

Venus Alchemy

Evening Star

The Voice of the Goddess

Reclaiming the Throat Chakra

with Cayelin K Castell and Tami Brunk



Re-entering The Throat Chakra Gate



The Throat Chakra also known as Vishuddha means Pure in Sanskrit And is related to the element of sound.

The throat expresses through sound felt throughout the entire body.

This chakra represents one of the most essential ways we communicate and creatively express who we are.

The neck, shoulders, thyroid, parathyroid, throat, tongue, trachea, mouth, teeth, jaw are all related to this chakra.

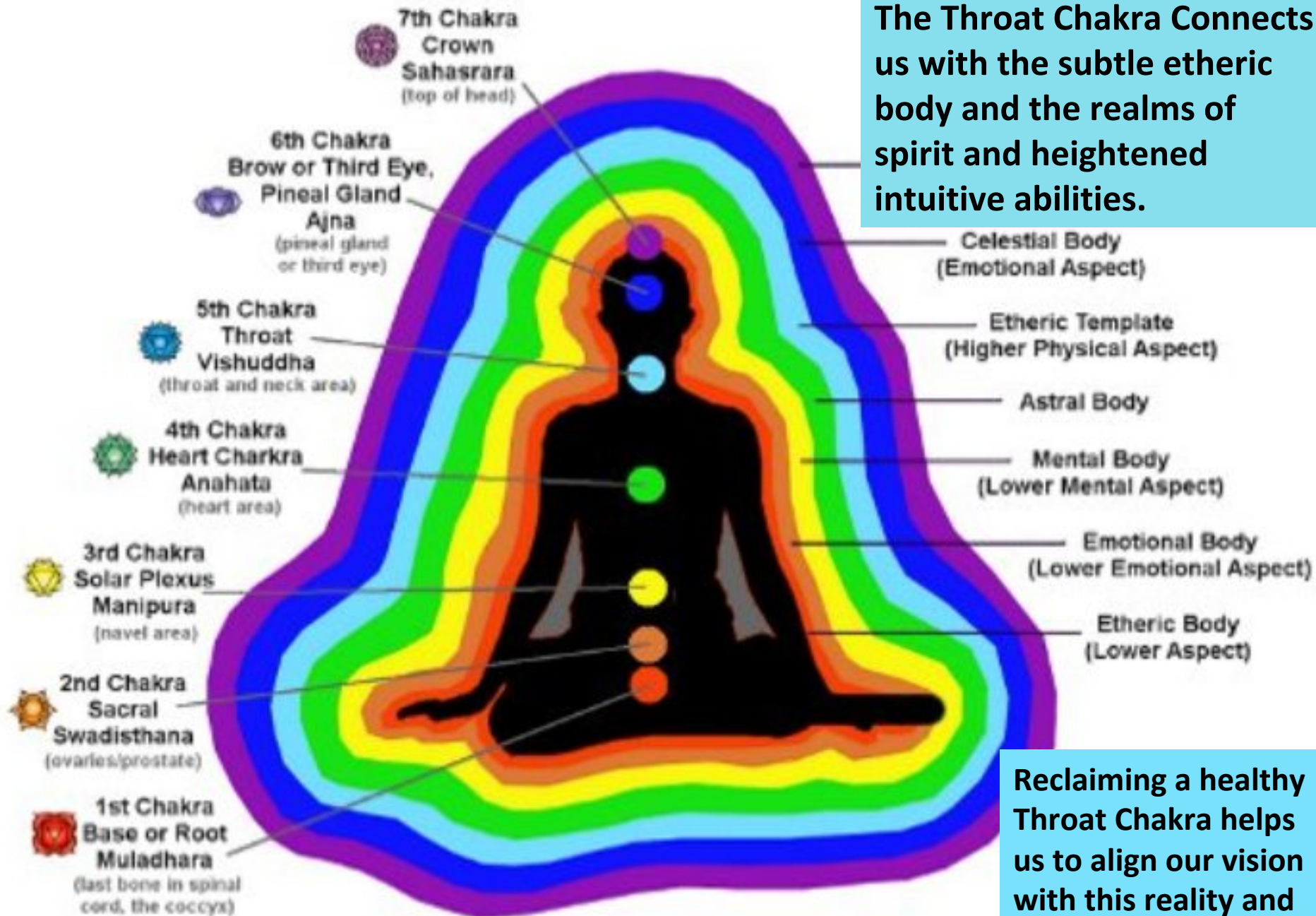


Inanna retrieves the lapis lazuli necklace she gave to the gatekeeper on her descent journey representing the return of a healthy throat chakra and empowered communication...

This is about reclaiming the power of her authentic voice and ability to creatively communicate verbally and non-verbally from the deepest truth of her being.



The Throat Chakra Connects us with the subtle etheric body and the realms of spirit and heightened intuitive abilities.



Auric Bodies and Chakras

Reclaiming a healthy Throat Chakra helps us to align our vision with this reality and to creatively bring that vision into form.

Healthy Balanced Throat Chakra



- Heightened Intuition and Telepathy
- Healthy Thyroid and Immune System
- Personal Will Aligned with Divine Will
- Content to Live in the Present Moment
