



5th Chakra 5th Gate

The Voice of the Goddess

Reclaiming the Power of our Authentic Voice

And Healthy Creative Expression at the Throat Chakra

with Cayelin K Castell and Sheridan Semple



Entering The Throat Chakra Gate

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...

She is 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.



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

Throat Chakra connects to:

Neck, thyroid, parathyroid, throat, trachea, mouth, teeth

When imbalanced:

Prone to sore throats and laryngitis

Mouth Ulcers

Swollen Glands

Gum or Tooth problems

TMJ

Thyroid and Immune System Issues

Neck and Shoulder Pain



A Detox Diet strengthens Immune System

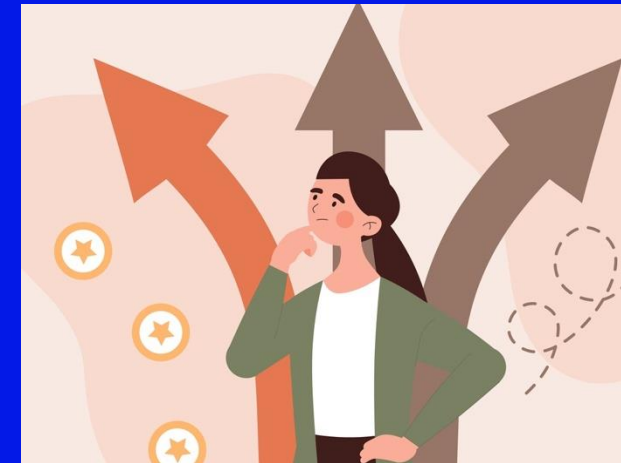
Imbalanced Throat Chakra

Excessive

- Overly Talkative – Doesn't Listen
- Dogmatic points of view
- Self-Righteous and/or Arrogant
- Critical of self and others

Deficient

- Fearful, Timid, Quiet, Afraid to Speak Up
- Difficulty Expressing Thoughts and Feelings
- Unreliable, Inconsistent
- Devious and Manipulative
- Lacks Personal Will
- Difficulty making Decisions or Choices
- Lacks Discernment



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



Healthy Voice What to Do

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

Allow Frequent Breaks from Speaking including Days you rest your voice.

Healthy Diet, Healthy Breathing Practices and Posture

Get Plenty of Restorative Sleep

Healthy Voice What not to Do

Avoid Alcohol and Caffeine. They are dehydrating.

Avoid Yelling, Screaming, Whispering, Excessive Throat Clearing

Avoid inflammatory foods.

Don't smoke or expose yourself to smoke

Essential Oils for Balancing the Throat Chakra

Blue Chamomile, Blue Yarrow, Blue
Cypress, Blue Spruce, Blue Tansy, Laurel
Leaf, Hyssop, Tea Tree, True Sage,
Eucalyptus

Use the drops on your throat
with reverence and intention



**Aromatherapy brings us into the Vibration
and Consciousness of the Plants and Earth**

Additional Ways to Reclaim a Healthy Throat Chakra

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

Be honest with your self as well as close friends and family, speaking in a heartfelt way strengthening and balancing 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 from Brain to all visceral organs 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

Haaahhhhh Breathing increases oxytocin

Healthy Social Relationships

Gargling, Massage, Laughter

Yoga, Tai Chi, Other kinds of Exercise

Liver and/or Gut Cleanses also help strengthen the Vagus Nerve and Immune System



12 Ways to Stimulate the Vagus Nerve

- Laughter
- Gargle First Thing in the Morning
- Speaking Up so you are Heard
- Cardio Exercise that activates your breath
- Deep Breathing Practices
- Slow, Rhythmic Breathing into your Diaphragm and Belly
- Yoga especially stretching and strengthen your neck
- Humming to activate your vocal cords. Hum Songs or chant OM
- Meditation, especially Loving kindness meditation promotes feelings of goodwill towards yourself and others improving vagal tone.
- Taking Probiotics activates a positive feedback loop through the Vagus Nerve increasing its tone.
- Chew your food until it is soft and mushy in your mouth, before your swallow, to set the correct sequence of digestion in motion allowing the Vagus Nerve to perform its functions correctly.



The Vagus Nerve and the Throat / Yoni 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.

Original direct link to the article no longer works but you can find more here www.thesassyshe.com

The Vagus Nerve connects the Throat and the Yoni carrying signals of energy between the two.

Activating the Vagus Nerve stimulates the connection between the Yoni and the Throat and releases Oxytocin.

Notice how they Look Similar?

