



How to Open Your Throat Chakra

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Opening the *Vishuddha*

I call the Throat Chakra the VOICE CHAKRA because the Vishuddha chakra is about the ability to speak your truth.

Signs of a blocked vishuddha include fear of expressing your original ideas, stunted or blocked creativity, procrastination, being easily manipulated, not trusting your inner voice, and even at times shyness and social anxiety.

A healed throat chakra looks like confidence, the ability to speak your truth, be vulnerable and express your thoughts.

Your mission today?

Speak up, speak out, be heard, EXPRESS yourself, my goddess!

How to Unblock Your Fifth Chakra



1

Speak your truth – mindfully, and with compassion.

2

Prioritize your self-expression and your creativity.

3

Allow yourself to cry it out, scream, BAWL with VOICE.

4

Allow yourself to feel pleasure, orgasm, scream with VOICE.

5

Chant with sacred mantras, singing and affirmations.

6

Embrace blue crystals, stones and minerals like lapis lazuli, sodalite, larimar.