



# THROAT CHAKRA MOVEMENT

## RECOGNIZE IMBALANCES

### •Blocking of emotions

Not expressing your emotions and holding back on your truth determines the quality of your connection to your higher self, and the health of your body

For example: not crying and not expressing your sadness and sorrow, or not expressing your anger can cause you to feel frustrated, and angry.

This can cause physical symptoms like: headaches, sinus problems, neck pain, shoulder pain, laryngitis, palpitations.

There are also certain energetic signs...

- Squeezing and/or contracting of the throat as if something is stuck
- Having a sore throat
- Starting to cough
- not being able to speak, cry or laugh
- feeling overwhelmed.
- losing ones voice
- stutter while speaking

What to do about it? Get out of your comfort zone. Participate in a Voice liberation workshop to learn how to reconnect to your truth and overcome your fear. Start singing whenever you can and start listening to your voice with love and patience.

### •Over active expressing

Not expressing your true emotions and not expressing your truth can result in overactive and talkative behavior. It can make you act hyperactive and very present. As if you are busy staying away from how you truly feel.

To much pain and moving away from your truth can masquerade itself in talking a lot and expressing what you think & feel all the time.

This can result in the same physical symptoms as described before.

There are certain signs...

- talking a lot
- needing other people to listen to you.
- not being able to feel when enough has been said
- being afraid for awkward silences and feeling the need to fill in the gaps
- finishing sentences for others
- getting overexcited fast.
- stutter while speaking

What to do about it? Find your silence and listen.

Participate in a Voice liberation workshop to learn how to reconnect to your truth and express what is real and from your heart. Sing whenever you can and start listening to your voice with love.

### • Then what? Love, Listen & Allow

Give yourself time to become balanced. We tend to force ourselves into change. The voice does not need force it needs your surrender, understanding and patience. There are no shortcuts or skipping phases. Your voice needs you to give it all the time that it needs. Allow this movement to find it's own pace and rhythm. All you need to do is to be present and to love, listen and allow.

A healthy fifth chakra is open and flowing. It is connected to your heart and to your higher self. It is the portal to your divine truth, to your soul energy, your essence and your creative powers.

To become the embodiment of the divine on earth you need to reconnect and find the balance between the mind and the heart, between understanding and knowing, between expressing and listening, between sound and silence.

You are the sound of silence. You are truth itself