It turns out they are made of the same tissue

When one opens energetically the other also opens



From Surviving to Thriving

The Old Patriarchal System is based on Survival including the **Survival Hormones:**

Cortisol (Doubt, Flight/Freeze)

Adrenaline (Threatened, Worry, Fight/Flight)

Norepinephrine (Stress, Anxiety, Emotionally Out of Control, Fight/Flight/Freeze)

Thriving Happens when we are operating from these *feel-good* hormones:

Oxytocin (Connection and Safety)

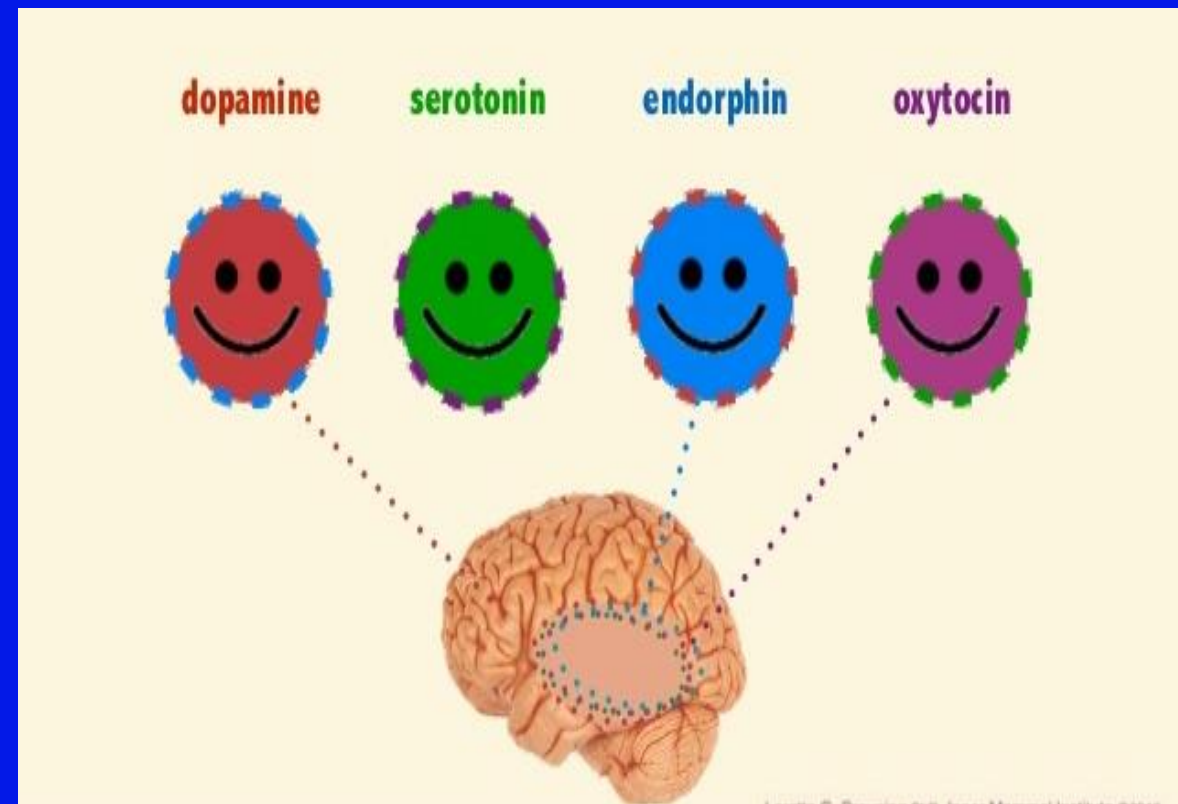
Serotonin (Bliss and Physical Healing)

Dopamine (Pleasure, Movement and Motivation)

Acetylcholine (Focus and Learning)

Endorphins (Happiness and Euphoria)

Thrive hormones are activated through Rest, Regular Exercise, Healthy Diet, Conscious Breath, Meditation, Happy Thoughts, Laughter, Having Fun and Heart Connecting with Others

