



Finding Your Voice: How to Feel Safe Speaking Up and Being Yourself By Healing Your Throat Chakra

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Your voice matters. You are a magnificent piece of the Universal force of all creation, because we cannot separate the wave from the ocean. When you look at an ocean, a mountain, a blade of grass, you are seeing the majestic force that is you reflected.

You deserve to be seen and heard. There is infinite power in you reclaiming your voice and daring to be you. Without your voice in our present consciousness, there is a you-sized hole that we are missing. If you woke up this morning, your mission is not yet complete. This is your moment. And we need your voice, your story and your truth.

Each person who reclaims the power of voice, frees at least a thousand others. You heal and liberate those who came before you, who perhaps didn't have the agency that you do. You heal and liberate those who come after.

Dare to speak your truth. Dare to tell your story. Your story, your voice, your truth is a part of the song of the universe. In fact, Universe means one song. That means that we need your note in this song.

Begin by clearing your throat chakra.

What are chakras?

Chakras are points of energy throughout the physical body used in various healing and alignment practices including meditation, visualization, yoga and tantra. Our life force energy, also called prana or qi (pronounced "chi"), flows through these energy channels.

In Sanskrit, the word chakra means wheel, which describes the movement of the energy. The chakra teachings originated in Hinduism in India between approximately 1500 and 500 BC and were originally discovered through The Vedas, the oldest written text in India.



Traditional counts of the number of chakras varies, but we tend to focus on seven main chakras. Each chakra correlates with specific organs and focuses on a related area of our lives, much like in reflexology the way that areas of the foot correlate with other areas of the body.

What is the throat chakra?

Your throat chakra, Vishuddha in Sanskrit, is your fifth chakra. The chakras in order are: the root chakra at the base of your spine, then sacral chakra, navel chakra, heart chakra, throat chakra, third eye chakra, and the crown chakra on top of your head. I call the Throat Chakra the “voice chakra” because it is about the ability to speak your truth.

The throat chakra is all about communication and being able to purposefully speak your life into existence. When it comes to speaking your life into existence, the big secret is that you’re already doing it. You are already doing it. What we’re talking about is consciously speaking our lives into existence. The throat chakra is also about expression, listening and creativity.

Is your throat chakra blocked, overactive or underactive?

Many people feel invisible, mute or like they’re hiding in their own lives. Maybe you’ve outgrown your present circumstances.

When the throat chakra is blocked, you will have issues with communication. You may not be able to tell people how you feel or clearly communicate your desires, needs and boundaries. Signs of a blockage include being indecisive, speaking fear and negativity, avoiding expressing your original ideas, stunted creativity, procrastination, not trusting your inner voice, and even at times shyness and social anxiety.

Do you relate to any of these statements?

- o You get nervous and find it difficult to express yourself.
- o You are a people pleaser and avoid conflict to keep the peace.
- o Silence makes you uneasy and uncomfortable.
- o You don’t express yourself because you’re afraid you’ll be misunderstood or not taken seriously.
- o It is challenging for you to explain your boundaries.
- o You are uncomfortable when your truth may make others uncomfortable.
- o You feel easily manipulated.



The ancient Persian poet Hafiz said, "The words you speak become the house you live in." African American activist Audre Lorde said, "Your silence will not save you." Both are true.

Ask yourself:

- Are there conversations that you need to have?
- Do you feel like you don't fully express yourself?
- When things make you uncomfortable, do you keep it to yourself or laugh when things are not funny?
- Do you tell "little white lies" to protect others or protect yourself?
- Have you lashed out at others in frustration to overcompensate for your poor communication?

Whether it is your inner voice, the voices of those who raised you, or the voices of your current tribe, any messaging under the guise of keeping you safe is ultimately keeping you small. Growth and evolution happen when we are courageous enough to step beyond what we know. If you are wanting something different, you cannot get there by being the same.

Imagine that every word you speak is casting a spell over your life. Are you casting a spell of self-love, truth and personal power? Or one of hiding, shrinking, fear and scarcity?

