



# Throat Chakra: the Messenger

The Voice of Function, Purpose & Wisdom

The major throat chakra anchors into the left and right side of the butterfly-shaped thyroid gland located in the throat near the Adam's apple. This gland drives the metabolism and controls many of the functions of the bio layer including energy and heart rate.

The truth becomes sound and frequency resonating in the world as you speak. Freeing the throat is freeing the voice. Opening it up and relaxing the way you produce sound is letting your inner authentic voice speak. No longer experiencing your truth 'catch' in your throat, no longer 'choking' back or down what you feel, and no longer 'swallowing' the pain of not honestly expressing your needs, desires and longings means that you are a truth speaker and you are no longer constrained by the shortcomings created by your fears. Just speak your mind simply without getting 'hung up'. Truth always rings the bell of freedom.

**Affirmation:** *My name is: \_\_\_\_\_ (speak out loud).*

## **Location:**

The main throat chakra anchors into the left and right side of the thyroid gland in the throat near the Adam's apple. This gland drives the metabolism and controls many of the functions of the bio layer including energy and heart rate. As are all physical-body chakras, the throat is in the middle or second octave of the spine.

## **Connectors:**

The chakra connectors are located on either side of the little butterfly-shaped thyroid gland.

## **What It Does:**



The throat chakra contains the energy for self-expression and the truths of life. Not, truth as you feel it, see it, or know it... but unvarnished truth, as it is. The job of this chakra is to share information, to speak your piece and convey your identity by sharing yourself verbally. A popular misconception about the throat is that it is always about speaking your truth. But sometimes you don't know what that is, and the best you can do is to say what you know to be true right now, in this moment. So it is dedicated to more than speaking your truth. It is also a conduit to finding your truth. Ancient people knew the power of the voice. Certain words and phrases were forbidden to the common people. These were only to be spoken by kings and priests. They had magical power and delivered in their sounding a potency that was to be used for sacred and mystical occasions alone.

The throat is about bringing you into the world, through verbal expression but also through the authentic actions that come about when you follow through on what you know to be right. Sometimes this is not a verbal expression and may be a simple touch or glance. These truthful moments are also inspired from the throat chakra's deep wisdom.

### **Function Current:**

Telling it like it is, speaking your piece, letting the truth out, all are expressions of this current.

When blocked, the person hems and haws, tell others what they think they want to hear, just can't get the words out or, worst of all might not know or sense the fundamental truth of a situation. So if you have a difficult time saying what you mean and want in your heart to express, this might be an area of anatomical weakness for you.

Observe this place if you are a singer or a public speaker who is frustrated in your career and not allowed by 'circumstances' to do your work in the world. If this is the case- do not stand on ceremony- practice, give it away and just let your voice be heard! Your health and well being will rely upon the accomplishment of stating your truth and



not upon just getting by or being paid for doing what is expected. You must fulfill your deep commitment to speak the truth through beauty, sound and passion. Do not muzzle the Divine within you.

### **Purpose Current:**

This current relates to why a person needs to speak the truth in their world. It is also about what happens when the truth is not spoken; the collapse of the personality, the belief that "I don't matter and so what I have to say is not really very important." Little white lies are the stock and trade of this stopped current.

When it is blocked, the person just doesn't know if anything matters at all and may ultimately be unable to distinguish the difference between a lie and the truth.

### **Wisdom Current:**

This current is dedicated to the ancient wisdom of the soul, the times each being has said: "Give me liberty or give me death!" "I will leave this marriage because I am not happy!" "I am committed." It speaks to the ways each person keeps his or her word with a sense of integrity and honor. Speaking the words of a vow or a creed must ring true from here or they will literally stick in the throat. If blocked, none of it matters. The individual will believe that compromising oneself is natural and that integrity is just a ridiculous concept that means: "I won't win." This place is where you stand up for yourself, keeping your word and staying in alignment with your personal worth.

Blocked, it is the heart of the lie. The really big blockage will blot out the ability to distinguish between truth and fiction creating the sociopath.

## **Throat Chakra: The Gateway of Magic Guided Meditation: The Alchemy of Words**

### **Introduction:**



- Words have power and mystery. They are filled with the historical significance of earlier meanings, with the emotional connections we imbue into them from memories we hold sacred, and unknown magical and alchemical components that are only revealed when the time is right.
- We speak and things happen. People, places, things, animals, large and small unseen and seen beings respond to our direction and focused intention brought into meaning with words.
- We command with words. We cajole and caress with words. We get lost in too many words. We find our ego in words and just as easily it can be flattened with the words of disapproval and criticism. We love and keep others safe with words, entertain and bore with words. We educate and instruct our children with words. We destroy with words contorted into philosophy and infused with the madness of violent policy, power and greed.
- Legislators attempt to manipulate with words, lies take shape in words and political screeds are couched in the words of patriotism and justice.
- We have our favorite words like; notion, compassion, together, later, no, yes and love. We have always had words. Bebe, mama, dada happen in every language and before we know what they mean we know what they invoke in us.
- Entering the Gateway of Magic is done through the throat and the conduit of spoken words. But it is the emotional content of the solar plexus that makes our words magic.