

## Throat Chakra

The **Throat Chakra** is the fifth and first of the higher chakras. It is located at the base of the throat. Its Sanskrit name is **Vishuddha** or “*purification*”. This chakra is concerned with willpower, communication, self-expression and creativity through sound - speech, writing or singing.



The **Throat Chakra symbol** is a lotus with 16 petals containing the Sanskrit vowels representing spirit. Inside the lotus is a downward facing triangle symbolizing speech and a full moon representing the feminine. This chakra resonates with the colour **blue**.

The **Colour Blue** is calming and relaxing. It brings with it peace, quiet strength and feelings of relaxation and healing. Blue is a good colour for reducing any hot or inflamed condition in the body, such as fevers, sore throats (any throat condition), headaches and menstrual pain. Wear blue underwear, a blue scarf or a blue crystal on the affected area to reduce the pain and inflammation. Blue is especially good for children’s ailments, such as teething, colic and fevers.

The **Throat Chakra** is concerned with purifying ourselves by honestly recognizing how we feel and having the confidence to communicate those emotions to others. This does not refer to everyday chatter, but taking the time to carefully choose our words to convey our thoughts. It is also concerned with hearing – actively listening to others helps develop our ‘subtle inner ear’ or intuition.

The corresponding glands are the **Thyroid and Parathyroid** and this chakra is associated with the sense of **sound and hearing**. It energizes the **mouth, teeth, oesophagus, throat and ears**.

### Physical imbalances of the **Throat Chakra**:

- Sore throats and laryngitis
- Neck problems
- Thyroid imbalances
- Tinnitus and vertigo
- Asthma and allergies
- Anaemia and menstrual problems

### Emotional imbalances of the **Throat Chakra**:

- Perfectionism
- Inability to express emotions
- Blocked creativity
- Over-talkative
- Dogmatic
- Self-righteous

- Arrogant
- Unreliable
- Overly critical

Balanced **Throat Chakra** expresses itself as:

- Good communicator
- Contented
- Finds it easy to meditate
- Artistically inspired
- Honest and reliable

Essential Oils for the **Throat Chakra**:

The **Throat Chakra** is about communication and Blue Chamomile is an obvious choice. Blue Chamomile, assist in expressing feelings calmly and without anger. English Chamomile is a paler blue and encourages the expression of spiritual truths. Myrrh oil helps give the confidence to speak where fear and shock has blocked communication. Essential oils that help balance the **Throat Chakra** are:

- Blue (German) Chamomile, English Chamomile, Myrrh

Crystals for balancing the **Throat Chakra**:

- Lapis Lazuli, Tourquoise, Blue Tourmaline, Aquamarine, Amazonite, Aqua Aura,

Bush Essences to heal **Throat Chakra** issues:

- Bauhinia, Boronia, Bush Fuchsia, Flannel Flower, Monga Waratah, Old Man Banksia, Pink Flannel Flower Silver Princess, Turkey Bush.

To assist opening the **Throat Chakra**, **Bush Fuchsia** is the essence of choice as it encourages one to speak out with clarity, get in touch with intuition, to integrate the left/right brain and assimilate information.

Combination essences that assist with communication, self expression and creativity are: **Cognis Essence, Confid Essence and Creative Essence.**

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