

The Throat chakra is about the expression of yourself: Your truth, purpose, integrity and creativity. It is your ability to communicate into the world authentically.

The throat chakra can be overactive or blocked.

An overactive/wounded masculine throat chakra:

- Talking too much
- Being mean
- Yelling
- Interrupting
- Gossiping

A blocked/wounded feminine throat chakra:

- Quiet or shy
- Fear of public speaking
- Fear of seeing projects through
- Blockage of creativity or "writer's block"
- Small voice
- Afraid to speak up or express emotion
- Apologizing for who you are
- Unable to communicate

A balanced, harmonious throat chakra:

- Know who you are
- Speaks your truth
- Creative and able to express ideas
- Able to bring ideas to reality
- Able to communicate your ideas on paper, to people or the public



Answer the following questions to understand the imbalances in your throat chakra.

What's preventing you from speaking what you are thinking?

What's poisoning you or toxic in your life or self?

How are you losing your sense of self?

Who isn't hearing you?

What do you fear communicating?

Is there anything scary about being yourself and living how you truly want?

Is there a reason you are not inspired to create?



Gossiping, being mean, interrupting or talking unnecessarily are indications of an overactive throat chakra. It is not a good thing to be “overactive”. It means that it is imabalanced, because you are not living your truth. Gossiping or being hurtful or mean is not being true to yourself, it is a mask for your true emotions. Before you speak ask yourself:

-Is what I’m about to say necessary? (Do I really need to put my 2 cents in?)

-Is what I’m about to say the truth?

-Is what I am going to say hurtful?

