

The Throat Chakra and Blue



Blue: The color of the Throat chakra, also known as Visuddha. This chakra is located in the throat. It is linked to the throat, neck, hands, and arms. The Throat Chakra is connected with speech and hearing, and encourages spiritual communication.

Opening the Throat chakra improves clairaudience.

Gemstones that will aid the Throat chakra include turquoise, aquamarine, lapis, sodalite, quartz, angelite, aqua aura.

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The lungs, throat and the thyroid gland are all functioned by the blue energy of the Throat Chakra. Because it governs the throat, this chakra promotes expression and communication. Blue energy is also known for balance, calmness, logic and trustworthiness. However, an imbalance in the throat chakra can be very harmful, as it can cause breathing problems like bronchitis and asthma, sore throats, ulcers, tonsillitis and thyroid problems like ADHD. Along with other chakras, this one can also instigate anorexia nervosa. When the body lacks indigo energy, we become untrustworthy, cold, unfaithful and overly self-righteous.



Blue chakra color meanings:

The fifth, throat chakra. Continuing the epic adventure through the chakras, we've moved through the filtering train station of the heart and now we're asked to take what we learned on a pulmonary level and express it into our surroundings. We've dreamed the dream of creation, now we are on the path to expressing that dream outwardly. Swimming in these beautiful blue seas we find new connections, and discover true joy is in sharing and communicating our discoveries. When blue hues fill our visions it indicates our **willingness to see solutions in everything**. Our resources are made known, our expression are clarified like crystals, and we convey ourselves with a mix of playfulness and natural authority.

5 - Throat chakra

The Throat chakra is about self-expression and talking. When it is open, you have no problems expressing yourself, and you might be doing so as an artist.

When this chakra is under-active, you tend not to speak much, and you probably are introverted and shy. Not speaking the truth may block this chakra.

If this chakra is over-active, you tend to speak too much, usually to domineer and keep people at a distance. You're a bad listener if this is the case.

Throat Chakra



The throat chakra contains a communicative vibration that resonates truth. This voice acknowledges free will and the senses, and it gives us our ability to make decisions and to surrender to a higher **spiritual** presence. A healthy throat chakra will serve as the portal to communicate and express the emotions, thoughts, and feelings of the other chakras through sound in a way that is authentic and true.

Chakra Colors: **Aquamarine**, **light blue**

Health Associations: Responsible for the sensory apparatus of the body, including the lips, tongue, nose, mouth, and ears, as well as the vehicles of voice and breath like the larynx, pharynx, and throat. Also oversees the "integration" functions of the body through its command of metabolism through the thyroid gland, and through the coordination of the multitude of functions (e.g. chewing, swallowing, breathing, smelling, etc.) occurring in the throat area.

Throat Chakra Healing Foods: Seaplants, fruits, juices, soups, sauces, (which bring together different elements like water and earth), and foods from different ethnic groups (The throat chakra encourages variety of foods.)

Open the Throat Chakra

Cross your fingers on the inside of your hands, without the thumbs. Let the thumbs touch at the tops, and pull them slightly up.

Concentrate on the Throat chakra at the base of the throat.

Chant the sound HAM.



Meditation Commentary: The blue photon-rays of Peace from the Supreme Mother, Shiva Baba illuminate my blue photon-field...I experience supreme peace ...these peace-rays now spill over to the corporeal world after filling my peace-field...The peace-fields of millions of souls get illuminated with the blue photons of Peace from Shiva Baba ...These souls too experience extreme peace...Soon their peace-fields get filled and start overflowing ...and create strong waves of Peace in the universe giving much relief to peace-less souls...



मैं शान्ति के सागर का सन्तान शान्त स्वरुप हूँ ।
सारे विश्व में शान्ति के आस्मानी प्रकम्पन फैला रहा हूँ ।

I am the child of the Ocean of Peace....I am an embodiment of peace...
I spread the Blue vibrations of peace in the whole world...