



HEALING JOURNEY THROUGH THE CHAKRAS

with Tina Walsh



Throat Chakra - Claiming Your Authentic Voice

Color: Blue

Element: Ether (Sound)

Location: Throat

Physical Body: Throat, vocal chords, tongue, nose, tonsils, ears, mouth, jaw, neck, thyroid, parathyroid, sinuses – also nourishes the deep brain and brainstem.

Developmental Formation: 7 - 12 years

Essential Oils: Peppermint, Frankincense, Blue Chamomile, Geranium

The throat is the first chakra of our upper triangle or spiritual centers. Our throat chakra is also a creative energy center, like the second chakra. This chakra is about self-expression, speaking our truth and being able to express our authenticity through words. This center is about communication, truth, lies and suppression. Our throat chakra cannot only be suppressed, but also can be excessively open. That is when we can't listen to another or have the tendency to talk over, yell and scream, or lie excessively.

If early childhood programming was that we were not allowed to express ourselves verbally, were hushed up all the time, or there was excessive yelling and screaming in our environment, the throat chakra could be shut down. The idea that children should be seen and not heard is a belief that blocks our throat chakra.

Our throat chakra also pertains to willpower, both physical and spiritual. Nearly all addictive habits – smoking, drinking, over-eating, alcohol and drugs all pass through the throat chakra. It can easily become energetically congested with emotional energy. These negative habits not only pollute our and diminish our life force energy, but they also destroy our creativity. Negativity in the form of gossiping, criticism, cursing and boasting, can also impair the healthy function of the throat chakra. The development of will power, when coupled with creative visualization, acts as a mover of our intentional creative activity and serves to enhance the healthy function of this chakra.

Our ability to visualize what we wish to draw to ourselves, a function of the 6th chakra, is tempered by our will power!

Our throat governs our self-expression. It is a conduit between the heart and the mind. Our voice holds energy. It can be free flowing or tight. Sometimes someone's words have a bite to them, or are sharp or sting. Or others can express with warmth and compassion. All tell a story of the energetic makeup of the throat chakra. Our personal truths are expressed from this center. If we swallow our feelings, our neck and throat may often show signs of suppressed energy. We may have chronic colds, sore or stiff necks, chords of tension, swollen glands, sore throats or repeated loss of voice. Often stiff necks or tight chords of tension down the side of the throat indicates unexpressed anger. Tears can get held in the front of the throat and are all too easily hidden or swallowed. Often a lump in the throat will be a sign of fear or suppressed hysteria. Inflated or swollen necks tell a story of unexpressed feelings.

Energy follows thought and when we express our aliveness and beauty, this is physically reflected in the quality of our skin tone, muscle, and vocal resonance. When emotional energy turns to physical symptoms in the form of pain, inflammation, discharge or lumps, it is helpful to pay attention to the wisdom of the body. When any of these issues occur, it is the moment to begin connecting to suppressed feelings and emotions. Not to express ourselves is to limit our participation and enjoyment in our life.



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THROAT CHAKRA AFFIRMATIONS

1. I am safe to express my truth.
2. I communicate clearly and openly.
3. I choose to listen to others instead of talking over them.
4. I choose to be my authentic self and express accordingly.
5. My voice imprints my body and the universe. I will choose my words wisely.
6. When my vocal chords are connected to my heart, the resonance is harmony.
7. I can speak freely and from a place of love.



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Throat Chakra - Journal Questions

1. Do you feel you are able to express yourself honestly? If not, what beliefs or blocks get in your way?
2. How would you like to express yourself more creatively?
3. Do you allow yourself to express your feelings verbally?
4. What feelings or issues are you unable to speak about?
5. Do you let yourself sing? Why not? I want to support you in loving your own unique voice!
6. What steps do you need to take to support expressing yourself verbally?
7. Are you able to listen to another with presence or do you feel the need to talk over them? Ponder this.....what leads you to this behavior.



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Throat Chakra - Healing Suggestions

1. Try not to hold back your words or emotions. Find creative and healthy ways to express your sorrow, anger, words.
2. Anoint the throat chakra with an essential oil.
3. Do neck and jaw exercises.
4. Scream into a pillow if it feels like there is a scream stuck inside of you.
5. Practice speaking your truth lovingly. You can even express emotions such as anger, fear, sorrow from a place of being connected to your heart.
6. Practice listening with presence. Give others a chance to express themselves and listen. We all want to be heard and understood.
7. Meditate on what words may be stuck in your throat. Say them looking in a mirror to yourself or to the person they need to be spoken to. You can also journal about them.