

5th Chakra

Self-Expression



Self-expression is the root of the 5th chakra; the right to speak and be heard.

Location: Central base of neck.

Influence: Throat, mouth, thyroid, trachea, neck, vertebrae, teeth, gums, jaw, esophagus, parathyroid, hypothalamus.

Associative Color: Sky Blue or Turquoise

Central Focus: Expression of power and creativity through sound, communication, resonance, will, choice, honor, truth, lies, secrets, gossip.

The mind/body connection meets at the neck in the fifth chakra. The body functions principally through patterns unconsciously while the mind wants to understand and transcend. As a result, the merging of the body with the function of the mind finds its voice in the throat chakra, and as sound is vibration, the bodies rhythmic energy patterns along with our voice are the living expression of our vibrations.

Life is rhythmic, it is a state of synchronized vibrational patterns. Being in tune with the ebb and flow of life's orchestration helps us to maintain an inner balance. Congruency of the body/mind reflects a statement of health and vitality. Whereas incongruence, we cannot link with the world around us, we have feelings of isolation and we are unable to expand, respond or receive.

Creativity is an expression of the spirit within us and it is through the power of choice our creative forces are sent out into the world. Understanding how our choices have an energetic impact and the karmic consequence is our personal responsibility.

Individuation is the discovery and expression of self. As this maturation process evolves we bring clear intent and value to our self-expression and it is here we fully develop and voice our personal code of honor and integrity separate from tribal law (first chakra). With self-acceptance brought forward from our work in the fourth chakra we no longer need to deny what is true for us and our individuality becomes a living expression of self-actualization.

Conversation is balance of speaking and the ability to listen and respond patiently. In this chakra we learn to develop clear creative speech and listening skills. Our words have power, they carry an energetic charge which is sent out into the world and others around us, therefore we must ask ourselves, "what are we putting out there?" Do we speak with loving words or do speak using words as weapons?

Secrets and lies are disharmonies with life and our bodies. Withholding truth and speaking lies suspends the flow of energy to the sixth chakra of perception. Illusion becomes our truth from which life is perceived through restricting our ability to transcend self-expression harmoniously.

When this chakra is blocked we may have difficulty expressing what we feel, our voice tone may be weak, we can be prone to sore throats or coughs and/or struggle to make personal choices. If excessive, the voice may be loud or the person may habitually interrupt or dominate conversation as well as be inclined to gossiping behavior.

No one chakra is more or less important than the other, yet it is my belief that if we cannot find and express our voices with conscious awareness we cannot bring forth transformation in our lives and in turn for the world around us.

Namaste, Teresa