



# THROAT CHAKRA

# OPENING 5<sup>TH</sup> CHAKRA



1. On a scale of 1-10 how well am I about expressing myself?
2. Do I sing, hum, chant, talk aloud for no reason or am I pretty quiet?
3. Do I talk too much or do others tell me I talk too much or you don't listen?
4. When do I notice I seem to get tripped up with my words? Is there someone I am with that I seem to get tongue tied when I am around them?
1. Do I ever feel like what I have to say really isn't that important?
2. When I have something I want to share do I hear multiple excuses as to why I shouldn't share it?
3. Do you often wish you would have said something when you chose to be quiet?

## Healthy Boundary Check:

1. Do I feel others take advantage of me or my generosity?
2. Do I easily ask for what I need or am I afraid I will be a burden or nuisance?
3. Do I often get my feeling hurt by what others say?
4. Do others often get hurt by what I say?
5. Do I get overly emotional when I am trying to express something I am really passionate about?

What do I know about my life mission or the message I have come to share with the world?

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What secret(s) are still locked inside me that I do not want to share because I feel I will hurt someone or be abandoned or humiliated? \_\_\_\_\_

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What is it that I fear may happen if I speak it? \_\_\_\_\_

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**Toning:** Try doing an OM in the car while driving or out in nature or in your home. Listen to your tone and get familiar with it. Listen to your tone and try to see what key it is in.

# DISCOVERING THE HIDDEN TRUTH WITHIN

**WARNING**

This activity is diluted in its effectiveness if you read beyond this paragraph. Do the following activity before reading further instructions.

Use this page to consciously express yourself to someone with whom you feel there is conflict. What would you say to them if you were being completely authentic and speaking your truth? What would you counsel them to do?

\_\_\_\_\_ I need to tell you that.....

\_\_\_\_\_ This is what I think you need to do so you can have a happier life.....

Often the conflicts we have with others are the invisible conflicts we are having with our self. Use the words above and replace the name of the person you were speaking to with your own name. Say the words aloud as if you were speaking to yourself. Did you notice any mirrors? Use the space below to write out what that person is showing you about your relationship with yourself?

In your mind, see that person and thank them for mirroring to you and helping you become more aware of your hidden issues. Wish them love and light with gratitude and peace.