Vissudha – The Throat Chakra
The Throat Chakra – Unleash your creativity and find your true voice

“There is no greater agony than bearing an untold story inside you.”
Maya Angelou

We are verbal beings. We currently live in a mass culture dominated by the word, and our current popular culture seems to thrive on gossip, actively encouraging its citizens to talk about other people. Our word is powerful, and the way in which we speak our words has great influence and real impact in our lives.

Who has not experienced the feeling of choking up, of being unable to speak? We struggle at times to ‘find the right words’. We may feel we say the ‘wrong’ thing, and experience harmful words flying from our mouths before we can stop them. At other times, we may force ourselves to stay quiet, to avoid trouble, when we truly have something we want to say.

All of these situations may indicate an imbalance in the throat chakra. This chakra is the home and source of truthful and meaningful communication. The Sanskrit word for the throat chakra Vissudha, means purification. When we team this concept of purification with the purpose of this chakra, we begin to understand that truthful communication which is clean and wise, impeccable and full of integrity is not only desirable – it is good for us. When we have a healthy throat chakra, we are mindful of what we say, and why we are saying it.

One of the most important functions of the throat chakra is the act of listening. This includes listening to the outer world with our physical ears, as well as listening to our internal world. When we focus attention internally and listen to what our bodies are telling us, we begin to hear the truth of our own inner story. Thoughts and fears are trying to communicate. Body sensations carry meaning and a yearning to be heard. As we begin to hear our inner story, we experience a deeper resonance with our true self, further aligning body, mind and spirit.

The throat chakra is also the gateway to our unique creative expression. Creativity, be it through dance, art, language or music, gives expression to our inner discoveries. We can develop our creative self through awakening the throat chakra.

As we open and heal the throat chakra, we actively begin to speak in a way that creates a more harmonious life. We open up to authentic self-expression and we become more attentive to our own truths, as well as the truths of others.
The throat chakra, more than any other, governs our relationship with vibrations and resonance. We can resonate with the vibrations of music, people, ideas, environments or even the universe. When we find this resonance, a sense of harmony and rhythm is experienced. When not in resonance, one has a feeling of discord. We may feel that we do not fit in or belong.

Although the energy of the throat chakra is more subtle than say, the base chakra, it’s still incredibly powerful. Just think of how a singer can break glass with her voice – the vibrations from this chakra can and do affect matter and therefore us. We all tune into vibes all the time. Working with the throat chakra increases our awareness of this energy and its impact.

There are a variety of techniques to aid purification including what the Buddhists call ‘wise speech’, periods of verbal silence and the practice of chanting. When the throat chakra becomes purified, we awaken to the more subtle communication abilities of telepathy.

Evaluating your throat chakra

Simply answer YES or NO to each of the statements below. If you score more than four Nos it may indicate that your throat chakra is imbalanced. If you score four or more YES answers, wonderful! You are balanced in the throat centre.

- Δ I am a good listener.
- Δ I try to improve the quality of my diet regularly.
- Δ I have a good sense of rhythm.
- Δ I have a strong clear voice.
- Δ My creative life is important to me.
- Δ I am able to express myself clearly and effectively.
- Δ I pick up on ‘vibes’ easily.

Balancing your throat chakra:

**Throat chakra crystals**
Turquoise, aquamarine, sodalite.

These crystals may be placed on the location of the throat chakra (throat cavity) for clearing, revitalising and healing. You may even choose to carry one of these crystals with you throughout your day.

**Throat chakra oils**
Eucalyptus, lavender, chamomile.

These oils can be used in massage treatments, burned in an oil burner or you may even add a few drops in to your bath.
Chakradance – The dance of Expression

The movements of the throat chakra have been inspired by many ancient dances. So many cultures all over the planet interweave the voice and dance to increase the awareness of spirit. The Greek word horus refers to both dance and song, and is the origin of the word chorus. In Ancient Egypt, performers often danced while reciting poetry, while in Hawaii, chant and dance are blended to communicate the story. In Tibetan culture, mystical rituals performed by monks interweave chanting and sound (gyaling horns, cymbals and bells), with delicate movements of the body. In Chakradance, we weave sound and movement in a ‘mantra-dance’ which intensifies our self-expression and creativity.

Ether Meditation

Find a comfortable position, and softly close your eyes. Bring your palms together and then slowly pull them apart. Keep playing with your hands, moving them together and apart until you can feel a ball of energy building between your hands. This is your etheric field. Play with the ball – let it get bigger and then smaller. Lift the ball up and move it around your body, or through your body. Play with this ball of energy. Imagine the ball to be a colour – feel what the ball is like when it is blue, then try red. Sense the vibrations of colour.

5 Top Tips for balancing your throat chakra:

1. Have the intention of always being open and honest with your communication. Try to keep communication meaningful, not indulging in gossip, lies and pointless chit-chat.

2. Be mindful of the Buddhist precept of wise speech: “Is it true, is it kind, is it necessary, is it the right time?”

3. Acknowledge that ‘listening’ is as much a part of communication as talking, and practice active listening.

4. Be open to higher levels of communication (telepathy, clairaudience, channelling).

5. Explore ways of connecting with your innate authentic creativity eg. dance, painting, the way you dress, cooking etc.
Everyday ways to balance your throat chakra

Experiment with wearing the colour sky-blue or bring this colour more into your life. Open yourself to some new creative projects – it may be as simple as getting creative with your wardrobe or experimenting with an unexplored medium like sculpting! Spend a few minutes each day chanting the seed sound of the throat chakra which is “hum” or find a mantra that works for you. Be sensitive to your environment and the people around you and try and tune into the “vibes” – what resonates for you and what doesn’t? Listen to your own inner voice!