

The fifth chakra: Vishuddha

We continue our journey along the chakra system, we travel further up. Further away from the earthly, physical and on ourselves-oriented energies, we are more and more entering the realm where the boundaries between me and the other are fading. At the bottom of our chakra column we were working on the I-focused things like my safety, my desire, my will and as we get higher, we develop antennae for what is around us.

The fifth chakra is the chakra of communication, usually called throat chakra. The chakra is situated in the area of the throat and shoulders.

The color associated with this chakra is bright blue, almost light blue compared to the indigo of the 6th chakra. In the symbol you see a lotus with sixteen leaves that symbolize all the vowels of the Sanskrit language. Vowels are considered typical representatives of the mind, while consonants represent the tangible matter.



Vishuddha means "cleansing." That means two things here. First, that the 5th chakra can only be opened successfully if there is a good and clean connection with the body. The non-physical properties of the upper chakras require greater sensitivity and cleansing of the body makes perception at this level more possible. Second, sound, as a vibration and force that is present in all things, has a purifying effect.

The element associated with this chakra is ether. At this chakra level, our consciousness becomes receptive to the subtle field of vibrations known as the "etheric atmosphere".

A balanced 5th chakra shows itself in humans with:

- A full voice
- Being a good listener
- Having sense of timing and rhythm
- Clear communication
- Creative life (does not necessarily mean that you paint etc. but that you are able to be creative in life, i.e. see opportunities or create them).

Affirmations

- I hear and speak the truth
- I express myself with clear intentions
- I speak honestly and with compassion
- Creativity flows in and through me
- My voice is necessary
- I listen to the other person with interest.

Fundamental Right

The right to speak.

The fifth chakra covers the neck, throat, mouth and jaw. I have two questions for you:

1. How do you feel about these parts of your body?
2. Have you ever in your life had problem(-s) in this part of the body?

Symbols, language and communication

We are entering the world of symbols more and more, the world of the mind. Symbols? Yes, just think of words and images, they are all symbols in our minds of things, feelings, processes etcetera. Every image in our head is a mental symbol for something and every thought is a combination of symbols.

Symbols are the building blocks of communication, they are package of meaning that we store in our heads and share with others. Each package increases your awareness with more meaning.

Resonance

All life is rhythmic. Think of sunrise and sunset, the tides in the oceans, the beating of our hearts, our breathing. It's all vibration.

The task of the 5th chakra is to stimulate resonance. What is resonance? Resonance is a state of synchronization between vibration patterns. If 2 or more sounds from different sources vibrate at the same frequency, we say they resonate with each other. Their waves have the same wavelength.

An example is that of a clock shop with many pendulum movements. Let's say the store is full of clocks and you're starting them one by one. At first it will

seem as if all the clocks produce a ticking sound at a different time, but after a while we will notice that the ticking becomes less. Soon after, all the pendulums will move back and forth in one movement at the same time. Their rhythms are aligned. That's how nature works.

Resonance between people

In people you can also notice this, for example in an action group or a political party. People reinforce each other in their vision, they are on the same wavelength and the energy builds up.

On the other hand, if we cannot resonate with the world around us, we cannot commit to it. We cannot respond, receive or grow.

Have you lost connection with the world around you, small or big? Grounding and breathing will bring us back into contact with form (earth, our body) and with softness and flexibility through our breathing. From that point you can start again with the search for resonance and connection with the world around you.

According to Anodea Judith in the Chakra Psychology Handbook, sleep brings us back into harmony with our own resonance. When you're sick, your body wants to rest, to sleep. Sleep helps your body to recover, your heart rate, breath and brainwaves are in resonance.

The etheric body

We mentioned the element that goes with the 5th chakra, namely 'ether'. We are moving further and further from the physical domain to more subtle and ethereal fields. Our ethereal field is also called "aura". The aura is a resonant field and it is an archive of our experiences over time. In other words, trauma leaves traces in the aura. You can train your capacity to see and feel auras, we need "just" to practice are our skills to tune in to subtle vibrations.

