

5th Chakra

“I SPEAK & HEAR
THE TRUTH”

Blocked Chakra

Weak Voice

Shy

Afraid of Speaking

Indecisive

Too Open

Excessive Talking

Self-Righteous

Not able to Listen

Voice is Dominating

Balanced

Communicates Well

Good Listener

Emotional Honesty

Resonant Voice

Creative

Physical Problems In

Throat (eg. sore or
voice ‘cracks’)

Ears (eg. hearing)

Neck (eg. stiff or
painful)

Jaw (eg. tight)

Toxic Tissues

Frequent Colds

Thyroid Problems

Issues

Communication

Listening

Creativity

Honesty

Traumas

Lies

Emotional Abuse

Secrets

Criticism

Drug Dependiant

Family

THROAT (SOUND)

Balanced Healing

Strategies

Learn effective
communication

Relax neck & shoulder

Release voice (eg.
Singing lessons)

Work on childhood

issues connected to
throat chakra (esp.
between 7-12 years of
age)

Chakra Balancing
Meditation

Develops 7-12 years + new
cycle begins 67 - 70 years old

Aromatherapy Oils

Tea Tree

Blue Chamomile

Flower Essences

Cerato

Scleranthus

Gentian

Gorse

Hornbeam

Wild Oat

Affirmations

I hear and speak the truth
from my heart

My voice is needed

I express myself clearly and
openly

Crystals

Clear Quartz

Maechite

Non-Crystals

Opal

Angelic Assistance

Camuel & Clarity