

The Throat Chakra



Vishuddha

The Throat Chakra



Vishuddha

Other Names:	Vishuddha
Rank:	Fifth Chakra
Color:	Blue
Location:	Throat & Neck
Main Theme:	Communication
"I have the right to SPEAK"	



The Throat Chakra – on a physical level



Vishuddha

Body

Throat, Neck, Ears

Gland

Thyroid

Health

Sore throat, Neck pain, Losing the voice, Mouth ulcers, Thyroid problems, TMJ, laryngitis, dental issues, frequent headaches, toxicity

Food

Blue: Blueberries, blackberries
Fruits, honey

The Throat Chakra – on a psychological level



Vishuddha

Key Themes

Communication, Expression, Truth,
Creativity,

Subthemes

Play, Sing, Dance, , Speaking,
Listening, Resonance, Finding one's
voice, Making music, How we dress...

Key Emotion

Honesty // Hiding (Shame, Guilt, Fear)

Unbalanced Thoughts

"I can't tell anyone", "I don't even know what
I'm saying", "They'll reject me if they knew
the truth", "

Balanced Thoughts

"I hear and speak the truth", "I express myself
with clear intent", "creativity flows in and
through me", "My voice is necessary".

The Throat Chakra – on an archetypal level



Vishuddha

Astrology

Planets: Mercury

Signs: Virgo, Gemini

Element

Sound

Animals

Birds, whale, wolf, bull

Archetypes

Hermit, Actor, Introvert/Extrovert,
Silent Child, Communicator, Orator, ...

The Throat Chakra – on a vibrational level



Vishuddha

Sounds

All music.

Crystals

Sodalite, Lapis-Lazuli, Turquoise,
Azurite, Aquamarine, Angelite, ...

Tones

BG 741 Hz

Essential Oils

Basil, bergamot, chamomile, cypress,
peppermint, spearmint

Colors

Blue

Yoga Poses

Fish pose, baby cobra, shoulder stand,
legs-up-the-wall pose, ...

The Throat Chakra – In Sum



Vishuddha



**“I have the right to
speak & hear the
truth”**

Listen to the Imprint
Meditation.