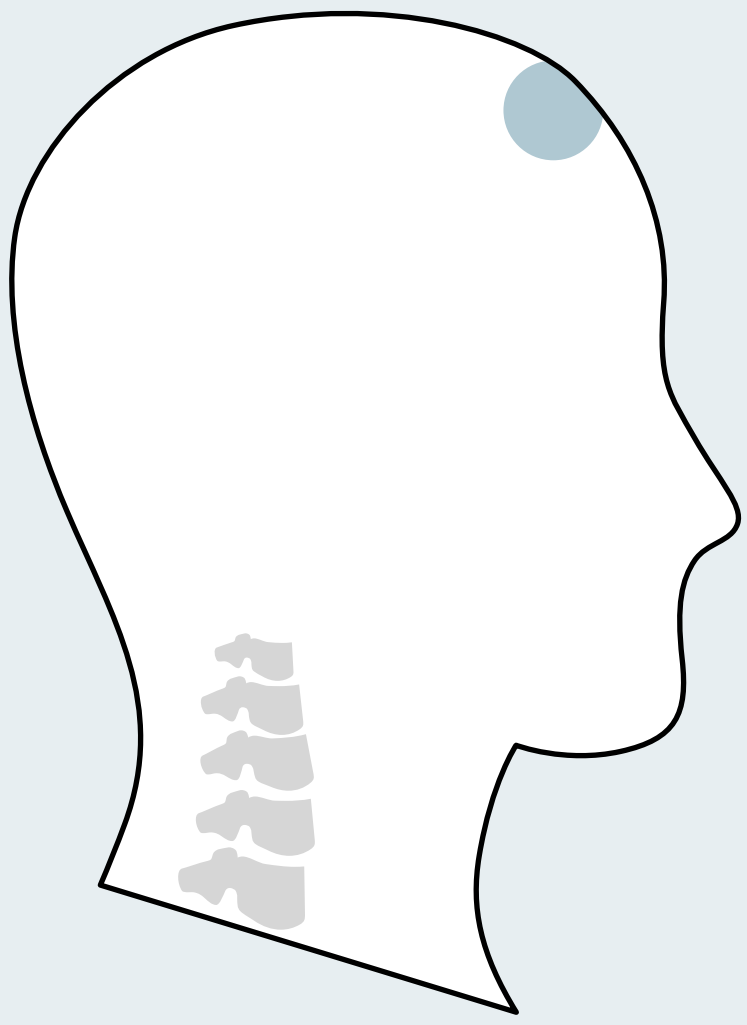
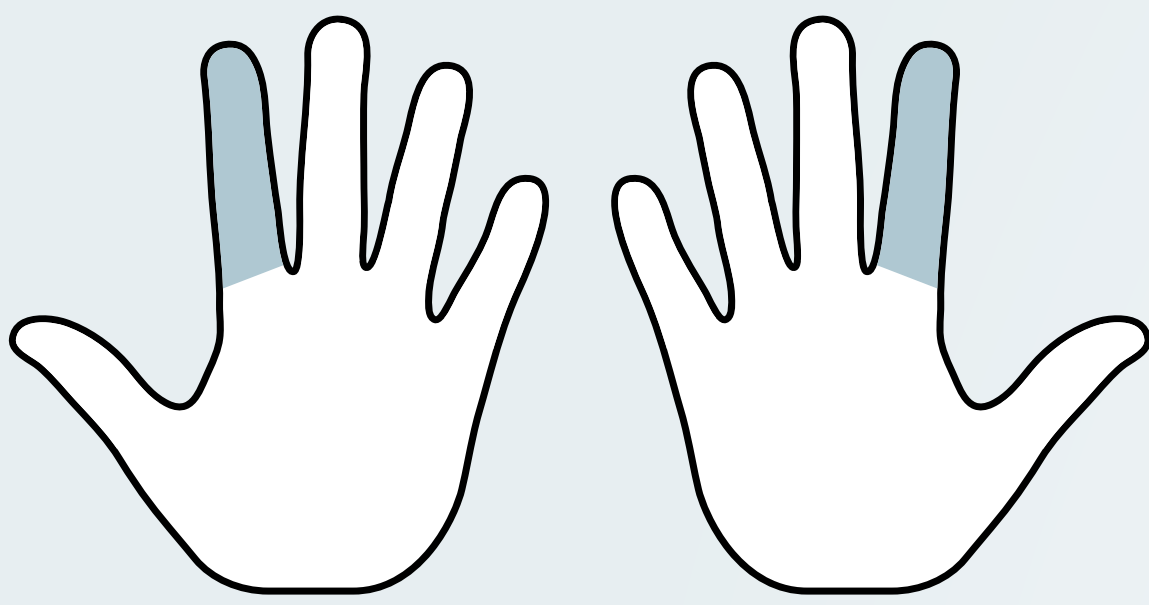