In the 5th chakra we work on the refinement of our vibrations, on purity.

Communication

Resonance is the underlying principle of the 5th chakra, communication is the function of the 5th chakra. Through communication we express ourselves and this is how the outside world learns what is going on within us, we open the gate. In the 2nd chakra we also opened a gate, namely the gate through which the world enters through our senses. The 5th and 2nd chakra are often connected, also when there are problems around the themes of both chakra's.

The neck area is the site of the throat chakra and this area is the connection between body and head. The neck is narrow, so prone to blockages. The connection between the head and the body is very important for true communication. When communication is only abstract (mind) and without connection with physical (feeling), the recipient or listener will feel that there is a void.

Truth and lie

This is about personal truth, your truth. You can imagine that in someone with poorly developed lower chakras, the self-confidence is lacking to dare to express one's own truth. Someone without ego power is afraid of what others think and thereby gives up his/her authenticity and with that his/her truth.

When we start accepting ourselves in a healthy way at the 4th chakra, we do not have to deny our truth. This acceptance (self-love) is like a breeding ground on which we can start to blossom. We have the courage to be different (think with this of the 3rd chakra, your free, authentic "will").

Negative experiences in our past can teach us to hold our truth in. For example, if as a child we admit to our friends that we are afraid for something, we might be teased by them. If our opinion does not match with that of the majority, we can be expelled from the group, an even bigger fear for most of us.

By suppressing our truth in response to these fears, we limit our natural resonance. We're going to get out of synchronicity with ourselves.....

For example, lying with your body is what you do when you don't show how excited you are about something. You keep a straight face and keep your arms along your body or in front of your body. But actually your body wants to move.... In other words, your feelings and your body don't resonate. If this continues for a longer period of time, it will undermine your health.

Creativity

Communication is a creative expression of everything that is in us. We bring out our inner world full of images, concepts, memories, beliefs through communication. We continuously create forms with which we communicate.

There is a relationship between the 5th and 2nd chakra, as mentioned earlier. This is also the case with creativity, the 2nd chakra is also a center of creative power because this is the center through which we create new life according to our biology. However, creating life from the 2nd chakra is not a conscious

process like communication is. When bringing new life, the woman does not consciously decide to start creating blue or brown eyes in her baby, or toes or fingers. This is done on its own as a natural process. In communication, we organize images and bring them out, we think about it, about form, content, volume as a more conscious process.

When I tell someone (communication) that I want him or her to get closer to me, I create intimacy. When I say the opposite, I create seclusion. It is the concrete consequences of my actions, sometimes consciously and sometimes unconsciously.

Creativity is an expression of the mind in me, it gives me the opportunity to give back to the world that I have taken from the world before.

Development of the 5th chakra

The development of this chakra takes place approximately between the 7th and 12th year of one's life. But the introduction to communication starts much earlier....

As a baby already, even in the womb, we are immersed in a bath of language, a bath of vibrations. We develop an understanding of language, for the message, for the meaning of sounds and then what words are. From the age of seven, the understanding of time arises and that makes it possible to break free of a direct experience long enough to be able to consider alternative realities. With that conscious awareness the door to creativity opens.

This is also the start of our conscience. A child can now think what it would be like if everyone were to steal from each other or if everyone was just telling lies. This is where moral behavior and a sense of moral action begin to emerge.

When considering the development of this chakra, remember the explosion of creativity at school when you, or possibly your children, flooded your house with crafts. Around this age, a child begins to feel free to experiment with creative expression and the school offers many possibilities for this. Enough tools for the child to try to make things. If a child feels confident in his relationships (chakra 4), it will be more likely that it feels confident enough to speak his truth and experiment creatively. It can test ideas by fantasizing about it, expressing they want something before actually doing it.