- Takes Responsibility for personal needs
- Seeks and Expresses Truth
- Considerate, Respectful, Honest Communication
- Excellent Sense of Timing - Knowing When to Communicate and When to Listen
- Great Speakers, Orators, Writers
- Healthy Creative Self-Expression
- Healthy Sense of Humor



Balancing this Chakra:

Sing, chant, hum

Listen to music

Gaze at the Beautiful Blue Sky

Wear Blue

Breathe Consciously (Pranayama)

Gems/Minerals:

Blue Sapphire, Aquamarine, Blue Turquoise, Chrysocolla, Blue Topaz

Essential Oils:

Frankincense, Myrrh, Sandalwood, Cypress, Lavender, Cedarwood, Basil, Spearmint, Jasmine, Lemon, Sage, Fennel, Peppermint, Tea Tree



Additional Ways to Reclaim a Healthy Throat Chakra

Drink more water to hydrate and cleanse the throat chakra - allowing for healthy energy flow.

Apples, peaches, lemons and limes cleanse and activate the throat chakra.

Aromatherapy helps dispel negativity and restore balance to the throat chakra including rosemary, sandalwood, calendula, ylang ylang etc...

Be honest with your self as well as close friends and family, speaking in a heartfelt way strengthens and balances the throat chakra.

Write It Down. Practice mindful self-expression by journaling. Revisit what you have written at a later time to gain new insights and understanding.

Singing, humming, chanting helps activate the throat by vibrating the vocal cords and the Vagus Nerve.



