


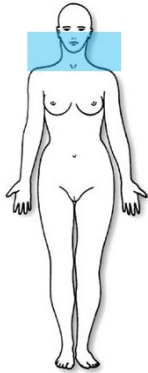


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Qualities of Vishuddha Chakra

- Name: Purification
- Color: Blue
- Element: Space
- Location: Throat
- Body Region: Mouth, throat, neck, ears
- Body Systems: Endocrine, detoxification
- Sense: Hearing
- Quality: Expression, communication
- Mantra: 'I speak'
- Gemstone: Amazonite
- Ages: 28-35 years old

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Qualities of Vishuddha Chakra



- Function: Self-expression
- When Deficient: Talking quietly, mumbling, biting the tongue, not being heard, TMJ issues, neck & shoulder tension, under active thyroid
- When Excessive: Excessive talking, stuttering, losing the voice, inability to listen, hearing problems, overactive thyroid, feeling overextended
- Fears When Unbalanced: Fear of speaking up or of defending yourself
- Reaction to Fears: Negative self-talk
- When Balanced: Melodious voice, creativity, artistic inspiration, serenity, ability to interpret sacred writings, understanding dreams
- Balance Inhibited By: Lies, an inability to speak your truth

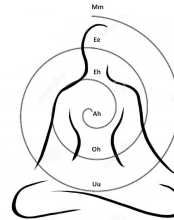
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Simple Sound Practices

VOWEL SPIRAL

Sounding the vowels and feeling vibrations in different parts of the body.



CHANTING

Using your voice to create sounds that in turn create vibrations in the body and mind.

JAPA MALA w/ MANTRA

Speaking or thinking a statement to create an anchor for the mind. Use prayer beads/mala to count.



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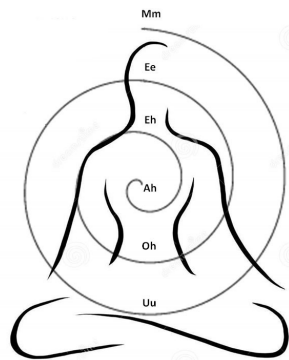
Vowel Spiral

- The Vowel Spiral is a sound practice that uses vowel sounds (plus a humming sound) to move vibration around into different areas of the torso.
- It is used for both relaxation and as an awareness building exercise.
- Rather than chanting loudly, reserve some of the energy for yourself by directing it inwards to create a stronger sensation of vibration.
- A slow and smooth exhale creates a smooth tone and builds control over the diaphragm and breath.
- This is an excellent practice to do alone when you are feeling stressed or hurried, before bed, or before other meditation or yoga practices to help you center and ground.

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Vowel Spiral














- Begin seated. Take a few breaths into the lower belly and exhale naturally through the nose
- Chant at natural speaking pitch, can also place hand over the areas of the body where the vibration is strongest
- Each vowel resonates within your body at different levels bringing awareness and relaxation
 - AHH at the Heart
 - AAA at the Throat
 - OOO at the Belly (lips very round)
 - EEE in the Head (smile wide with the mouth)
 - UUU at the Tailbone
 - MMM at the Crown
 - Repeat AHH at the Heart

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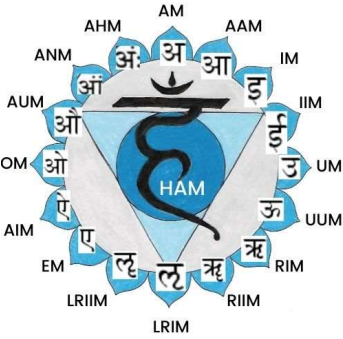
Vishuddha Chakra Protocol

 <p>Head Side/Side</p>	 <p>Head Up/Down</p>	 <p>Head Tilt Lift opposite ear up, DON'T pull head down!</p>	 <p>Shoulder Rolls</p>
 <p>Shoulder Shimmy</p>	<p>Jaw Massage Circle fingers from in front of ear down to edge of jaw as you open your mouth</p>	 <p>Ujjayi Breath Soft glottal contraction SO HAM Mantra (I am)</p>	 <p>Vishuddha Mudra Press thumb into lowest joint of ring finger, palms up (releases unspoken words)</p>
 <p>Lion's Breath</p>	 <p>Kaki Breath Inhale thru pursed lips, exhale thru nose</p>	 <p>Vowel Spiral</p>	 <p>Chant HAM</p>

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Vishuddha Yantra & Mantra



A circle surrounded by sixteen lotus petals

- Circle inside a downward-pointed triangle represents the space element

- HAM stimulates the chakra's location in the throat
 - F#4 or 741 Hz
- Each petal in the yantra symbol also contains a Sanskrit vowel bijas
 - Am, Amm, Lm, Llm, Um, Uum, Rm, Rrm, Lm, Llm, Em, Alm, Om, Aum, Aam, and Ahm
- These vowels are easy to pronounce, representing easy communication

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