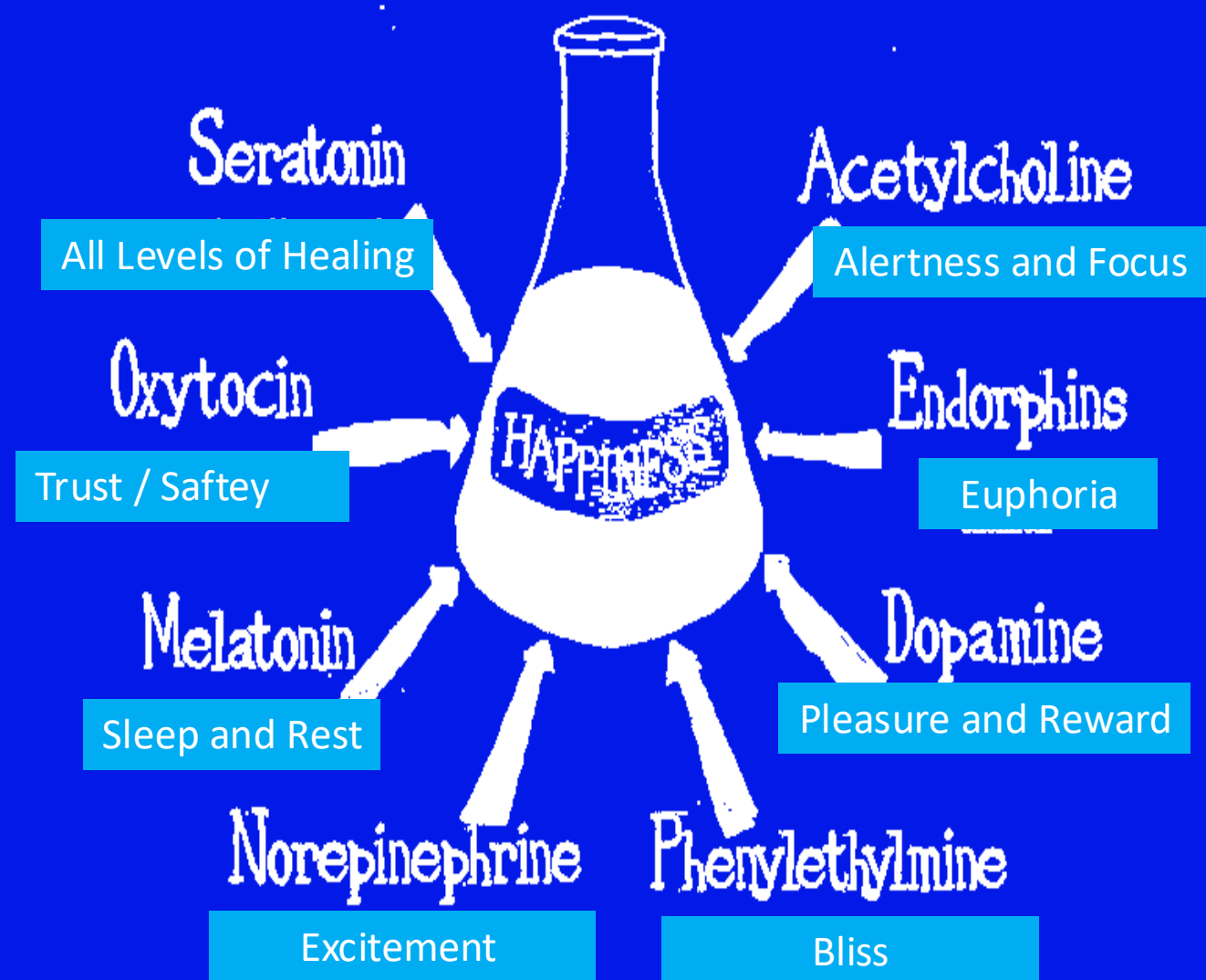


The Thriving Brain/Life

Brain wave tests show using positive words and thoughts, exercise, pro & prebiotics for a healthy gut (our second brain) and healthy diet stimulate all the *Feel Good* hormones (a.k.a. neurotransmitters).

Supportive “self talk” releases Endorphins and Serotonin in the brain where it then flows through out the body, creating happy, loving feelings.

Celebrating each day, including any magical or miraculous events whether big or small, stimulates these feel-good hormones helping us to thrive



What would it take for me to live in a healthy Thriving Mode rather than Surviving Mode?

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.



Mindful Communication

Begins with Mindful Listening

Our full attention is the most valuable gift we can give someone when communicating.

Give your full attention to whoever is speaking. If you find your mind wandering gently bring it back to the speaker.

If you feel feelings come up simply notice them and bring your awareness back to the speaker.

Do your best to refrain from speaking, asking questions, or leading the speaker.

If the speaker stops speaking sit in silence to see if the speaker has more to say. Then reflect to the speaker what you heard.

And then the speaker shares if what you heard is what they meant.

FOREWORDS BY JON KABAT-ZINN AND DANIEL GOLEMAN

Search Inside Yourself

THE UNEXPECTED PATH TO ACHIEVING
SUCCESS, HAPPINESS (AND WORLD PEACE)



CHADE-MENG TAN

"This book and the course it's based on represent one of the greatest aspects of Google's culture—that one individual with a great idea can really change the world."