The Vagus Nerve

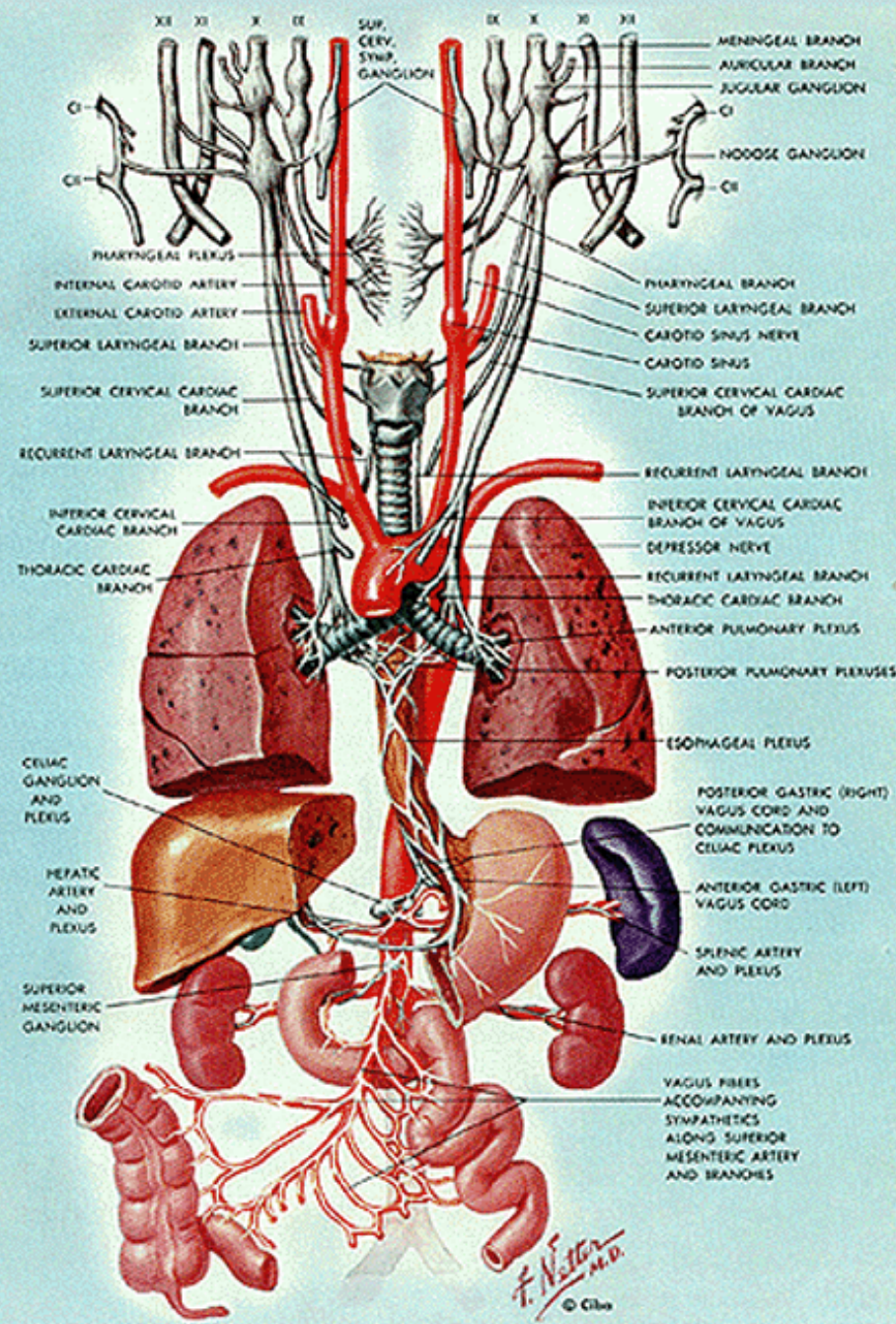
- Is the longest cranial nerve sending information from the body to the brain and vice versa
- Connects with the parasympathetic nervous system stimulating the heart, lungs, stomach, pancreas and other organs in the belly
- A healthy gut and vagus nerve pathway is essential for overall mental health

Stimulating the Vagus Nerve

Deep Intentional Belly Breathing
Haaahhhhhh Breathing increases oxytocin
Healthy Social Relationships
Gargling, Massage, Laughter
Yoga, Tai Chi, Other kinds of Exercise

