

## **The Blue Chakra (Throat Chakra)**

**Location:** At the level of the throat

**Energetic:** Self-expression.

**Spiritual and Emotional:** How we express ourselves (Our voice). It has as great deal to do with communication. If someone isn't listening to us, we aren't expressing our true feelings, or we don't feel like the universe is reflecting our desires- the blue chakra will be affected. This Chakra also relates to universal truth, choice, personal responsibility and following our dreams. Imbalances may include voice issues, timidity or shyness, inability to express oneself. In excess a person may be overly talkative, gossipy and even manipulative.

**Physical:** Neck, shoulders, lungs, throat, mouth, thyroid and parathyroid.

## **Self-Help Recommendations to Support the Chakras**

Overall the chakras are supported by balanced lifestyle, fresh organic food, exercise, time spent in nature, meditation and other qi cultivation practices.

In general, some things that negatively affect the chakras include: caffeine, alcohol, recreational drugs (including marijuana), genetically modified foods, processed foods, artificial ingredients, exposure to toxins/chemicals, lack of exercise and poor lifestyle.

Listed below are more specific recommendations to support this chakra.

**Affirmation:** Repeat the following affirmation out-loud or silently as often as you desire.

"I choose how I will express myself and do so freely"

**Food Therapy** - Certain substances negatively affect the chakras: Caffeine, alcohol, drugs including marijuana, smoking, genetically modified foods, processed foods, chocolate, and poor quality (rancid) fats.

In general, to support the chakras one wants to consume fresh, organic, whole foods drink adequate amounts of water and not overeat. A rule-of-thumb guideline when selecting foods for each specific chakra is that the color of the food indicates which chakra it supports – for instance oranges support the orange chakra, red meats support the red chakra, and green vegetables support the green chakra.

**More specifically the following foods may be used to support the Blue Chakra:** Fruit, water, fluids

**Crystals and Stones** - Crystals and stones have been used by healers in many traditions. One of the easiest ways to support the chakras is to carry stones. One may carry a stone for each chakra that is not completely open, but the most important is to carry a stone for the “Primary Chakra”. Selecting a stone is not difficult if you know the colors of the chakras. Just pick a stone that matches in color, for example Amethyst for the purple chakra or Black Tourmaline for the black chakra. Translucent stones are typically preferable over solid stones as they tend to amplify energy. However, solid stones may be used if translucent ones are not available or are too expensive. Solid stones may actually be more desirable for the lower chakras (black and red) as those are more about grounding.

**There is a little work that must be done when using stones to support the chakras. When you first receive a crystal, it holds the energy of wherever it came from. Therefore, it is important to cleanse stones before using them for ourselves. Also, when the stones are doing work they will need to be cleansed regularly. In fact, when we really need a stone’s support, we should cleanse the stones every night. Otherwise, the stones may start carrying old, stagnant, or dirty energy and become ineffective.**

While there are other methods for **cleansing stones – one of the easiest ways is to leave them outside overnight.** The moonlight will cleanse the stones and they will be ready in the morning to use again. The stones do not need to be directly in the moonlight and it does not matter if it’s cloudy out or not. Having two sets of stones makes it easy to carry one set while the other is outside cleansing. You may switch out the stones each morning so that you are always carrying fresh stones. Keep in mind that Selenite is the one stone that never needs to be cleansed. If the moonlight method is not an option, one may smudge the stones with sage, or soak them in saltwater - discarding the water afterwards (however not all stones hold-up well to soaking in water).

**Clearing Dirty Energy with Crystals**

There's a very simple method that may be used to clear dirty energy from the chakras using stones. All that needs to be done is to select a stone corresponding to the dirty chakra and combine this with clear quartz. Carry the stones on your body (such as in a pocket). The quartz will do the work to clear the dirty energy. Be sure to cleanse the stones each night.

Additionally, carrying Selenite will help keep our energy field intact so that we are less susceptible to picking up dirty energy. Carrying black stones such as Hematite have a protective effect as well.

**Crystals & Stones to support the Blue Chakra:** Blue Tourmaline, Celestite, Blue Fluorite, Blue Apatite, Blue Aquamarine, Turquoise

**Sound Therapy** - Each chakra holds a specific vibration. This is represented by the colors but can also be tapped into with certain sounds. The practice of "Toning" uses vocal sounds in order to experience the effects on the energy and physical body. (The lower chakras are lower pitched and the upper chakras are higher)

First set your intention on the chakra you wish to work with. Picture the color associated with this chakra. Then make the corresponding sound as you try to perceive a subtle vibration in the chakra. As you regularly practice this you will become more aware of the vibrating chakras and may even perceive their colors. A number of tools are available for enhancing these sound vibrations - such as recorded chakra meditations, smartphone apps for activating chakras, singing bowls, and tuning forks. These may be helpful, especially when we are just getting started. However, none of these are necessary – our own voice can provide us with the sounds we need to activate our chakra energies.

**The sound of the Blue Chakra: "Ehh"**

**Color Therapy** - Colors themselves can be used to enhance the energy of the chakras. Try these suggestions

Dress in the selected color

Visualize the color

Use colored lights

Home furnishings or curtains of the desired color

Select foods of the desired color (more under food therapy)

Carry a crystal or stone of the desired color (more under Crystals and Stones)

Energize drinking water by storing it in a colored glass vessel. If you do not have a glass vessel in the desired color – wrapping clear glass with colored plastic such as plastic wrap will work. Leave the water in the vessel, ideally in a windowsill so that sunlight may pass through it, for 24 hours. Then drink it as desired.

**Exercises and Yoga Poses** - In general, any exercise that does not cause pain or fatigue is beneficial for the mind, body, spirit and chakra system. The recommendations for the lower chakras are more physically based while the recommendations for the upper chakras relate more to the mind and spirit.

**Exercises to support the Blue Chakra:** Singing, chanting, breathing exercises, neck stretches, Sun Salutation, Lion Pose

**Essential Oils & Aromatherapy** - Essential oils are very strong plant medicines. Not only do they have wonderful scents, but they also affect our moods, brain, and physiological functioning. **While generally considered safe, precautions must be exercised when using them.** Most essential oils are safe to use in a diffuser. This is the preferred method for aromatherapy. **Some people, however, may experience respiratory distress from this method so it is advised not to make the mix overly strong or diffuse for too long (45 min. is plenty).** For more therapeutic benefits, often essential oils are applied to the body, although not all are suitable for topical application. Essential oils are typically diluted in a carrier oil when used in this fashion. **Applying essential oils to the body does run the risk of skin irritations, increased photosensitivity, other side effects and drug interactions. Some people will even use essential oils internally by ingesting them, however this poses the most risk and is not a common practice. Also, please be advised that special caution should be exercised for pregnant or nursing mothers, and for children and pets - even when diffusing.**

That being said essential oils can have a very therapeutic effect when used properly. Some essential oils work on one chakra while other affect multiple chakras.

**Specific essential oils to support the Blue Chakra:** Eucalyptus, Peppermint, Camphor