



**VISHUDDA CHAKRA {Fifth ~ Throat ~ To Express}
RIGHT : TO SPEAK, EXPRESS "I EXPRESS MYSELF"**

Demon/Shadow : LIES / UNTRUTH

Identity : Creative Identity

Energy System : Throat Energy / Voicing Truth / Expression / Communication

Purpose : Communication / Self Expression of Feelings / Speaking the Truth

Age : 7-12 yrs

Element : Sound

Location : Pharyngeal Plexus

Color : Blue

Seed Sound : Ham

Sense : Hearing

Sense Organ : Ears

Work Organ : Vocal Cords

Nadi : Sarasvati - branches out from the throats to tip of the tongue and supplies prana to tongue, mouth and throat. It relates to udana. Gives the power of speech, wisdom and mantra.

Governs : Thyroid / Parathyroid / Throat / Trachea / Cervical Vertebrae /Vocal Cords / Neck / Esophagus / Mouth / Teeth / Gums

Key : Release Holding Back

Excessive Characteristics : Excessive Talking / Stuttering / Inability to Listen / Gossiping / Loud Dominant Voice / Tendency to Interrupt

***Oil** : Lavender

***Crystal** : Blue Topaz

Deficient Characteristics : Suppressed Feelings / Fear of Expression / Fear of Offending Others / Shyness / Weak Voice / Tightness in Jaw / Tone Deaf

***Oil** : Oregano

***Crystal** : Turquoise

Balanced Characteristics : Good Listener / Communicates Easily and Clearly / Lives Creatively / Speaks with Confidence / Expresses Self Freely

Physical Issues : Problems with Nasal Area, Teeth, Gums / Irritated Sinuses / Jaw Pain / TMJ / Disorders of Teeth, Ears, Voice, Neck / Aliments of Esophagus or Tonsils

Addictions : Opiates / Marijuana / Food / Chewing Tobacco

Asanas to Help Balance : Matysasana {Fish Pose} / Salamba Sarvangasana {Supported Shoulder Stand} / Halasana {Plow Pose} / Setu Bandhasana {Bridge Pose} / Saraangasana {Rabbit Pose}

Essential Oils : Lavender / Oregano / Birch

Meditation : " I am speaking clearly and truly with grace and ease. I express myself positively and honestly"

Mantra : "Om Namō Narayanā" {OM NAH-MOH NAH-RAH-YAH-NAY-YAH}

Translation : "Om is the Name of Narayana, the flame of truth."

Mudra :

Shankh Mudra : Encircle your thumb with the four fingers of your right hand. At the same time, touch the right thumb to the extended middle finger of your left hand. Together the two hands look like a conch shell.

Healing Suggestions : Find your own truth, reclaim ability to express self, give self permission to cry. Voice your fears, share stories, engage in active listening, meditate. Singing, journaling, rolling neck and shoulders.

Pranayama : Bhramari Breath (Bees Breath)

1. Sit up straight in a quiet, well ventilated corner with your eyes closed. Keep a gentle smile on your face.
2. Place your index fingers on your ears. There is a cartilage between your cheek and ear. Place your index fingers on the cartilage.
3. Take a deep breath in and as you breathe out, gently press the cartilage. You can keep the cartilage pressed or press it in and out with your fingers, while making a loud humming sound like a bee. You can also make a low-pitched sound but it is a good idea to make a high-pitched one for better results.
4. Breathe in again and continue the same pattern for 6-7 times.
5. Keep your eyes closed for some time.
6. Observe the sensations in the body and the quietness within.