—ERIC SCHMIDT, executive chairman of Google

Claiming and Sharing Our True Voice

- Starts with hearing our OWN inner voice and being honest with ourselves
- Am I able to share my thoughts and concerns clearly?
- Am I brave enough to take up my half of the conversation?
- Can I allow others to have their reaction and not abandon myself, or my stance of love?
- Am I willing to speak my truth responsibly and release the need to please?
- Am I ready to engage in greater intimacy, honesty, and authenticity in All My Relations and Communications?

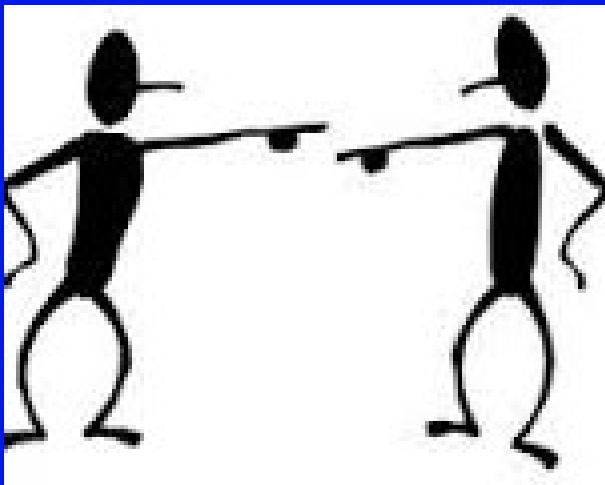


What You are NOT
Responsible For

Video by

Jennifer Pennington

***Can be heard as an extreme
antidote to people pleasing...
take what works leave the rest!***



Choose being kind over being right
and you'll be right every time

Take Responsibility For What You Have To Say

When YOU (or anyone for that matter) are standing up to speak your truth and it is coming from a need to be right, or superior, or with an intent to justified and prove your point, this usually creates greater separation.

Plus, it is often not as true as you think or perceive.

Be sure you are speaking up for the purpose of creating honest communication that does not blame, shame, or complain.

If communicating from a need to be right the result will ultimately deepen the wounds and/or create further separation



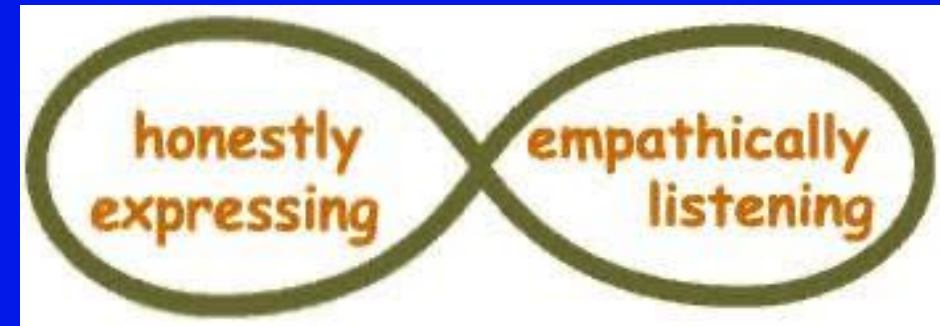
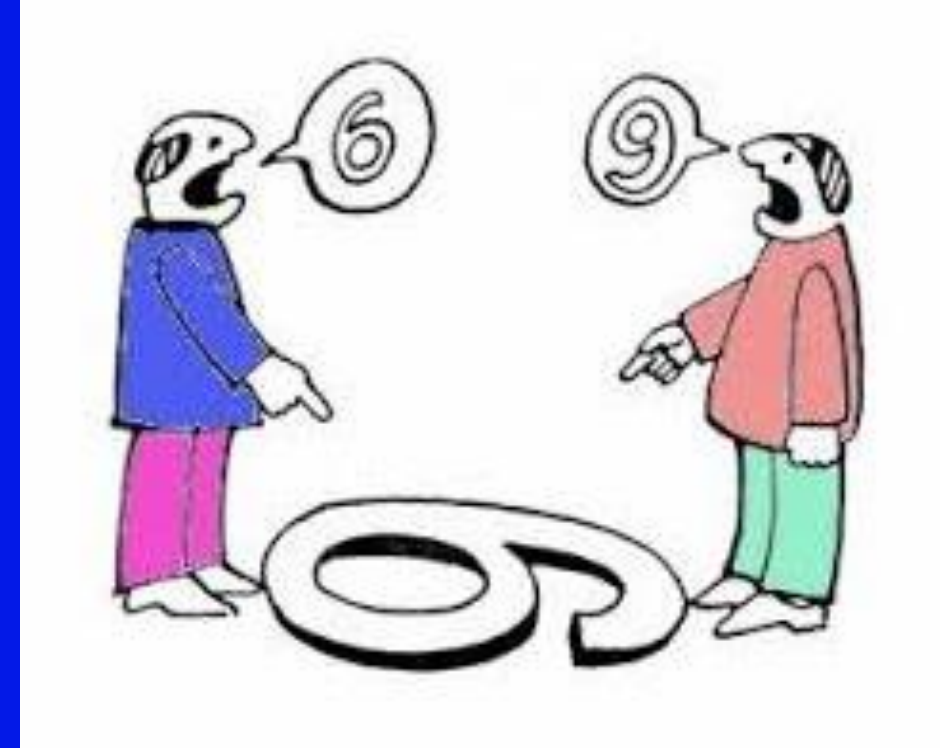
How You Say It Makes a Difference

