



A Return to Health & Self-Love

5th Chakra (Throat)

Color: Sky blue

Spiritual Truth: "I speak my truth freely."

Location: Throat

Organ systems/ physical areas: Thyroid, parathyroid, mouth, teeth, ears, trachea, esophagus, neck, jaw

Possible associated dysfunctions: Thyroid and parathyroid conditions, dental problems, raspy voice, neck or jaw pain

What secrets did your child of the 5th chakra reveal?

Does she believe the spiritual truth "I speak my truth freely."?

Does she feel safe to vocally express her truth in the world?

What fears or emotions came up for you? (Example: going against the "norm" and choosing a non-traditional career path.)

Affirmations

- "I am safe to vocally express my truth in this world."
- "I am speaking my truth with freedom and confidence."
- "I sing aloud like no one is listening!"
- "I embrace my fear of speaking my truth, then release this fear into the light of the Divine."

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Take action with self-compassion!

Tips to maintain an open 5th chakra

- Ask questions! When you feel a question arise, instead of worrying about sounding foolish think of the knowledge you'll gain
- Get out of your comfort zone and exercise your voice in an exciting new way. Karaoke, anyone?

Essential Oils Checklist

- peppermint
- chamomile
- sage