

Vishuddha

Throat Chakra



Vishuddha holds all that is “especially pure.” This is the home of our consciousness, our wisdom, our knowledge, our expression.

Expression when held with sincerity and integrity can be spirit-led, guided from outside of this realm. It is within the throat where our inner truth takes physical form, bringing us to express the medicine of spirit through sound. Shola Arewa illuminates that “Sounds are responsible for bringing everything into being. Sound travels through the ether and gives rise to other four elements: air, fire, water, and earth.” Sound alchemizes the medicine of spirit into physical form that lives in ether. *Vishuddha* channels ether, the spirit that lies within the astral plane to uphold the sacredness of all beings. As intersectional bi-poc beings living in their story that has left the lasting impacts of colonization in our DNA, their society that abuses, erases, and actively attacks our existence, our throat too has been colonized. Colonized by the colonizer tongues we

speak, the deprivation of our original sounds: stories, songs, chants, and nature sounds of our blood lands, and the silence we are not privileged to experience within ourselves. At *Vishuddha* we ripple purification from the throat down to the root. We clear the blockages that keep us alone, keep us from witnessing our own inner truth, keep us from listening to others, and arrive to deploy the medicine of sound to voice the medicine of spirit, even when in silence. Even when colonized and oppressed. *Vishuddha* calls us to our truest expression, to alchemize our truest physical form, spirit in action. And spirit is free. *Let yourself hear your sacred, let your sacred be heard.*

Chronology

21-28 years

Rites of Passage: Childbirth; creation of that which will remain after your death. Blessed by Ether.

Developmental Stage: Wisdom and creativity

Spiritual Correspondences

Color: Blue

Element: Ether + Akasha

Symbol: Inverted triangle surrounded by a circle

Seed Sound: Ham



Planet: Mercury

Main function: Communication

Deities

Africa: Tehuti/Thoth [Egyptian], Orunmila [Yoruba], Komosu [Igbo]

Asia: Shakini Shakti [India], Saraswati [India]

Mexica + Mayan: Tezcatlipoca, Coatlicue [Mexico], Cabaguil, Colop-U-Uichikin, Hacha'kyum [Mayan]

Europe: Aether, Hermes, Mercury

Mythology: All that relate to divination— oracles

Psychological Correspondences

“I speak, I listen, I express”

Stillness, peacefulness harmony

Blockages, Wounds + Imbalances

Restless, anxiety

From our ancestors + experiences:



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Ability to tune + sense into energy
Creativity
Truthful expression

Grounded in personal truth
Disciplined spiritual practice
Broad range of clear + consistent communication [including boundaries]
Broad voice range
Clairaudient [communicating with spirits]

Physical Correspondences

Location: Between the 3rd + 5th cervical vertebrae

Gland: Thyroid

Nerve Plexus: Pharyngeal plexus, cervical plexus

Body Parts: Throat, ears, mouth, jaw, neck

Ether Energy Triad: Fields + spaces in the body, joints, cavities, lumen (inside of vessels), endocrine glands

Expression: Awareness of + Communication with Spirit

Disturbance: Limited spiritual awareness

Healing Therapies

Activities that cleanse the throat

- Fasting
- Flower essences [celandine, dogwood, wild oat, willow]
- Drinking 'pure' water
- Free writing/stream of consciousness
- Singing + chanting to self + with others
- Sound healing
- Meditation

Disconnected from energy
Lack of creativity
Manipulating the truths/lying to self + others
Fear of speaking truth, expressing thoughts
Self-righteous + arrogance
Poor communication, poor boundaries with self + others
Verbosity
Gossip
Secrets

Physical Manifestations

chronic sore throat, frequent headaches, dental issues, mouth ulcers, toothache, hoarseness, thyroid problems, laryngitis, temporomandibular disorders of the jaw [commonly known as TMJ], neck pain, earache, hearing problems, muteness, digestive disorders, eating disorders

Traumas to the Throat:

verbal abuse, child abuse, addiction, drug abuse, domestic violence, unresolved injustices that have left your voice unheard

From our ancestors + experiences:

Foods: aesthetics and presentation of foods; kelp, blueberries, blackberries, coconut, lemon, honey

Oils: frankincense, lavender, peppermint, sage, eucalyptus, cypress, clove, chamomile, sandalwood

Minerals: aquamarine, blue lace agate, blue kyanite blue apatite, lapis lazuli, blue quartz, turquoise,

From our ancestors + experiences:



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- Silence
- Crying, laughing + screaming
- Clear + honest communication
- Sacred breathing, such as pranayama
- Yogic posturing that emphasizes the throat, including Halasana/Plow pose, Marjaryasana-Bitilasana (Cat-Cow) w/ lion's breath, Salamba Sarvangasana (Shoulder stand), Matsyasana (Fish pose)
- Dance + movement
- Sensory deprivation
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lazulite, sodalite, azurite

Plant Comrades

*Opening + clearing to the throat
[for a throat that has been silenced,
needs to be heard]*

Angelica
Astragalus
Anise Hyssop
Basil [including tulsi]
Cedar
Cypress
Elderberry + Elderflower
Fennel
Fir
Juniper
MINTS!
Oregano
Peppermint
Rosemary
Sage

*Balancing an overactive throat
[brings silence + quiet]*

Borage
Burdock
Chaga
Comfrey
Lavender
Lemongrass
Elderberry
Hemlock
Marshmallow
Mullein
Peach leaf + bark
Reishi
Sage
Slippery elm
Tilo
Violet
White pine

Empowering to the throat

Angelica
Anise Hyssop
Calamus
Cinnamon
Elecampane
Eucalyptus
Evergreens
Ginger
Holy basil
Juniper & Spruce
Mint family
Peppermint
Rosemary
Sage



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Spruce
Thyme
White pine

Wild cherry

Prayers + Affirmations

- I am valuable and I defend myself whenever necessary.
- I hear myself.
- My voice is my own.
- I speak from what I feel. I communicate from my heart.
- I speak my inner truth.
- I communicate my boundaries, I respect my boundaries.
- I hear others with compassion.
- I am able to clearly state my needs.
- I set clear boundaries.
- I communicate with others confidently.
- I am able to speak my truth with ease.
- My voice is heard.
- My truth is love.
- I hear all the sounds of the universe.
- I listen to guidance from the unseen.
- I am comfortable in silence.
- I create speech that reflects my loving thoughts.
- I am balanced in speaking and listening.
- I release doubt over what I say or didn't say.
- I have an important voice in the world.
- I claim and honor my true voice.

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