Your throat chakra may be off kilter due to grief or unexpressed fear and anger. If you have an overactive throat chakra, you work out your pain verbally on others. You may also initiate gossip, over-talk others, and complain about everything.

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

Your mission today?

Speak up, speak out, be heard and EXPRESS yourself.

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.
5. Chant with sacred mantras, singing and affirmations.



6. Embrace blue crystals, stones and minerals like lapis lazuli, sodalite and larimar.
7. Chant, sing, try silent retreats (yes!), fasting, prayer, public speaking, meditation and breathwork.

9 Throat Chakra Affirmations:

Speak these affirmations out loud in your mirror.

1. I always speak my truth.
2. It is safe to tell my story.
3. My words have power.
4. I am free to express my feelings.
5. It feels good to share my boundaries.
6. I have a right to my voice.
7. I communicate easily, even if it is uncomfortable.
8. I am an active and supportive listener.
9. I speak my needs and desires clearly.

Questions:

Have you outgrown your present circumstances?

Do you ever feel invisible or like you are hiding or silent in your life?

What makes you want to hide until you are perfect?

What does your inner voice say to keep you safe?

How do you want to be seen and heard?



Throat Chakra Block #1: What If I Make a Fool of Myself?

About this block:

It is human nature to want to express yourself. None of us are perfect, so expressing ourselves can feel like a risk. Sure, some people will like whatever you have to share, some folks will hate it, and others won't think about it at all. At some point, we will all fall on our faces. That's life.

Being afraid to embarrass yourself can be paralyzing. This block shows up as perfectionism, procrastination and being unable to complete projects.

You cannot put your voice into the world if you are overcome by the feeling that you will make a fool of yourself. It's a logical fear to have, but it does not serve you. And so that's why we want to clear it.

Let's tap on this block.

Questions:

Where am I holding back because I might embarrass myself?

If I made a fool of myself, what am I afraid might happen?

If I dared to move forward what is the best result possible?

Let's tap on "What if I make a fool of myself?" which is a major block that can also show up as, "What if I'm not enough?" It shows up as imposter syndrome, "What if they find out that I'm not as good as I seem?" "What if I make a fool of myself?"

Start by measuring your intensity on a scale of zero to ten, with zero being feeling no issue at all and ten feeling like, "Oh my goodness, I'm going to make a fool of myself!" "I'm going to fall on my face, people will laugh at me, and then I will be embarrassed and ashamed and naked!" or whatever you are afraid of.

Take a nice deep breath in through the nose, and out through the mouth with sound. In through the nose, out through the mouth. One more, in through the nose, out through the mouth. Now tune into your body, because the body never lies. Just say "Okay, fear of feeling



foolish, on a scale of zero to ten, where is it?" Write it down here: _____

Let's begin with that karate chop point and start tapping:

Side of Hand Even though I am scared that I'll make a fool of myself
I choose to love, honor, and cherish myself

Even though I'm scared that I'll fall on my face
I choose to love and accept myself

Eyebrow What if I make a fool of myself?
Side of Eye It's happened before
Under Eye I remember that time when they did laugh at me
Under Nose I felt really stupid
Under Mouth That was really uncomfortable
Collarbone I hated that feeling
Under arm I don't want to feel like that ever again
Top of Head This feeling of fear

EB This fear that I'll be wrong
SE This fear that I won't be enough
UE This fear that I'll make a fool of myself
UN You know, it's not as bad as it seems
UM Because I survived and I'm still here
CB It doesn't really scare me as much as it used to
UA Because I'm still here
TH What really happened when I embarrassed myself before?

EB Maybe I felt a little foolish
SE Maybe I felt a little silly
UE Maybe I forgot who I really am
UN Because I am powerful beyond measure
UM I might be powerful beyond measure
CB No, I think I am powerful beyond measure
UA Can an ocean be wrong?
TH Can a tree be wrong?



