

The Neck, the Space of Your True Voice



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 emotion are faith and trust. The throat's element is sound. This is a spiritual center.

Neck pain is the number one complaint from people when asked about their physical challenges. We can visually see why this is, people carry their heads far forward from their bodies causing the neck muscles to strain in an attempt to balance a heavy 12 to 15 lb. head. This tells us we are a culture of thinkers detached from our bodies.

The neck's purpose is to speak our truth. When we are thrown off balance by our minds we may speak someone else's truth, hold back from speaking at all or speak up only when we feel we'll get a positive response.

The pain in the neck is caused by the unspoken words or the words that were said that weren't true. Every "yes" when "no" was the truth.