Liver and/or Gut Cleanse strengthens
Vagus Nerve and Immune System

THE VAGUS NERVE

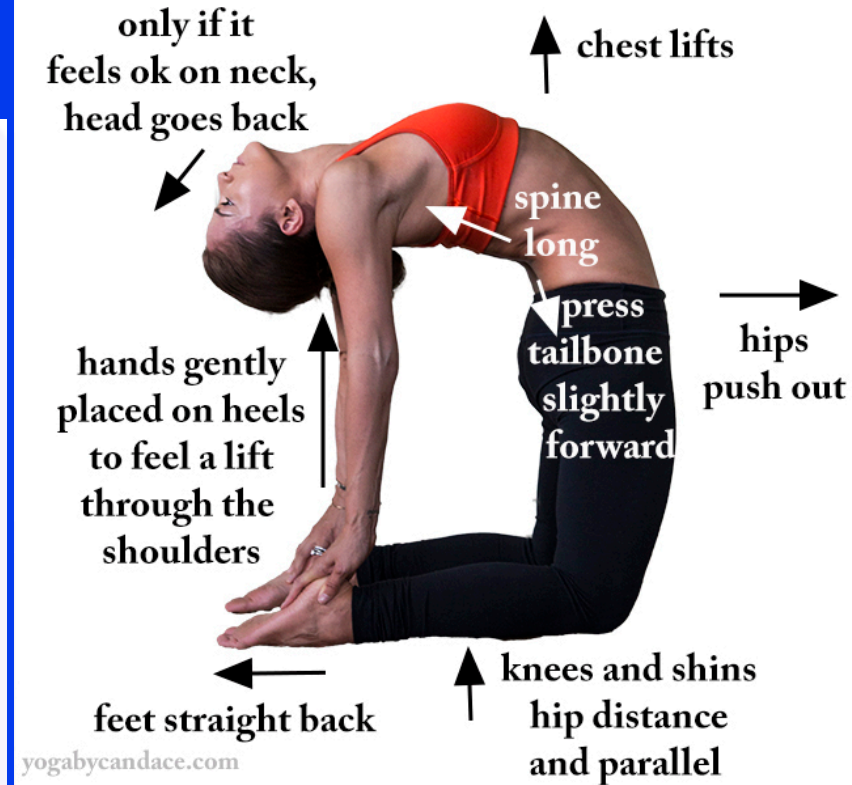


Yoga Poses to activate the Throat Chakra

Camel (Ustrasana) Standing Forward Bend (Uttanasana)



Ustrasana {Camel Pose}



Yoga Poses to activate the Throat Chakra

Plow (Halasana)
Shoulder Stand
Fish (Matsyasana)



Matsya Asana – Fish Pose



6 Salamba Sarvangasana (Supported Shoulderstand)

Lie on your back with your shoulders on the folded edge of one or more blankets. The shoulders are supported by the blanket, and your head, but not your neck, rests on the ground. Lift your legs to vertical, supporting your midback with your hands and keeping your upper arms and elbows parallel to each other.