Position on the head



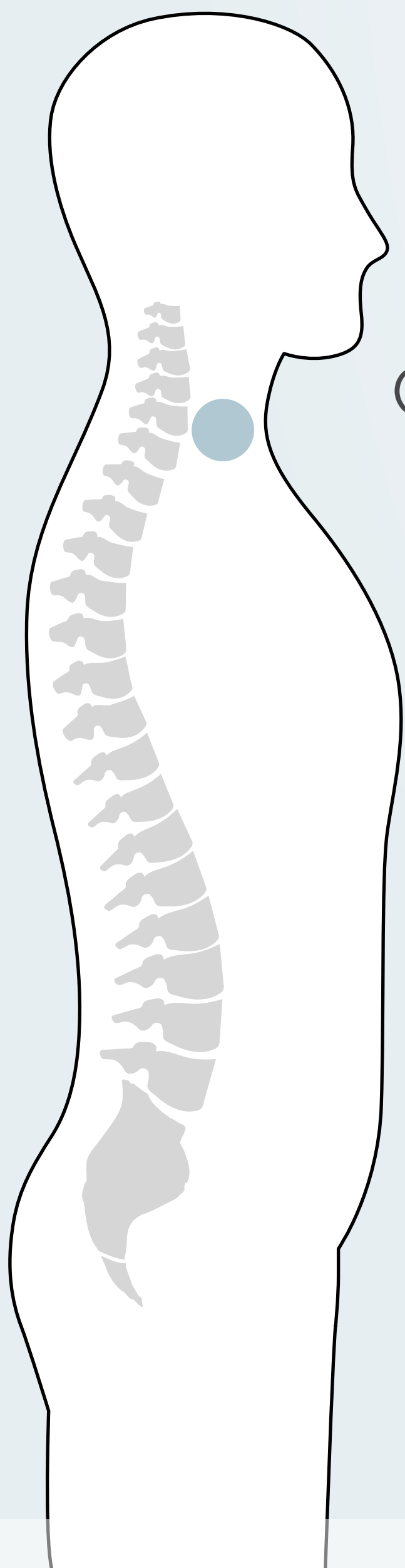
On the hands



On the feet

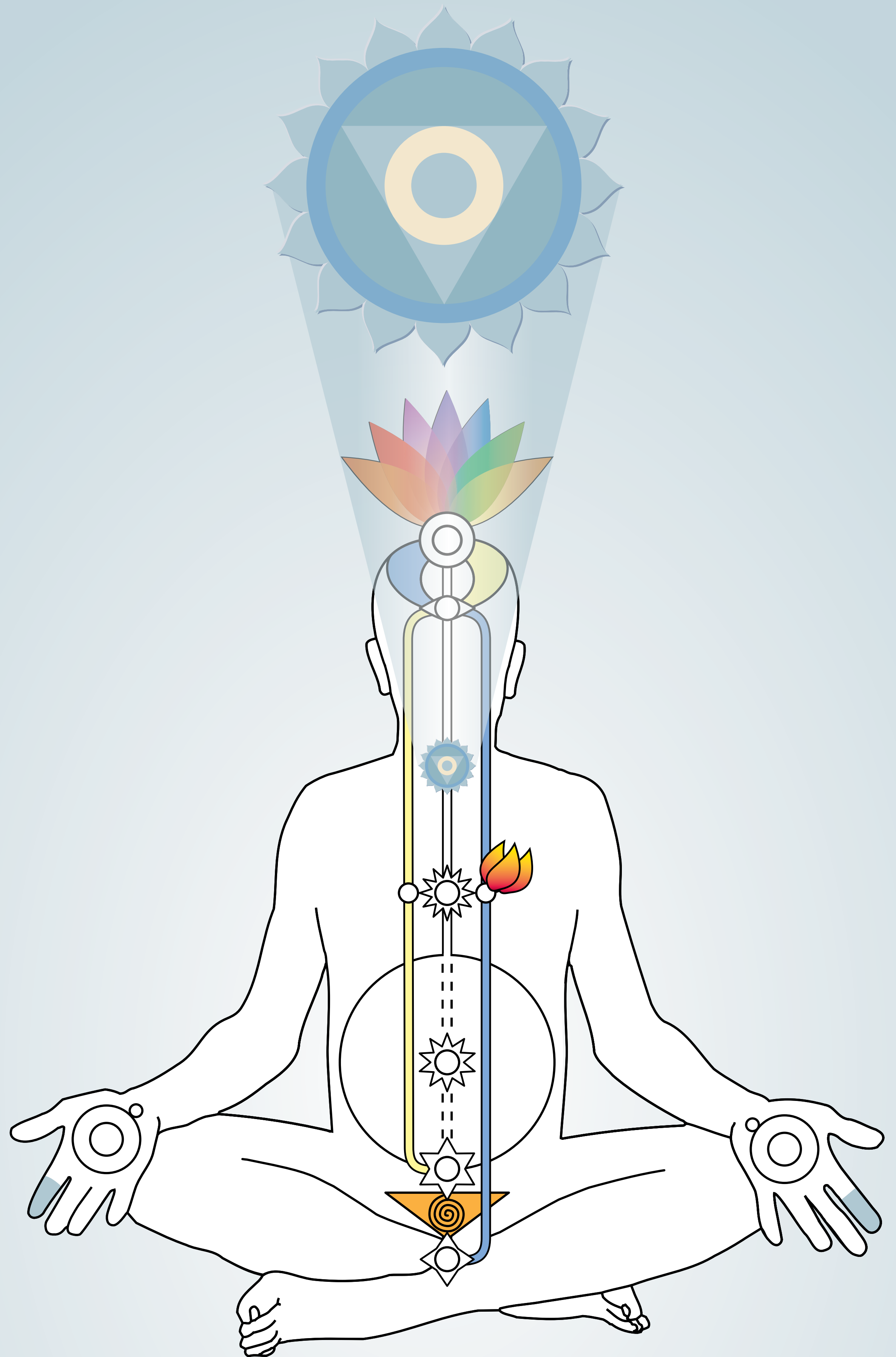


Gross expression in our body



Cervical plexus

Position within our Subtle System



Vishuddhi

Correspondences

Colour	Smokey grey
Element	Ether
Planet	Saturn
Day	Saturday
Stone	Sapphire
Symbol	Time wheel
Quality	Diplomacy, collectivity, communication
Organs controlled	Mouth, ears, nose, tongue, face, teeth, throat

This sixteen petalled centre is called the Vishuddhi and it is placed in the neck region of the spinal cord. This centre corresponds to the cervical plexus, which regulates the functioning of the ears, nose, throat, neck, teeth, tongue, hands, gestures, etc.

This centre is responsible for communication with others.

On the physical level it controls the functions of the thyroid glands. Harsh speech, smoking, artificial behaviour and guilt feelings block this centre.

When the Kundalini pierces this centre, the person becomes extremely truthful, tactful and sweet in communicating and does not indulge in futile arguments. He becomes extremely diplomatic in handling situations without igniting the ego or feelings of guilt.

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