First step is to note: is your perspective true?

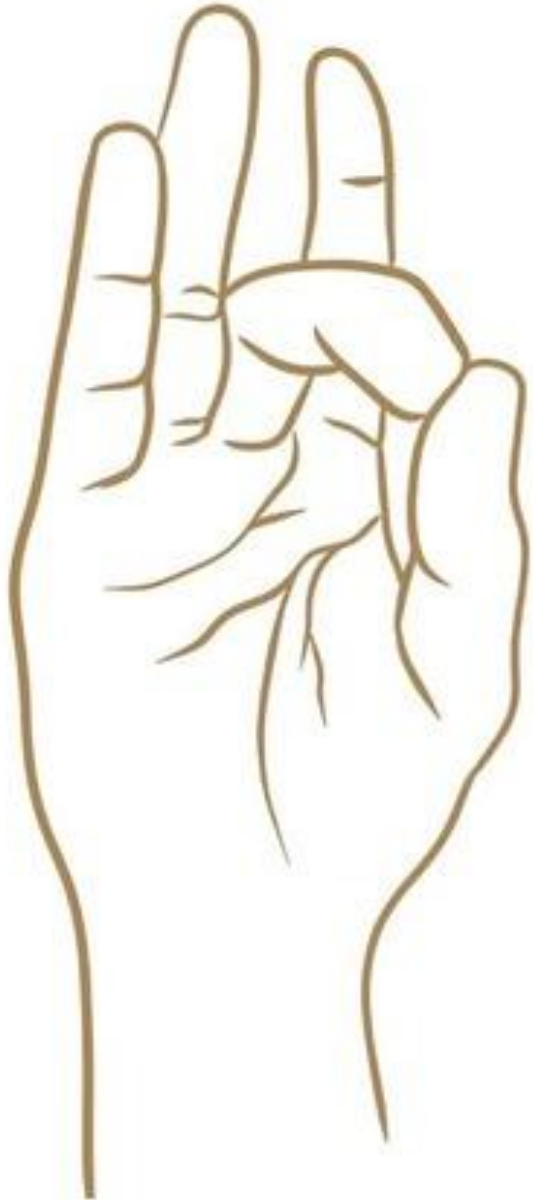
What is your opportunity to see something about yourself?

If it still feels important to share with the other person:

- Use "I" statements, "I feel", "I sense", "I see"
- Allow a deep breath, speak clearly and avoid using a Loud or High-Pitched Voice
- It might help to practice your message, including your pace, tone, and pitch so it feels more natural.
- Practice what it is you want to say until it feels comfortable.
- As you practice, be open to insights that may help you understand the situation more deeply.



Akash Mudra



Vishuddha Chakra
(Throat Chakra)

Aakash mudra is a hand gesture accomplished by pressing the tip of the thumb and middle finger together while keeping the other fingers straight.

Recommended practice 15 to 30 minutes a day.

Benefits:

- **Improves balance:** helps balance the body by increasing the space element and allowing the other four elements to increase as well
- **Nourishes the body** by helping remove blocked energies
- **Regulates energy flow**
- **Activates the throat chakra** and helps balance hormones.
- **Detoxifies the body with regular practice**
- **Improves communication**
- **Purifies the mind with positive energy**
- **Improves intuition, alertness, and sensory powers**
- **Balances emotions**

[More at this link](#)

This mudra channels the movement of prana (vital energy) within the body.

Practice at least 10 mins per day.

Chest, Diaphragm, and Breath: Activating the throat chakra helps ensure that any imbalance in the throat chakra does not materialize physically and ensures healthy breathing.

Awareness and Focus (Concentration): This mudra helps focus awareness when meditating helping energize, destress and relax.

Helps balance thyroid.

