

Magical Mothering Method

Throat Chakra Initiation

Month 5: Throat Chakra

Week 17: Initiating and Activating the Throat Chakra

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Communicating your Truth

The throat chakra is responsible for not just being able to speak your truth, but also the ability to listen, understand, and comprehend what is going on in our world.

Often we think that we are not being heard or listened to, but in reality we are unable to hear our own inner wisdom. This ability to go within to hear our inner most thoughts, desires, and trust our own process is a vital component to healing the throat chakra.

Whenever there are emotional aspects that come up or the throat closing up when about to communicate something that is your truth, it is vital to go within in that moment. Activate the throat chakra to speak and communicate from a place of love, empowerment, connection and safety. Utilizing all of the chakras below the throat will make speaking your truth, connecting to your emotions and feeling heard a powerful transforming aspect.

Throat Chakra

Sanskrit name: Vishuddha

Location in the body: Collarbone upwards, throat, ears, nose

Color: Blue

Symptoms of Closed, blocked or injured chakra: crying while talking or in a serious conversation, feeling unheard, talking over others, unable to listen, ear infections, sore throat, sore or tight neck and shoulders, neck damage or

injury, jaw pain or TMJ, and/or cold sores. If you are getting into arguments, soapboxing, making noises or being distracting while others are trying to communicate, your throat chakra may be overactive.

Stones: Lapis Lazuli, Kyanite, Sodalite, Turquoise, Chrysocolla

Foods: Blueberries, blue agave, blackberries,

Throat Chakra Initiation

We are going to sing our throat chakra open!! It doesn't matter how good or bad of a singer you are. Singing is a way to connect with the higher energies and to open our vocal cords. You can choose a song, a mantra, affirmation or chant.

Throat Chakra Ritual

Pick one song to memorize the lyrics that feels empowering to you! Sing it often to remind yourself. You can share the song or record yourself singing!!

I have a Throat Chakra Potion available in the Magical Mothering Shop that will help you create integration more quickly and fully. Please visit www.magicalmothering.com/shop to order yours today. I also have Kyanite, Lapis Lazuli yoni egg, chrysocolla, and peacock ore available, so please reach out if interested.