

## **The Throat Inquiry Questions - Vishuddha Chakra, the throat — communication center**

**Vishuddha Chakra, the throat.** The color is blue. The sound is Eye as in I. Located at your throat and neck. The space of your true voice, the center of communication. Your left side is your inner voice. The right side is your outer voice. Your right is to speak and your shadow is lying. The emotions are faith and trust. The throat's element is sound. This is a spiritual etheric center.

### **The Basic Right to Communicate Questions -**

What is your truth? Do you express it? Or do you express what others want you to hear? Or are you afraid of what others think?

What are you making of your life and how are you communicating that?

What is your favorite way of communicating?

What happens when you speak your truth to those close to you?

What is the reality you are creating with your words?

### **The Throat Trauma Questions -**

What is the sound of your voice? Constricted — whiny, high-pitched whispered or mumbled? Excessive — loud or shrill? Or free, deep and flowing?

What areas of your life do you live outside of your truth, living a lie?

What ways do you hide and keep yourself from expressing who you really are?

What fears imprisons you?

What are you guilty of that keeps you from speaking out freely?

What are you ashamed of that keeps you silent?

What secrets are you keeping and how do they keep you from speaking your truth?

What has power over you?

What ways do you neglect yourself?

### **Spend a Moment with Your Throat -**

What is the position of your head on the top of your body? Tilted forward? Back? To the right or left? Go to the mirror and tilt your head in different directions and notice what you feel as you move your head in the different directions. — Write down what you feel as you tilt your head.

## **Throat Pain Questions -**

What neck pain and stiffness do you have?

What responsibilities have you taken on that are too much for you?

What kind of relationship do you have between your body and your head?

## **Common Challenges of the neck**

**TMJ** - A chronic tightening of the temporomandibular joint causing the teeth to clench. This can cause disc displacement which is responsible for the clicking and limited range of motion in the jaw. Place a ball in jaw and butt cheeks.

**Cervical disc degeneration, herniation or compression** - Problems with the discs can cause pain in the neck, shoulders and even up into the head. Usually opening the muscles in the shoulders and neck will relieve the pain and discomfort.

**Tension headaches** - Yoga can relieve the stress that travels from the shoulders up the neck and into the head.

**Thyroid issues** - Neck openers and chanting can help.

**Hearing issues** - To be heard we must also be willing to listen. Practicing our listening skills helps develop our hearing.

What neck/throat/ear/mouth challenges do you have?

## **Frontiers of Health by Christine Page Questions**

What illness do you have or have you experienced that is listed in Chapter #11 The Throat Chakra — Associated Illnesses?