

## **THROAT CHAKRA - Throat Chakra information**

### **Worksheet 1**

After activating your throat chakra by reading the throat chakra handout, write down everything that **resonates** with you or you can **relate** to from the past and present.

Balanced characteristics

Physical Disorders

Traumas/Stresses

Emotional Aspects

Mental Aspects

Negative beliefs (which beliefs can you relate to feeling)

Specific Emotions

Spiritual Aspects

Goals and affirmations (When you read each one, which goals **don't** resonate with you?)

## **THROAT CHAKRA – The right to speak and be heard**

The throat chakra is about communication and the right to speak and be heard. You have a right to speak your truth and you have a right be listened to.

Your opinion is valuable and valid, because that is your truth.

The truth of others is also valid and hearing others opinions is also an important aspect when dealing with the throat chakra.

Manifestation, making thing happen and creativity are also qualities of the throat chakra.

When we talk about manifesting we are talking about 'walking your talk'. Doing what you say you will do. It could be taking an interest, doing a course, and then following it through to making it happen. Sometimes we may do a lot of talking about what we are going to do but nothing ever eventuates, which is when procrastination sets in.

Creativity is also an aspect of the throat chakra. It could be being creative in the arts or with your work or pleasure or creating a new life or new home.

Various stresses such as excessive criticism or being denied to speak up, can block the throat chakra, which can hinder us from speaking our truth, being heard, communicating well or manifesting and creating.

Balanced characteristics of the throat chakra are, a good listener, have a resonant voice, good sense of timing and rhythm, clear communication, speaks their truth, lives creatively and sees creative work through.

Looking over you previous worksheets can you relate to any stresses from your early life with regards to the throat chakra? Have you always been allowed to say what you feel and say what you want? Have you always been listened to and had your opinions validated? Have you always been asked your opinion and thoughts on things?

## **THROAT CHAKRA - The right to speak and be heard**

### Worksheet 2

Write down **any** times/situations in your **early** life or present life where you felt you did not have the right to speak or you were not heard.

Look at all parts of your life; career, work, family, relationships, friends, body/health, mind, emotional, mental (beliefs). Look at your throat chakra workbook, in stresses/ traumas and goals if you need to as well.

## Throat Chakra - Releasing an emotional charge

When we cannot speak our truth or are not listened to by others we can become emotionally charged up. We may feel anger, frustration, despair and powerlessness.

When we feel this charge within ourselves we are also sending out this signal, (these frequencies) out to the universe and others. When we do this we *actually* attract more of these frequencies back to us, because like attracts like.

Think about that for a second. You attract what you are sending out.

So if you are often feeling charged up by situations and people where you feel anger, frustration, despair and powerlessness you will attract more of those situations and people that give you those feelings.

The solution to attracting positive situations and feelings that you want, is that you need to release those negative signals (from your being) that you are radiating out.

Is there a time or situation today where you do not speak your truth, you do not allow yourself to or it is not safe to speak your truth or you are in a situation where you are not being heard.

It may involve a partner, parent, boss, sibling, friend, co-worker, society or circumstance.

Remember when doing the written activities, it's important to be true to yourself and write whatever you are feeling because that is what you are feeling. There is no judgment or blame because whatever you are feeling is correct for you! Remember you are the only one seeing your work.

## **Throat Chakra – Releasing an emotional charge**

Worksheet 3.

Choose one of the situations in the previous worksheet that is a priority. I.e. a situation that triggers you the most out of your list regarding the right to speak and be heard. Looking at your Scale of Emotions list what are the negative emotions that you **feel** when you think about the issue you chose.

**Releasing the charge**

Fill the Gap

I release the charge of (name the emotions)

I feel when (name the incident/issue happening in the past or today)

**Continue with throat chakra audio 1**

## **Throat Chakra - Manifesting** Worksheet 4

Manifesting is a key aspect of the throat chakra. Speaking your truth, saying what you want and creating it - making it happen.

Write a list of what you truly want in your life. They might be about what you are always talking about doing or having, or they maybe that you never mention it but you truly want it. They could be simple things or they could be great.

List these under 3 key areas

**Abundance** (having plenty of) – e.g. good family, friends, food, shelter/homes, support, money, health etc )

**Success** (in your field, your passions, work, money, business etc)

**Love** (relationship, family, friends, etc)

The manifesting mantra used in the next audio is taken from Gay Hendrick's book 'The Big Leap' 2011

**Continue with throat chakra audio 2**