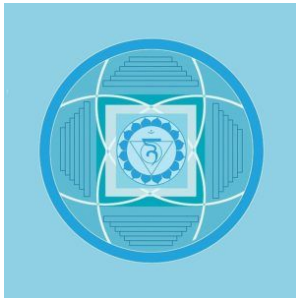


#5 - Vishuddha: the chakra of the throat



The **Vishuddha chakra** is located right at the base of the throat and is connected to the communication, both with others and with ourselves, and to the emotions that result. It controls the neck, throat, hands and arms, and is associated with the bronchial or cervical plexus.

The color of this chakra is light blue and symbolizes transparency. When this chakra is open, in fact, you can express yourself clearly and transparently, with touch, without offending. Your voice is calm and relaxed, you know how to listen to others and you always manage to express what you think and let yourself go.

The **opening of the fourth chakra** also brings great creativity, which is a very powerful way to express yourself. Our social relationships are pleasant and relaxed, we take an intense interest in others with understanding and without judging.

Our ability to **concentrate** is also very high. Since we are very predisposed to listening, learning also becomes fast and effective.

On the contrary, **the closure of this chakra** leads to not being able to express oneself well or to listen to others. We are unable to say no, we feel extremely shy and awkward and we can no longer express our creativity, either through words or through artistic disciplines.

All this leads to a situation of **deep discomfort** that in the long run can make us close so much in ourselves that we do not want or even be afraid to be together with other people. Needless to say, our social relationships will inevitably disintegrate.

Even at the physical level we can run into problems, first of all the **thyroid**, but also the breathing and related organs. Illnesses such as asthma, bronchitis, mouth ulcers, speech disorders, but also ear aches and pains will appear.

When the **chakra is too open and working too much**, we become logorrheic, never listening to what others tell us. What we say, however, is not what we really think but our conversations will be based on lies and manipulations.

We also feel too self-confident and we do not accept criticism, even when it comes from the people we love.

How to rebalance the fifth chakra

When the **fifth chakra is unbalanced**, what we have to do is bring out our creativity and learn to appreciate silence and listening.

It doesn't matter if you have a **creative block**. Try to fight it by painting, writing, dancing or singing, even if the result won't be the best! The important thing is to be able to let go of your emotions.

You can practice **Reiki** or even yoga asanas that affect your neck and shoulders, such as [*Matsyasana*](#), also called the position of the fish.

I also recommend you to do meditation, **focusing deeply on your breath**, maybe listening to the mantra of Vishuddha, **the HAM**, which you can hear in the video below.

Any other methods to activate the throat chakra? With rotations and movements of the neck, shouting everything you hear in a quiet place, doing vocal exercises, doing singing exercises and pronouncing mantras in a repetitive and systematic way.

Summary sheet of Vishuddha



Position: At the level of the throat, at the crossing of the bones of the clavicle

Function: communication, opening to others, listening

Colour: light blue

Element: ether

Sense: hearing

Stones: lapis lazuli, aquamarines all blue stones, especially chalcedony and sodalite

Mantra: ham, E

Lotus: 16 petals with a triangle in the centre with the tip pointing downwards

Note: sol

Animal: white elephant