EB Maybe if other parts of nature can't be wrong
SE Then maybe I can't be wrong
UE That's kind of a silly thought
UN But it's kind of an awesome thought
UM I've decided that I am powerful
CB I've decided that I do believe in myself
UA I've decided to release any other thoughts
TH I've decided to release thoughts of lack

EB What if I do make a fool of myself?
SE Who cares?
UE Who cares?
UN I'm pretty awesome
UM And I like being me
CB So I think I'll be me
UA Unapologetically
TH Unapologetically

EB And I clear away any ancestral ties
SE That no longer serve my voice
UE And I clear away any energy or fears
UN That no longer serve my voice
UM I now speak my truth
CB It is safe to speak my truth
UA It is safe to be who I am
TH It is safe to be who I am
These are my words and I have spoken
These are my words and I have spoken

Now take a deep breath again, in through the nose and out. Another deep breath in through the nose, and out. Feel into your body, and ask yourself, on the same scale of zero to ten, how does it feel when you say, "What if I make a fool of myself?" Where is it now? ____

If it's still not where you're wanting to be, maybe just rewind and do a few more rounds of tapping.



Throat Chakra Block #2: What if I Betray My Tribe?

About this block:

The next common block is around disappointing your tribe. Your tribe can be your family of origin, your culture, your socio-economic group, your friends, or co-workers.

Many of us are afraid of what other people will think. Specifically, we have fears around the thought that if we use our voice, or if we show up in a big way, or speak our truth, that we may betray the tribe, or that we may outshine the tribe. These are primal fears, because thousands of years ago, if you were kicked out of a tribe you might not survive alone. And so, having a fear that you know, “My friends or family won’t love me,” or, “I might be betraying them by doing the opposite or believing the opposite of what the tribal group believes,” makes sense.

It’s a logical fear to have, but it does not serve you. And so that’s why we want to clear it.

Let’s tap on it.

Questions:

Who am I afraid of disappointing?

Who might I betray if I was really myself?

Who might I outshine if I stepped fully into my power?

Who would I upset by truly owning my voice?

Let’s tap on fear of betraying the tribe. Think of your “fear of betraying the tribe,” and replace “the tribe” with specific names of people. Maybe it’s fear of betraying a friend, or fear of betraying my mom or my brother or whoever. Be very specific because that’s where it’s going to resonate in your body as most true.

Now where in your body do you feel “I’m afraid that I will betray or outshine my loved ones?” On a zero to ten scale, where zero is “I have no feelings of that,” and ten is, “Oh my goodness, I’m going to betray them, they’re not going to love me anymore, it’s going to be awkward and weird!” Write it down here _____



Take a deep breath in through nose, out through the mouth with sound. In through the nose, and out, in through the nose and out. We begin by tapping on the karate chop point:

Side of Hand Even though I'm scared to betray my family
I choose to love and accept myself
Even though I'm scared to betray my loved ones
I choose to love, honor, and cherish myself

Eyebrow This fear
Side of Eye This fear
Under Eye What if I betray my loved ones?
Under Nose What if me being true to me
Under Mouth Means I am rejecting them?
Collarbone What if using my voice
Under arm Pisses them off?
Top of Head What if speaking my truth

EB Means that I'm unlovable
SE I don't want them to stop loving me
UE I don't want them to stop liking me
UN We're used to being the same
UM We think the same things
CB We like the same foods
UA We make fun of the same people
TH We think the same about money

EB We think the same about our bodies
SE And we love each other
UE We enjoy each other's company
UN It's fun to be a tribe
UM It's fun to be the same
CB But I'm not the same
UA I have my own thoughts
TH I have my own beliefs

EB And I no longer think what they think
SE I no longer believe what they believe
UE But I don't want them to hate me



UN I remember what they said
UM About those other folks who are different
CB I remember what they said
UA About those other people who think what I think
TH I really care about my loved ones

EB And I really hope they still care about me
SE I'm choosing to be myself now
UE Because I can't live like this anymore
UN I'm choosing to be myself now
UM I'm choosing to speak my truth
CB I have a right to express myself
UA I have a right to speak my truth
TH The people who love me will always love me

EB The people who care for me will always care for me
SE I can't stay small anymore
UE I can't pretend that I don't know different
UN It is safe to express myself
UM It is safe to be myself
CB I have to tell my story
UA I have to speak my truth
TH I have to be myself
And I look forward to seeing who takes the ride with me

EB And I look forward to seeing who takes the ride with me
SE This is my time
UE This is my voice
UN This is my truth
UM And it is safe to speak my truth
CB It is safe to speak my truth
UA So I clear away all ties that no longer serve my voice
TH These are my words, and I have spoken
These are my words and I have spoken

Deep breath, and let it out. Another deep breath, and let it out. What is your number now?

