

# Truth and Clarity

(Throat or Vishuddha Chakra)

## Simple Explanation

The “Throat or Vishuddha” Chakra is the Fifth primary Chakra. In simple English terms, this means "especially pure" thus Truth and Clarity. It is located at the base of the throat, in the V that is formed in the center of the collarbone.

## Quotation

- To achieve one’s Clarity, one must first understand one’s Truth. You must be clear of Mind, Balanced, Centered, and the path of one’s true inner self must be clear and complete. Once this has been achieved, the result is one’s Truth and Clarity of one’s self “I”. (Kaicho Peter Oldham)

## Descriptive Words

- clarity - truth - purification center – creativity - self-expression - balanced - centered
- intelligence – personal space - cleanliness

## Detailed Explanation

The Vishuddha is the first level of consciousness in which one perceives directly another level of Intelligence, and experiences one's interaction with this other Intelligence. It is the center of purification and is where energy becomes transformed into our manifestations in the physical world. That is which governs our speech and creative expression in the world.

It's balance will determine how honest you are, and how well you can express yourself with the people around you. It is believed that when Vishuddha is closed, we undergo decay and death. When it is open, negative experiences are transformed into wisdom and learning. The success and failure in one's life depend upon the state of this chakra (whether it is polluted or clean). Guilty feeling is the most prominent reason for this chakra to block the Kundalini energy moving upwards, so it is important that we clear it out by speaking our internal truth.

This chakra is associated with listening to one's intuition, which guides one in an optimal flow, in which one sees one's goals manifest, and it seems with little or no effort on their part at all. Abundance, therefore, is associated with this chakra, as is the aspect of unconditional receiving necessary to accept the abundance of the universe.

The aspects of self-expression and receiving can be in the form of communicating what one wants and what one feels, or it can be, a martial artist performing kata, an artist painting, a dancer dancing, a musician playing music, using a form for expressing and bringing to the outside what was within. Self-expression is related to receiving, as in "Ask, and ye shall receive."

Ether, as the crossover between the physical world and the world of Spirit. On the physical level, it corresponds to deep space as the most subtle physical element. From the point of view of the spiritual level, it represents the matrix on which physical reality manifests.

With purification, and the understanding of Truth and Clarity, you have Giri (duty – obligation), to one's self to for fill one's physical goals and enter one's spiritual word.

*Metaphysically, this chakra is related to creativity, creating, manifesting in the physical world the fulfillment of one's goals.*

*Metaphorically, it represents a person's relationship with their space.*

# Throat Chakra Expression

**If your throat chakra is in balance** you will have no problem expressing yourself in the world! You will be very creative, helpful, and may be good at offering people sound advice when it is asked for. You know what you want out of life and you are not afraid to ask for it, and what you ask for always seems to come to you with no, or little effort on your part! You are not afraid to express your weaknesses and people respect you for this. You are truly free when you can speak your truth.

**If your throat chakra is imbalanced** physical symptoms of the throat maybe as follows; laryngitis, sore throat, tonsillitis, teeth problems, thrush, jaw problems, earaches, ear problems, sinus infections, thyroid problems, arthritis in shoulders, sore shoulders or arms, neck problems, stress – may also exhibit an alcohol or drug dependency.

- Irritation towards others, and voicing of that irritation causes an imbalance within all of our chakras. We must begin to change the way we view people, focusing on their positive aspects rather than the negative, or what's "wrong" with them. We must learn to appreciate people for what they bring to our reality, rather than what they lack, or do wrong.

**If your throat chakra is Over-active** you more than likely will be over-opinionated, perhaps very critical of others and how they are performing in life. You may be verbally abusive to those around you, and may find yourself yelling a lot when not necessary. You won't allow others to "talk back" or voice their opinions about certain situations, it will be your way or no way.

**If your throat chakra is Under-active** you will be unable to express yourself and will often be misinterpreted or misunderstood by others. You will probably be "wishy washy" or considered "flakey" or unreliable by the people in your life. Telling the truth and being honest with yourself is something you probably have a difficult time with, and giving mixed messages is likely something that has gotten you into trouble before. Until you find balance within the throat chakra, your life will remain the same – and nothing will ever work out in the way you would like it to.

# Spiritual Expression

Meditation upon this chakra is said to bring about the following siddhis or occult powers: vision of the three periods, past, present and future; freedom from disease and old age; destruction of dangers; and the ability to move the three worlds.

## Physical Expression

(KATA)

With your arms extended forward, both palms facing up, in line with your *Base Level* and at shoulder width, breath in. With the exhale, palms rotate and cross over through your center line, return and stop just outside your shoulder line again at *Base Level* creating a balance (pyramid base). On your second inward breath, the palms again rotate through your center line crossing over and with palms up finish just inside your shoulder line at *Chi Level*. With your second exhale of breath, you again repeat the above rotation of the palms, through your center line again finishing with your palms facing down just inside your shoulder line at *Chi Level*. Your third and final inward breath the palms again rotate through your center line crossing over and with palms up finish six inches apart and at *Throat Level*. With your third and final exhale the hands move together above your crown, with your thumb and index fingers coming together to create a pyramid axis and focal point. "*Clarity*"

You will note that with each rotation of the palms, you cross over your center line which centers, balances and clears obstructions from your mind. Each time you cross your palms and with each breath, you work your way from the lower *Base Level* of the pyramid, upwards to the pyramid axis at *Crown Level*.

***This Physical Expression then creates the symbol for Clarity.***