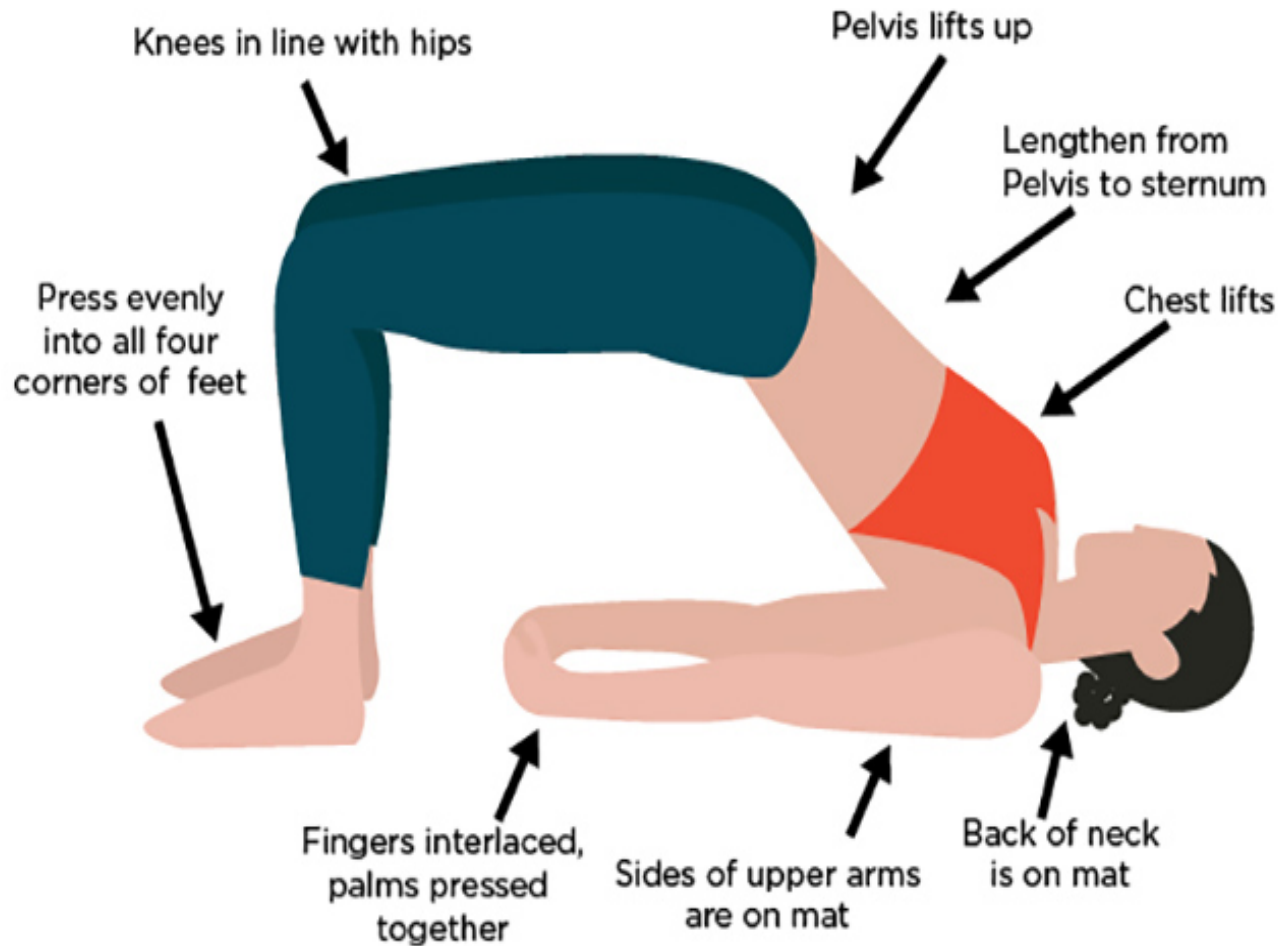


7 Halasana (Plow Pose), supported

From Supported Shoulderstand, lower your legs over your head until your tucked toes touch the ground. Interlock your hands behind your back, straighten your arms, and powerfully press them into the floor. Engage your quadriceps to press your femur bones up and away from your face. To come out, separate your hands and slowly roll down out of the pose while maintaining full extension in the arms.