Therapeutic, Healing, and Ailments: Balancing the throat chakra helps relieve and even eliminate neck and shoulder pain hearing sensitivities, jaw pain, or temporomandibular joint dysfunction.

Balancing emotions in truth, purpose, creativity, and individuality helping with expressing ideas clearly, gracefully, and honestly while offering your authentic creativity to the world.

THROAT CHAKRA MUDRA



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The practice of Throat Chakra Mudra is done with the interlocking of the fingers inside the palm, with the tips of the thumbs pressed against each other. Placing the hands close to the navel, the sound ham (a mantra for the throat) is chanted.

Yoga Poses to activate the Throat Chakra

Standing Forward Fold Uttanasana



Ustrasana {Camel Pose}



Yoga Poses to activate the Throat Chakra

Plow (Halasana)

Shoulder Stand (Salamba Sarvangasana)

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.

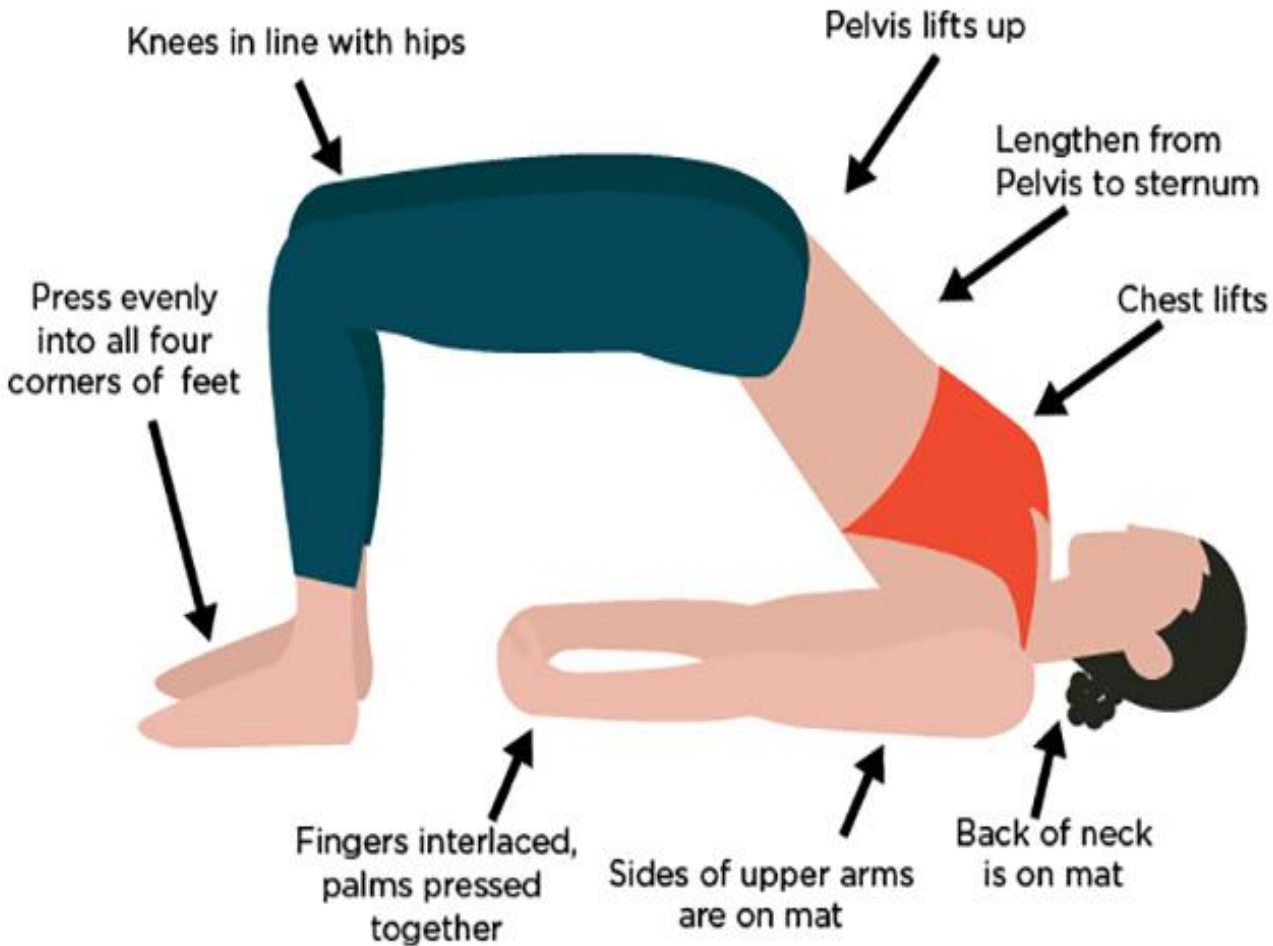


7 Halasana (Plow Pose), supported

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



Demons of the Throat

Accusatory Demon

Angry Yelling Demon

Talking Too Much Demon

Afraid To Speak Up Demon

Saying Mean Things Demon

Shaming and Blaming Demon

Uncertain What To Say Demon

Constantly Complaining Demon

Not Speaking Up to Avoid Conflict Demon

Alienating Others with Unkind Words Demon



Name yours _____



Gila Monster A Throat Chakra Power Animal

- Left over from the Dinosaurs - one of the oldest animals on Earth
- **Uses Tongue** to Hunt and **Receive Information About Environment**
- Bite is Poisonous - Venom used as medicine
 - Helps you with Finding and Speaking Your Own Truth
- To the **Navajo** has ancient mystical powers and the name is spoken only as a Prayer
