

SPEAK UP!



THROAT CHAKRA EXERCISES
FOR SELF-EXPRESSION

LARISSADAVIS.COM



LEARNING TO EXPRESS YOURSELF

Hello my friend,

You may not be able to guess from looking at me now, but until my mid-life moment of awakening I was a repressed and non-expressive person. I had no idea what I wanted in life, and most of the time if you asked me how I felt I could not tell you.

I was completely blocked in the area of self-expression. But it was not until recently that I came to appreciate the role our energy centers, known as the chakras, have in this. As I began to learn to express myself creatively, I was creating movement in the fifth chakra located at the throat. Suddenly I was infused with energy and you could not shut me up! I felt utter clarity about what my soul path and purpose was, and my self-expression was prolific. That is when I started sharing all this with the world.

So, if you struggle to express yourself, think you are not creative, or are not clear about what you want in life or how you feel, this workbook is for YOU. Learn about the throat chakra and follow the suggestions on how to clear it so you can get clear about who you are and why the heck you are living this beautiful, creative life!

Enjoy!

Larissa

MEET THE THROAT CHAKRA

THE THROAT CHAKRA, also known as the ***Vishuddha Chakra***, is the fifth energy center in the chakra, and is located at the throat. The color associated with the throat chakra is bright blue. This energy center is related to your ability to speak your truth and be authentic, and your creativity. As such, it is an important energy center to clear as part of any creative practice, and especially for a Soul Path Art practice where you are specifically using art as an expression of your soul and heart's desire.

In balance

When the throat chakra is balanced you feel more inspired, and you find it easy to speak your truth, you pursue creative solutions and activities, and express yourself fully. The throat chakra is the energy center for Soul Path art as when it comes into alignment, you develop both your creativity and your true self, your character.

Out of balance

When this chakra is out of balance it affects the thyroid system. This is such a common issue among women. When women reach mid-life they can experience more fatigue, exhaustion and lethargy. It happened to me. All of a sudden in my mid-40s I found myself out of energy by late morning, and I was useless after lunch. The effects of hypothyroidism or hyperthyroidism can also show up as digestive or weight problems. You can even develop a sore throat or neck pain if your throat chakra is blocked. For me, I will actually feel my throat get tight and I feel a sense of building stress and pressure.

THROAT CHAKRA

Balancing & Clearing Exercises

THROAT CHAKRA CLEARING WITH SOUND

A powerful way to clear the throat chakra is through sound. In fact, the element for this chakra is sound! There are a couple of suggestions for you to incorporate sound into your practice:

1. Listen to a chakra clearing song. You can actually search for these on YouTube. There are songs for all the chakras, so just search for throat chakra clearing.
2. While listening, try making sound as the song plays. You can just make sounds, no need to use words. If you feel like you need a warm up, start with humming.
3. Chant *bija* mantra for the throat chakra, Ham, pronounced "hum." Imagine clear blue light radiating out from your throat as you chant.
4. Singing is a great way to clear your throat. Put on your favorite song and sing along, or grab your guitar and strum out a tune.
5. Speak about your dreams and goals with a loved one. Share your feelings with a close friend. Even if you are not yet perfectly

clear, you can begin by having a conversation about how you are learning to express yourself more freely. You may be surprised by what your vulnerability opens up in others.

THROAT CHAKRA CLEARING WITH MOVEMENT

There are some specific movements you can do to help relax and clear the energy of the throat chakra.

1. Energy medicine, a practice popularized by Donna Eden, has an exercise specifically for the thyroid. All you do is place the middle and pointer fingers of both hands at the center of your Adam's apple and do this:

First, draw your fingers away from each other moving one hand up toward your head and the other hand down toward your collar bones as you breathe out. Bring them back to center, breathe in, and on your out breath, draw them away from each other, one to the left and the other to the right. You have now created a cross on your Adam's apple. Returning to center, on your next out breath, move your fingers diag-

onally away from one another. Return to center and repeat that diagonal movement in the opposite direction.

2. Yoga is another big helper when it comes to opening the throat chakra. You can look on YouTube for practices with a throat chakra practice. My personal favorite yogi is Ali, The Journey Junkie, who has an entire free chakra yoga series. But if you want to go at it on your own, here are some great postures for the throat chakra:

- Head and neck rolls (be careful to protect your neck)
- Supported Fish Pose
- Puppy Pose
- Lion's Breath
- Some other options are Plow Pose, Shoulder Stand, and Fish Pose

In my experience, yoga really does move energy, and often this comes with an emotional release. Don't be concerned if as you flow through these postures you feel strong emotion. Let it out. Releasing emotion is a powerful way to clear stuck energy.

THROAT CHAKRA CLEARING WITH CREATIVITY

Because the throat chakra is all about creativity and self-expression, any way in which you express yourself through creativity is an avenue for clearing your throat chakra. I find dancing is a hugely powerful way to get my energy flowing. And I also love painting. But the easiest and most accessible way to tap into visual creativity may be coloring. The next page is a coloring page featuring the throat chakra lotus mandala. Dive into the color blue and explore all its variations as you color the mandala. Allow your being to swim in the color blue, shifting your vibration and clearing your energy center.

GET CREATIVE

Your best guide for how to clear your chakras is YOU. So get creative and follow your intuition, there is no wrong way to do this. Perhaps you combine some of the suggestions here with your own special twist!

TELL ME ABOUT IT!

Whatever you do, I would love to hear about your success! You can share your results with me and the others in the Soul Path Tribe on **The Soul Path Network Facebook Group** where you will find a community of people devoted to personal and spiritual growth through creativity.

See you there!

Larissa

THROAT CHAKRA *Coloring Activity*

