

Part Five • The Throat Chakra Speaking our Truth

by Christine Krakora Milovani, LCSW
Fifth of a seven-part series

As a young girl I moved a lot, so I ended up having several friends and pen pals I would write to during my life. I poured out my heart on paper, entrusting my friend with the truths of my soul, and then I would wait for weeks anticipating the response back to me.

Now it is possible to connect in just moments by sending an e-mail or by making a phone call. We are constantly communicating with each other at faster speeds, and connecting to people all across the world. The technology of this new age can be wonderful, because it connects us to more people, and weaves the physical and spiritual web of life together. There are also some challenges to this age of communication that we live in right now. With all the technology available to us, I am realizing that the actual quality of communication between people is breaking down. How often do we really spend the time to tell someone how we feel and what we need? What are we really saying? Are we really listening?

My own family has always been heavily invested in the communication age. My grandfather was an inventor and received patents for technology in radio and television, and my father has been employed in the telecommunications industry my whole life. He recently worked with a satellite communication project that allows us to talk to anyone, anywhere on the planet. With that level of instant global connection available, why is it so hard to reach someone at home?

My parents and my sister now live in Arizona, and although there are regular phone lines, cell phones, computers and pagers, it is still difficult to contact them because they are so busy. When we do talk, I realize that their attention is split as they are on the computer, watching television or the other line is ringing. When we have broken conversations like this, it is difficult for me to be able to speak my truth with them and let them know about my life, my thoughts, my feelings and my dreams. It seems like there is so much that is not being said to each other.

I realize that it is not the technology that assists us in the true communication with others; it is our own ability to speak and hear the truth. This is the lesson of the throat chakra.

The throat chakra holds the color vibration of turquoise blue and connects to the element of sound. In our body, we are connecting the throat, mouth, vocal cords, neck and ears. In this center, we are connecting to our inner voice and how we are able to express it to others. The process of communication is equally connected to listening and speaking. We are also connecting to our authentic self of the third chakra, which gives us the confidence to speak (or sing) our truth. An example of an imbalance would be a person who has a beautiful voice, but is not confident and has a sore throat when speaking or singing in public.

The throat chakra connects to our ability to listen to the voice within. How can we speak our truth if we do not know our truth? Therefore, the true communication of this center actually starts with listening to our divine source. We need to practice opening the channel of communication to the divine and truly listen. This can happen through methods such as prayer, journaling, meditation, chanting or deep breathing. Once the channel is open and we are able to establish our antenna as a link, we then need to practice our communication skills. This has to do with understanding our divine language in what we hear and what we speak. In my own practice, I had to spend time letting go of my protective ego that was getting in the way of hearing my true wisdom. When my ego was in the way, I received confusing or mixed messages. It was like the signal was getting scrambled.

After committing to more spiritual practice, I have been able to more confidently hear my truth from the divine source, which helped me to speak and live my truth with others. When we communicate at this level with ourselves and others, we are connecting at the soul level. Imagine the communication in a loving touch or a glance of recognition between old friends. This is where the true language exists that does not need words; we only need to acknowledge the unconditional love that exists in us all.

Meditation for Throat Chakra

Begin by lighting a blue candle and sit with your spine naturally aligned. If you have a Tibetan singing bowl or a chime, sound it three times. Take several deep cleansing breaths, opening the energy in your abdomen and chest. Let go of any tension, thoughts or distractions in this moment. Gently roll your neck from left to right, opening the energy in your throat center. Take in another deep breath, and as you exhale sound the word "OM." Continue to breathe deeply and chant "OM" seven times, allowing yourself to sing your truth with confidence and love. Feel the energy moving up your spine and through each energy center until it opens at the crown center connecting to your divine source. Now move into silence for several minutes, hold this channel open between you and your higher self and listen for your divine wisdom. Namasté.

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