

# THROAT CHAKRA



## CHAKRAS - ENERGY CENTRES

Throat Chakra. (Vishuddhi in Sanskrit.)  
Communication Centre for the body.

Chakras = energy centres – sometimes described as vortices or spiralling wheels of energy. In general yoga classes, we focus on the seven main chakras. Throat chakra is one of these seven.

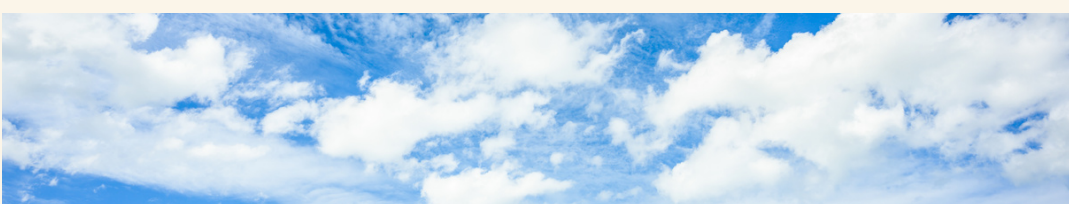
I love teaching classes focused around the throat chakra. I often notice significant shifts in energy throughout the group and individuals within any group taught.



## CHAKRAS

Of course, focus on all chakra areas is important and of course, in most cases, there will have been a period of working through lower chakras before my focus arrives predominantly at the throat but even so, there is much for us all to think about. I believe it is easier for people to relate to ideas around the throat chakra because all senses are so closely linked at this point.

This chakra is represented by the colour blue and linked with the air element. Of course, without air, there is no speech and our breath moves in and out through this zone.



LISTEN.  
LISTEN...

One of the basic human rights and needs is to be heard. If we believe we have truly been heard by another, there is a feeling of completion. We can move on. True listening is powerful. Healing can be achieved simply by being listened too. We feel validated. Nothing else may have changed but we feel understood, respected and valued.

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If we are unable to make ourselves heard or understood, we can shut down, give up, “become small”, feel depressed, shy. If we struggle to speak up, defend our opinions, make choices join in conversations, we may benefit from some work on our throat chakra area. Do you experience times when you struggle to find the words to explain something.

Conversely, if we talk too much, have a tendency to interrupt, dominate conversations, speak uncompassionately or feel the need to have the last word, we may need to sooth the throat chakra area. Do you use the term “spit it out” when impatient to hear what somebody is trying, with difficulty to tell you.

This energy centre covers the area around the neck, jaw, mouth, lips and into the shoulders. Our communication centre – relating not only to voice and hearing but other forms of communication too eg body language, expression, truth, lies, secrets, clarity of communication, listening skills, creativity, shyness, jaw tension, neck tension, shoulder tension, fear of speaking, comprehension and much more. There are believed to be links between the throat chakra energy imbalance and ear problems, gum problems, hoarseness, jaw discomfort, mouth and tongue soreness, Sinus problems and thyroid issues.

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We can work physically with the shoulders, neck, jaws, mouth and tongue to stimulate, strengthen and encourage mobility, flexibility, fluidity and comfort. Often difficulties here can indicate links with the way we live or have experienced life. Working physically, affects us energetically too. Subtle changes can happen, we may appear more confident in speech or we may become a more patient listener.

What lessons have we learned in life? Eg in early life, were we encouraged to express ourselves freely and honestly or were we shut down? Were we of the “children should be seen and not heard” generation? Were the words spoken to us matching the visible cues presented by the faces and bodies which spoke those words? Do we expose ourselves to so much negative messaging, that we tend toward negative thinking? Are we afraid to speak up for ourselves? Do we find ourselves gabbling, seemingly unable to stop? Do we finish other peoples’ sentences?



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The human body resonates with the vibrations created by it and responds to vibrations that surround it. Each body is thought to have its own natural vibratory pattern. Emotions respond to vibration. When we clench muscles, a fine ripple of vibration passes throughout the rest of the body. Clench those muscles tighter and the vibration increases to perhaps a pulsing. Emotional tension does the same, the building up may be noticed but the more we learn or attune to our emotion and the more subtle changes in the body, the more likely we are to respond to the early signs. Resist or shut down those emotions and that energy or vibration has nowhere to go. Allow that emotion and the energy or vibration can take its natural path.

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How often do we not say or ask the things we would like to? How often do we then overthink or obsess over those things? What happens then? A young child who is encouraged to ask questions and who feels safe to freely speak can express and learn immediately rather than try to interpret or imagine. The child discouraged from enquiry can become fearful, tense, feel unvalued, shut down and their learning may become limited. Clenched teeth/jaws, tight throat, tense shoulders may be a product of the fear of speaking up.



Communication isn't all about speech though, we need to listen (perhaps even more than we speak). Our facial expressions and our body language also communicate to others. We all know how much more we understand when communicating with another face to face. Those subtle changes of expression or shifts in bodily movement may indicate that what is being said doesn't match with what the person is feeling. Perhaps the speaker is modifying their words for some reason. Of course, there is the vocal intonations and sounds with speech that may give clues as to the truth of words spoken. A strained voice, a whisper, aggressive tone, falter, or whine. A conversation held via electronic or written word does not allow for these other clues to inform. We notice energy levels in speech – is the person excited, fed up, repeating something they perhaps don't really believe in or understand?



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What messages do we give ourselves? How do we talk to ourselves? Often, we are very hard on ourselves, impatient, self-critical and self-deprecating. I certainly am but mostly, I don't even notice until it's pointed out to me - it has become such a habit. (I am working on this) I am sure, if we spoke to ourselves as we do to our friends, we would all be much kinder to ourselves!

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If you would like to explore this further with me, do get in touch via email.

Carolyn

