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Our Fifth Chakra, Vishuddha

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Our 5th chakra, Vishuddha, is an exciting and important chakra inasmuch as it starts the ascension up the ladder of the spiritual chakras. Last month, we focused on our heart chakra, Anahata, which is responsible for balancing the lower three “physical” chakras, together with the higher three “spiritual” chakras. Therefore, Vishuddha is the lower rung on the spiritual ladder so to say.

Vishuddha is primarily focused with communication, sound, creativity, vibration, self-expression and finding your voice. When our 5th chakra is closed, we are most likely feeling shy; fearful of expressing what we are truly feeling or want to say. When our 5th chakra is too open, we are so busy yakking away and making sure we get our “two cents in,” that we don’t even hear what the other person we’re talking to is saying. However, if our 5th chakra is balanced, we are able to express ourselves in a healthy manner, being true to ourselves, without conveying our message in an angry, aggressive manner.

We’ve all had times wherein we experienced our 5th chakra being open, closed and, hopefully, balanced. For example, if your throat chakra is closed, you may be afraid to tell your spouse that you really detest the “artwork” they went out of their way to surprise you with for your birthday. So instead of being truthful and trying to exchange it for a piece of artwork that you could look at and enjoy, you choose to cringe every time you walk by this piece of “art.” On the other hand, if your throat chakra is too open, as your friend is trying to tell you all about his trip to Paris, you keep interjecting his words, excitedly telling him all about what YOU did when YOU went to Paris, thus not giving your friend the chance to share the joy of his time in Paris. If, however, your throat chakra is balanced, as you are sitting having lunch with a colleague and brainstorming about different ways to land a new account, you would be **fully** communicating – which means not only speaking, but also listening! As Jane tells John about an idea she has, John is fully present in the conversation; he listens to Jane’s every word, watching her and not the clock on the wall to see how much more time is left on his lunch hour or to see if he knows anyone walking into the luncheonette where he is dining. Then, in turn, John repeats what he heard Jane say and provides his feedback to Jane’s ideas, as Jane sits and fully listens, without feeling criticized by his feedback. Communication is not just talking; it’s also listening. God created us with one mouth and two ears, which means we should listen twice as much as we speak. Communication, in its purest form, is an artwork in and of itself. It’s something that requires patience, practice and letting go of ego.

Do you notice how certain people truly “walk their talk?” This is because they are speaking truthfully from their heart. They’re not just saying something to pacify someone at the moment; they are speaking genuinely, therefore, being true to their self. Do you take notice if a person you’re speaking to is looking down while they speak, with their chin planted atop their chest? Subconsciously, this is a way to “hide” their throat chakra, perhaps not confident enough to put their voice “out there,” which means they’re oftentimes not heard. Furthermore, communication is also something seen visually. Consider how often our facial expressions speak to others. If a clown in the circus approaches a child and the child begins to cry, although the child did not speak any words, the tears streaming down his face speak volumes of his fright. Whereas another child may have a smile on his face from ear-to-ear as the clown approaches, alternatively speaking his emotions of happiness and excitement. As you can see, communication truly is an art form. When we communicate genuinely and with pure honesty, it is then that we are set free and able to experience a sense of peace.

Vishuddha, means purification, and its color is a pale blue, comparable to that of a peaceful Caribbean Ocean or heaven's outstretched blue sky. It is a peaceful color. It is a combination of the color green, from our heart chakra, mixed together with the dark indigo blue from our third eye. How apropos, since speaking comes from what we feel in our heart, as well as how we see and perceive with our third eye.

Some physical signs that you need to focus on your throat chakra include, but are not limited to: a sore throat, asthma, a stiff neck, TMJ, dental problems, thyroid problems, a raspy throat or ulcers in the mouth. The ears and nose are also associated with Vishuddha.

The element associated with Vishuddha is ether and its sound is HAM. For those of you who like to incorporate crystals with your meditations, try using lapis lazuli, turquoise, sodalite or aquamarine. You can take steps to strengthen your throat chakra by chanting a mantra, singing or voicing affirmations. Some healing affirmations you may want to use to strengthen your throat chakra are:

I speak clearly and effectively.
I confidently speak my truth.
I express myself in a healthy manner.
I am free to speak from my heart.
I listen attentively to what those around me say.
I am worthy of being heard.

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