So far, the child has mostly been receiving and responding. The child has been recording a lot all this time and with the building blocks of relationship and

language in place, the child will learn to use symbols and take up more and more knowledge. More knowledge offers more opportunities to be creative.

Now the creative identity awakens and the task of that identity is self-expression. This awakening is made possible by the fact that we have gained a sense of ourselves as an individual, we feel confident in our social environment and we are longing to make a personal contribution to the world around us.

Fear

When we're scared, we hold our breath and try to be quiet. That's our instinctive response. If this were to become chronic, you can imagine your throat chakra closing.

It is therefore not surprising that people raised in an unsafe environment have difficulty speaking their truth, showing their truth or using, let alone elevating, their voices.

Guilt and shame: the voice of the inner critic

The voice of the inner critic can sometimes sound so loud that your own voice is smothered. That internal monologue can be so powerful that sometimes we no longer realize that there may be other options than the internal voice telling us.

An example of an inner critic we all have, is the voice that talks to you that you should not do something because you can't do it well enough, that something will go wrong, etc. I myself know the example of teaching, then there is a voice in me that says that I do not know enough to be able to teach, that there will be someone in the group who knows more than I do and that I will fail and so on. According to that critical voice, there are always many dangers along the way.... Personally, I know enough arguments that I can do it (teaching), but it can be very difficult to engage in a dialogue with that internal voice.

One way to talk to your internal critic is to ask someone you trust to articulate your internal critic's voice and then engage in a dialogue. Look what's happening.... You often have enough arguments against the internal critic, but we are just not used to having a dialogue with that voice in us and then in ourselves! So someone else can help you.

Your inner voice that speaks your truth should be encouraged to speak out. That becomes more difficult when you grow up in situations where there are secrets such as abuse at home or an addiction problem. The imprint is that you

can't speak about the actual truth, you have to keep something secret. Speaking your truth also becomes difficult when parents or care givers are very authoritarian and children are not given a chance or space to express their opinions. You will subconsciously learn that there is no place for you, that there is no room for your voice and your truth.

Remind yourself of the fundamental right in this chakra: the right to speak.

The 5th chakra in balance

The characteristics of a healthy throat chakra:

- We can accurately articulate the truth of our own experience
- We can notice and assume other people's truth
- We can approach life creatively and effectively
- We can listen and speak
- We are able to choose our own path and are not forced by fear to do things in the "common way".

If your fifth chakra is not balanced:

From deficiency	Out of excess
<ul style="list-style-type: none"> • Fear speaking in public • Small or weak voice • Difficulty in articulating feelings • Introvert • Bad sense of rhythm 	<ul style="list-style-type: none"> • Using too much talking, talking as a defense and way to avoid feeling • Inability to listen • Gossip • Dominating voice, others often interrupt

Healing of the 5th chakra

- Loosening neck and shoulders
- Liberation of the voice
- Sing
- Telling stories
- Auto-write
- Practice in being quiet (in excess)
- Developing and looking up free creativity
- Psychotherapy (dialogue between inner voices, communicating with inner child)

For home....

Find out for yourself what communication patterns you can recognize in your family of origin. Were you encouraged to speak what was on your mind or not?

Do you know your inner voices? Where do they keep you, can you discover alternative truths? Maybe you can write down your (counter)arguments so you can read them or do the exercise we described above.

You can also hold a 'voice dialogue'. In this, you ask someone that knows you very well, and that you trust, to be your inner critic. As we tell ourselves horrible things, for example that we are too fat or not good enough, when someone else says it out loud it is much more confronting. It helps you to stop this inner voice from criticizing you.

What thoughts and maybe what muscles do you use to stop yourself from speaking, which chakras are you suppressing?

Think for yourself about which topics you don't communicate about, do you avoid a theme or themes? If so, what fears are associated with that theme or themes for you?

Try to open your voice (even) more, sing, hum... 😊 Sing along mantras, Spotify is full of them and the lyrics are easy to find and above all, easy to learn.