 - Who put all the pieces of the Sun back together a Healer/Protector/Regenerator
 - The Spirit of Gila Monster is thought to be in the Navajo Hand Trembler for diagnosis and divination
 - Divination, Intuition, Patience, Dismembering and Remembering, similar to Releasing and then Reclaiming
 - Moving Between the Worlds Above and Below (Literally Above Ground and Below Ground)
- Can live for a year with out food or water - resourceful
- Spends **95 to 98%** of time **underground** - connected to dreaming - are nocturnal so to see them is rare
- Up to 22.5 inches long, 3 to 5 lbs when grown and have lived over 35 years in captivity

Benefits of Oil Pulling Practice

Oil pulling is an Ayurveda practice founded on the concept that “all disease begins in the mouth.”

Benefits of regular practice may include detox of the body, eliminating tooth decay and bad breath, whitening teeth, healing gingivitis, and fighting illness and disease.

[More at this article by Dr. Jayne Leonard](#)

- **Practice upon waking** before drinking water
- **Hold and swish** 1 Tbsp. of Coconut Oil in your mouth for 20 minutes* It may take time to work up to 20 minutes so start with 1 or 2 minutes and go from there.
- **After Spitting Out the Oil**, dissolve mineral salt in warm water and gurgle to cleanse
- **Floss and Brush** Teeth
- ***Can add** small drop of oregano oil (careful) or pinch of turmeric for added cleansing



What you can do while oil pulling

- **Shower**
- **Meditate**
- **Journal**
- **Go for a Walk**
- **“Beditate”**
- **Go over your Gratitude List**
- **Prayers, invocations, etc.**

The Power of Silence

Health Benefits of Silence

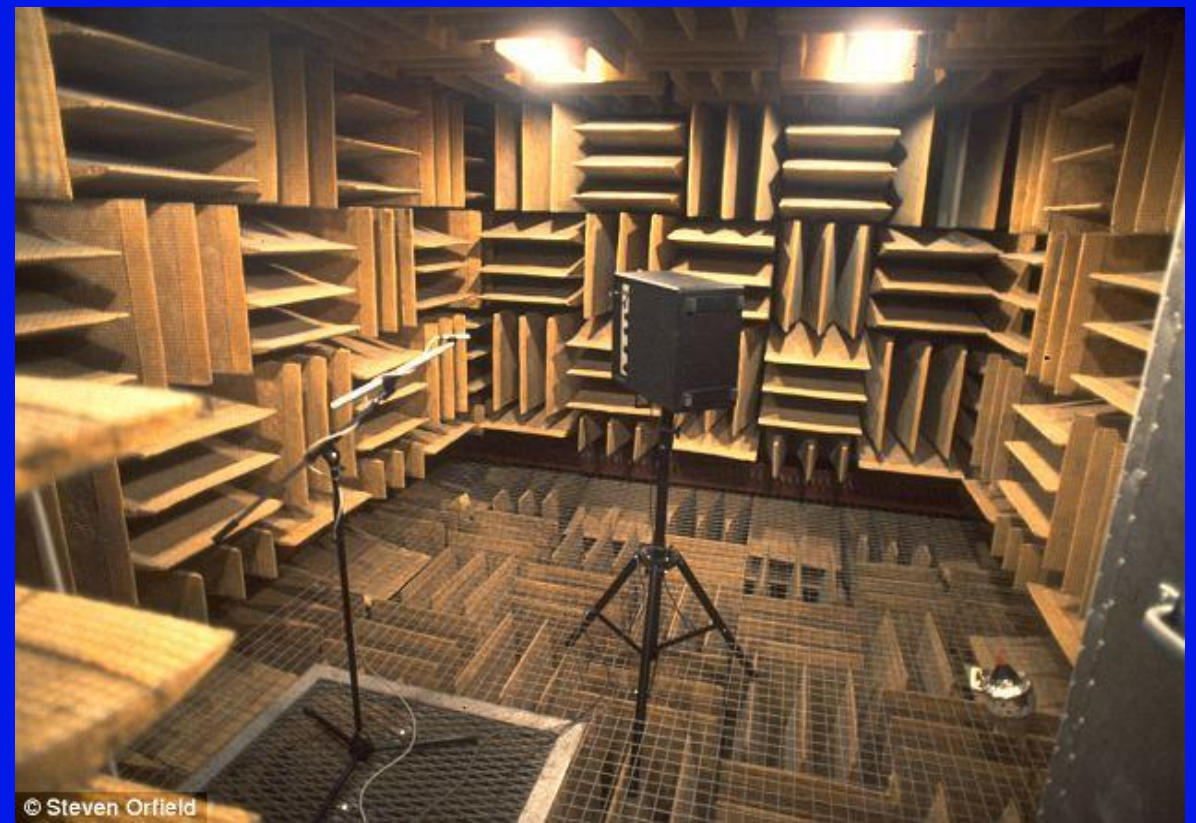
- Releases Tension & Stress
- Regenerates Brain Cells
- Restores Attention and Ability to Focus
- Activates “Default Mode” where we think deeply and creatively

