



Vishuddhi Chakra Communication

The Vishuddhi chakra is located in the neck region of the spinal column. The vibrations of the Vishuddhi chakra are felt on the index fingers.

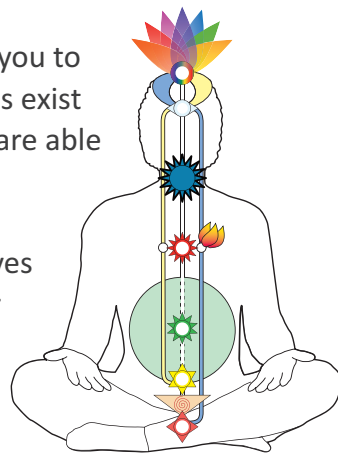
Vishuddhi chakra qualities:

- Diplomacy
- Self-esteem
- Detachment
- Playfulness
- Positive relationships
- Effective communication
- Sense of community

When your Vishuddhi chakra is balanced and energized, you feel in harmony with the rest of humanity. Challenges can be faced with tranquility. You feel optimistic even in overwhelming situations.

The Vishuddhi chakra allows you to recognize that external events exist outside you. As a result, you are able to witness them calmly.

The Vishuddhi chakra also gives you the ability to accept your own shortcomings without feelings of guilt.

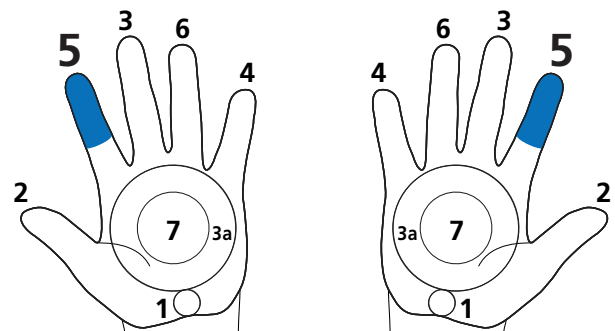


If your Vishuddhi chakra is not balanced, you may experience a lack of self-respect and feelings of guilt. You may also experience periods of overreaction and aggressive communication.

To balance this chakra, place your right hand a few inches in front of your throat. Rotate your hand, palm towards you, so that at the top of the rotation your fingers are moving to the left.

To clear your left Vishuddhi, hold a lit candle a few inches away from where the left side of your neck and shoulder meet. Move the candle slowly in a circular motion, with the top of the rotation to the left.

You can also clear this chakra by speaking from the heart and offering love instead of criticism.



Affirmations for Vishuddhi Chakra		
Left	Center	Right
Mother Kundalini, or Mother, I am...	Mother Kundalini, or Mother, Please make me...	Mother Kundalini, or Mother, You are the...
... not guilty	... a detached witness ... part and parcel of the whole	... sweetness in my words and deeds