

# CHAKRA NUMBER FIVE: THE THROAT CHAKRA

## FUNCTION ASSOCIATED WITH THIS CHAKRA:

**VIBRATION**

**SOUND**

**COMMUNICATION**

**CREATIVITY**

## CORRELATION

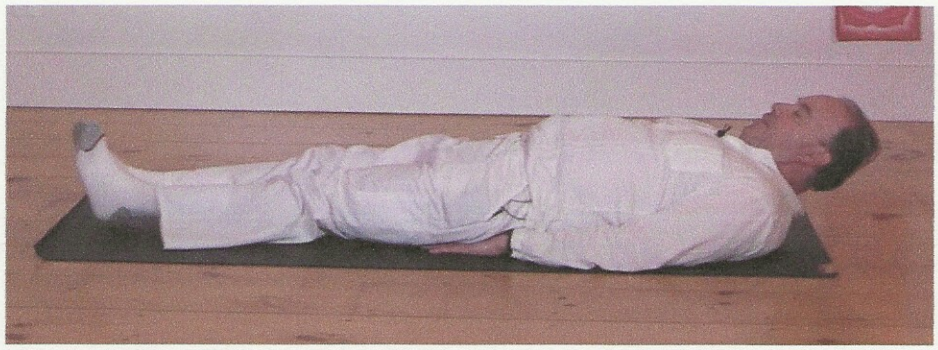
| | |
|---|---|
| Meaning | Purification |
| Location | Throat |
| Inner State | Ideas into symbols |
| Glands Associated | Thyroid and parathyroid |
| Malfunction | Sore throat, neck stiffness, thyroid problems, and hearing issues |

## CHAKRA 5 EXERCISE

### THE HEAD LIFT

Lie flat on your back in a supine position with your arms on your sides. Slowly lift your head up as high as you can as you exhale and then relax back down on the inhale. Make the movement nice and smooth remembering to align your breathing with the motion.





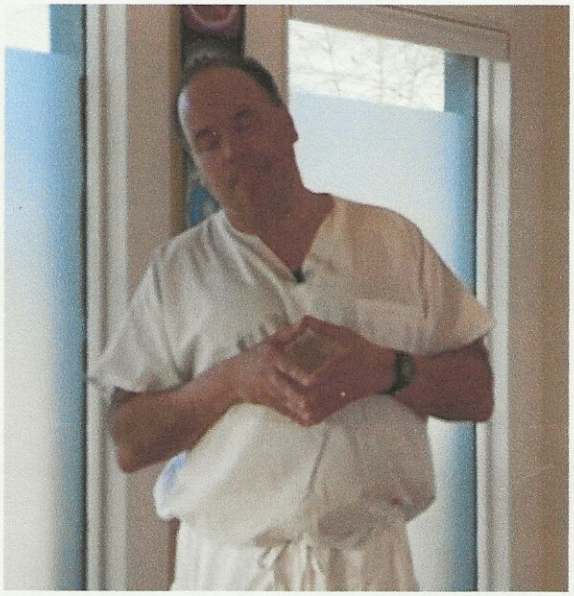
# CHAKRA 5 EXERCISE

## NECK ROLLS

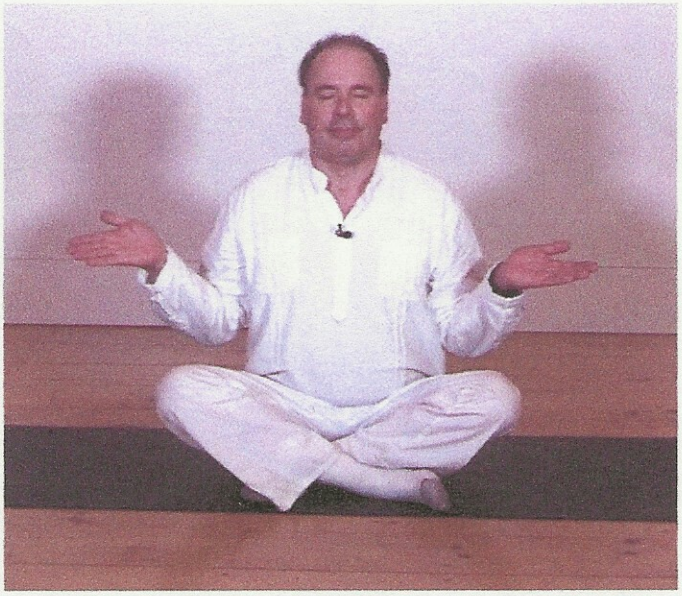
Stand straight with feet shoulder length apart. On the exhale move the head forward and down until your chin touches your neck. Then on the inhale roll the neck clockwise until your looking up at the ceiling. On the exhale roll it back to the chin.

Do 10 complete circles and then go counterclockwise the other direction for 10 complete circles. As usual make sure the movement is aligned with the breath and focus your attention on the throat center.





## CHAKRA 5 EXERCISE



# RA-MA-DA-SA SA-SAY-SO-HUNG

**(Sun, Moon, Earth, Infinity, Totality of Infinity, I am Thou)**

The first four sounds represent the earth energies. The second four sounds represent the heavens. On the last word "Hung", the tongue is pulled back and up to direct the vibrations through the roof of the mouth directly to the brain.

Sitting in easy pose, bend the arms, hands up, bring the elbows close to the side of the body. The palms are flat facing the ceiling and the wrist pulled close to the shoulders with the fingers pointing towards the knees. This creates a pressure on the wrists. The spine is straight and shoulders relaxed. Inhale and chant the mantra.

**Note:** This mantra is often use for healing and carries the message to the inner divine self that we are whole and complete beings not lacking in anything except the need to discover <u>who we really are.</u>