SETU BANDHASANA

Bridge
Setu Bandha
Sarvangasana

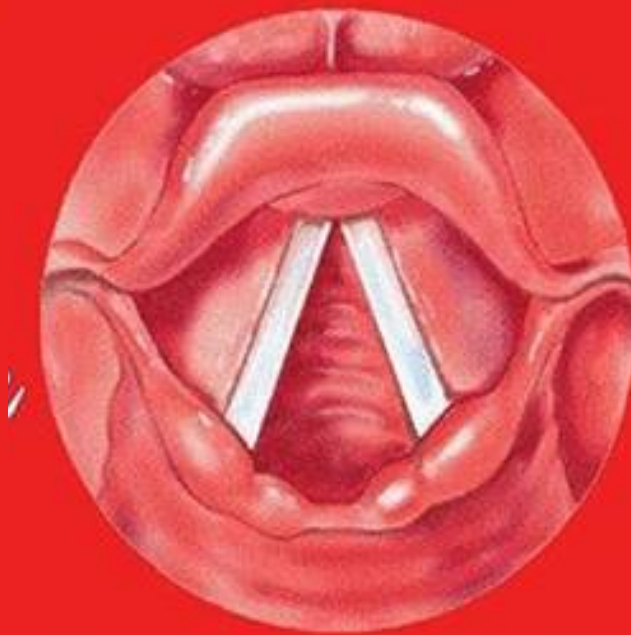




A word cloud on a white background with a blue border. The words are arranged in a cluster, with 'Listening' and 'Communication' being the largest. Other words include 'Master', 'Effective', 'Body', 'Language', 'Well', 'Good', 'Message', 'Active', 'Empathic', 'Cultural', 'Listen', 'Cross', 'Business', and 'Non-verbal'. The colors of the words range from dark green to brown.

Listening
Master
Effective
Body
Language
Well
Good
Message
Active
Empathic
Cultural
Listen
Cross
Business
Non-verbal
Communication
Skills

The Throat and Vagina Connection



If you experience trauma in one the other often contracts in response.

If You HEAL trauma in one it facilitates healing in the other.

www.
Thesassyshe.com

They Look Similar, Right?

- They are made of the same tissue
- When one opens energetically the other also opens



Jan Hargrave's Four Tenets of Good Listening

- **Eye Contact:** Follow the 80/20 rule, 80% holding eye contact (be aware this is NOT true across cultures!)
- **Nonverbal Feedback:** Give occasional nod, smile, or other sign of recognition while the other is talking
- **Presence:** The average person can say 135 and 160 words per minute and the average person's brain works between 400 and 600 words per minute. It takes focus to NOT allow our minds to be filled with our own chatter.
- **Connection:** Use body language to communicate your connection by leaning slightly in, opening your chest, pulling shoulders back and folding hands gently in lap.



Demons of the Throat

Accusatory Demon

Angry Yelling Demon

Talking Too Much Demon

Saying Mean Things Demon

Shaming and Blaming Demon

Afraid To Speak Up Demon

Uncertain What To Say Demon

Alienating Others with Words Demon

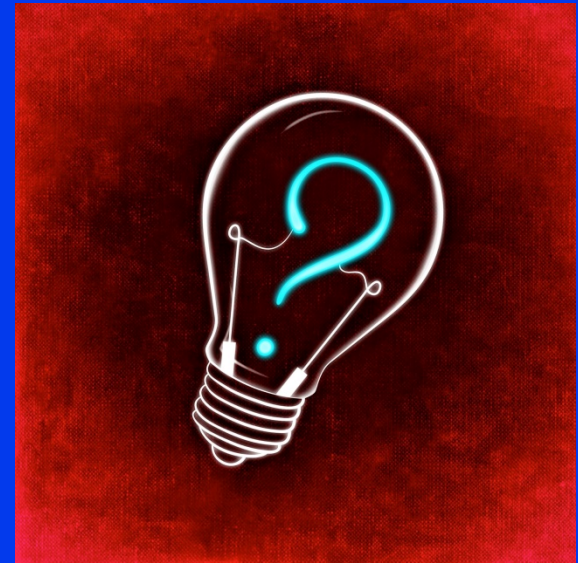
Not Speaking Up to Avoid Conflict Demon



Name yours _____

Questions for the Throat Chakra

How can I commit more deeply to practices that attune me to my inner truth?



What would it take for me to authentically speak and live my divine truth more each day?

What would it take for me to listen more deeply to humans and the speaking Universe?

Home Play for Throat Chakra

Use a necklace you own, buy or make one using stones/crystals that activate the 5th Chakra (lapis, turquoise, sodalite, aquamarine, celestite, other blue stones). Wear your necklace daily, taking it off at night to place on your altar, putting it back on each morning.

In the morning when you put it on intend to notice how you contact and express your true “voice” over the course of the day. When you take it off at night, journal on the messages from your inner truth and review all the ways you have claimed and shared your voice over the course of the day.

Energize it under the New and Full Moons.

