



# THROAT

## Vishuddha

Communication, Expression,  
Authenticity, Purification



HAM

CHAKRA NUMBER: 5  
SANSKRIT: Vishuddha  
MEANING: Purification  
ELEMENT: Ether, Space  
COLOR: Light Blue  
SEED SOUND: HAM  
AFFIRMATION: I Speak  
LOCATION: Throat  
PLANET: Mercury  
GLAND: Thyroid

### Affirmations

- 1 I hear and speak the truth
- 2 I live an authentic life
- 3 My voice matters
- 4 I have integrity
- 5 I am open and honest

### Healing Practices

- **Speak** - talking, mantra chanting, humming, singing, shouting
- **Listen** - explore different types of sound healing therapy
- **Meditation** - focus your attention on throat chakra point
- **Breathing** - experiment with different breathing techniques
- **Journaling** - express your thoughts and emotions
- **Aromatherapy** - peppermint, bergamot, basil, geranium
- **Practice Active Listening**
- **Affirmations & Mantras**

### Health State

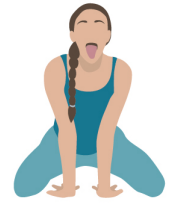
**Balanced:** Honest, Sincere, Truthful, Outspoken, Attentive, Authentic, Clairaudient

**Unbalanced:** Fear of Speaking, Shyness, Social Anxiety, Lack of Trust, Secretive, Critical, Gossipy, Unauthentic

### Yoga Poses



Shoulder Stand  
*Sarvangasana*



Lion Pose  
*Simhasana*



Plow Pose  
*Halasana*



Cat Pose  
*Majaryasana*

Cow Pose  
*Bitilasana*

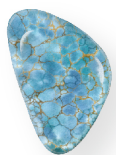


Fish Pose  
*Matsyasana*



Bridge Pose  
*Setu Bandha Sarvangasana*

### Crystals & Gemstones



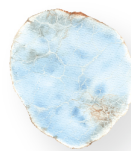
TURQUOISE



CHRYSOCOLLA



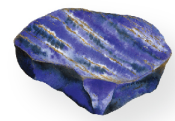
APATITE



ANGELITE



AZURITE



LAPIS LAZULI