Why Silence is Good for the Brain

In Pursuit of Silence

This link is to a 4 minute Trailer for the Film

https://www.youtube.com/watch?v=64c_1MtQUIM



The anechoic chamber at Orfield Laboratories in Minneapolis

is 99.9 percent sound absorbent.

It is listed in The Guinness Book of Records as the Quietest Place in the World

So far the longest period anyone can be in this chamber is 45 minutes!

Take Time to Express What You Are Feeling

If feeling defeated, worthless, like a failure, not good enough, always falling short of your dreams, like you never catch a break, like a loser, etc. take time to yell and scream out your frustration, ideally into a pillow or where you won't be heard.

Bruce Willis in the Movie **The Kid** is a judgmental but successful man who has forgotten to nurture his childhood dreams.

Just before his 40th birthday (Venus Return) his 8-year-old self shows up orchestrated by his Future Self.

They discover their BIG fear is being a loser.

In the end they declare (yell loudly) they are not losers to the satisfaction of their future self.



Claiming the Voice of the Evening Star Goddess

It is time for us to claim the power and wisdom of our inner knowing and to communicate it to the world

- *Choose to speak from your inner authority, knowing you are sovereign and whole*
- *Be willing to recognize your Divine Nature - Speaking as the Goddess enlivening her essence in the world*
- *As Evening Star Sophia Venus, speak from the wisdom of Pure Love earned in the underworld initiation*
- *We know we are powerful Creators and our words bring new worlds into being*
- **Ask yourself:** *What is My Gift?
Where do I Hold a Position of Influence?
How am I showing up to share my gift/s in ways that are meeting the powerful changes upon us now?*



Saraswati, is a 5th Chakra Hindu Goddess of music, education, creativity, knowledge, art, learning, speech, poetry, purification, language, and culture.

Questions for the Throat Chakra

What would it take for me to authentically speak my truth in ways that are healthy and inspiring?

What would it take for me to listen to and then act on the messages guiding my way?

How is it I am joyously living and expressing my divine inner truth and creating more fun and delight each day?



Deepening Practice for Throat Chakra

Use a necklace you already own, buy or craft a necklace using stones/crystals that activate the 5th Chakra (lapis, turquoise, sodalite, aquamarine, celestite, other blue stones). Wear your necklace daily. You might take it off at night perhaps placing it on your altar, then put it back on each morning.

Or just wear day and night - whatever works for you!

Each morning allow a moment to notice how you are authentically and kindly expressing your true “voice”.

In the evening or during the day, journal on the messages you are noticing aligned with your inner truth. Be sure to note all the ways you have claimed and shared your voice over the course of the day.

Energize your pendant or beads under the New and Full Moons.



**“WATCH YOUR THOUGHTS; THEY BECOME
WORDS. WATCH YOUR WORDS; THEY BECOME
ACTIONS. WATCH YOUR ACTIONS; THEY BECOME
HABIT. WATCH YOUR HABITS; THEY BECOME
CHARACTER. WATCH YOUR CHARACTER; IT
BECOMES YOUR DESTINY.” — LAO TZU**



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**Thoughts
(6th chakra)**

**Words
(5th Chakra)**

**Deeds or
Actions
(3rd Chakra)**