

# 5<sup>th</sup> CHAKRA – THROAT

**BLUE - 29-35 years**

**Vishuddha - "especially pure"**

Throat: Located at the base of the neck in the throat

Element - Ether

Subtle Body - Etheric Template Body

Sense - Hearing

Animal - White Elephant

Life Lesson - To speak one's truth with purity and honest from the heart

Endocrine Gland - Thyroid. The thyroid gland uses iodine from food to make two thyroid hormones: triiodothyronine (T3) and thyroxine (T4).

Description - This is your center of communication where you speak your personal truth from the heart chakra below. It is a creative center where you express your creative energies. It is also where you have values and where you can realize your own needs and communicate to others what your needs are so they are met. This chakra helps you realize your purpose, or vocation, and it provides a good sense of timing. It will feel pressure when you're not communicating your emotions and needs properly. It is a connector between your heart and head.

Psychological Functions - Communication, Wisdom, Speech, Trust, Creative Expression, Planning, Spatial, Organization, Caution.



Associated Body Parts - Throat, Vocal System, Mouth, Jaw, Parathyroid, Tongue, Neck, Shoulders, Lymphs (Perspiration).

Physical Dysfunction - Thyroid, Flu, Fevers, Blisters, Infections, Sores, Tonsillitis, Toothaches, OCD, Speech Disorders, TMJ, Hyperactivity, Melancholy, Hormonal Problems, Swelling, Hiccups, PMS, Mood Swings.

An underdeveloped throat chakra results in an inability to express oneself in an authentic manner. Shyness and fear are at the base of this. This can also cause problems in communicating with oneself, keeping a channel open to one's unconscious. This leads to a sense of confusion in which it is difficult to get in touch with one's own needs and feelings. It is hard for them to express what they really want, oftentimes because they simply do not know.

Sound and music play a large role in healing the throat chakra. Music has a healing power that can help them develop their powers of self-expression. With the unfolding of the 5th chakra, you will say yes to your creative potential and perfect your communication with others.

**Depleted** (chakra spins too fast) – over-talkative, dogmatic, self-righteous, arrogant.

**Blocked** (chakra spins too slowly or not at all) – holds back from self-expression, unreliable, holds inconsistent views.

**Balanced** - good communicator, contented, finds it easy to meditate, artistically inspired.