upset? Are you irritated? Pressured? Repulsed? Disgusted? Distressed? Accept that you are reacting to nothing but memory, apologize and ask forgiveness, over and over and over again, until you feel release. Then give thanks for the grace that cleansed your mind and freed you from the weight of your burden.