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Throat Chakra Block #3: What if I Get in Trouble?

About this block:

The third common block is the scared little child inside of us who is still terrified to get in trouble. Your inner voice may be warning you, “If I speak my truth, if I claim my voice, if I say what is real to me, maybe I’ll get in trouble.” But getting in trouble as an adult is very different from getting in trouble as a child.

What are the ways we get in trouble as an adult? We could get fired, divorced, lose friends, partners or customers. Is this uncomfortable or potentially scary? Absolutely! Is this fear a reason to stay silent, shrinking, small or hiding? Absolutely not...

Let’s tap on it.

Questions:

What unpopular opinions do I avoid expressing?

What conversations are currently not being had?

What are the ways I could get in trouble by speaking my truth?

Who benefits by me hiding or remaining silent?

So let’s tap on this. You want to begin again by always coming back to the breath. It’s so important. We hold our breath when we’re tense or scared, so just start with a nice big deep breath, and let it out with sound. One more, nice big deep breath, and let it out with sound. Then just feel into your body and ask your body – because you’re beautiful, bodacious body always knows, and always tells you the truth – on a scale between zero (OK, I’m all good), and ten (Oh no, what if I’m uncomfortable, what if I get in trouble, what if I rock the boat?) So feel into your body and write it here: _____

Then we just start tapping on that beautiful karate chop point:



Side of Hand Even though I'm scared of rocking the boat
I choose to love and accept myself
Even though I'm terrified of rocking the boat
I choose to love, honor, and cherish myself

Eyebrow What if I get in trouble?
Side of Eye What if I rock the boat?
Under Eye Everyone doesn't want to hear what I have to say
Under Nose They're not going to like what I want to say
Under Mouth What if I get in trouble?
Collarbone What if I rock the boat?
Under arm What if I feel uncomfortable?
Top of Head What if I make other people feel uncomfortable?

EB I hate feeling uncomfortable
SE Everyone hates feeling uncomfortable
UE But I have some things I want to say
UN That may make somebody feel uncomfortable
UM It might make me feel uncomfortable
CB Then I'll be rocking the boat for sure
UA I don't want to rock the boat
TH I don't want to make people feel uncomfortable

EB Because then they probably won't like me
SE Because then I'll be that person that no one wants to be around
UE Then I'll really be in trouble
UN And that won't feel good
UM That won't feel good at all
CB I don't want to rock the boat
UA But I want to speak my truth
TH I want to tell my story

EB It feels good when I tell my story
SE It feels good when I express myself
UE I guess it feels good when I rock the boat
UN I guess it feels good when I rock the boat
UM I do like rocking the boat
CB Because I do like telling my truth



- UA My voice is getting stronger
TH When I speak my truth, I feel stronger
- EB I am comfortable making others feel uncomfortable
SE I am comfortable making others feel uncomfortable
UE I am comfortable making myself feel uncomfortable
UN I am comfortable making myself feel uncomfortable
UM It is safe to feel uncomfortable
CB It is safe to be myself
UA It is safe to tell my truth
TH It is safe to own my voice
- EB I am willing to be heard
SE I am willing to be heard
UE I clear all ancestral ties that no longer serve my voice
UN I clear all ancestral ties that no longer serve my voice
UM I forgive myself
CB And all those who came before
UA I forgive myself
TH And all those who came before
EB These are my words and I have spoken
These are my words and I have spoken

Take a nice, big, deep, fat, belly breath, and let it out with sound. One more, nice, big, deep breath, and out with sound. Check on your level again: ____

And finally, I have a free gift for you – a guided Throat Chakra meditation and printable affirmations. The link is here: womanifesting.com/tappingsolution2019



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