

Vishuddi or Throat Chakra—associated with thyroid gland

The Throat chakra is the fifth chakra. Located at the centre of the neck at the level of the throat, it is the passage of the energy between the lower parts of the body and the head. The function of the Throat chakra is driven by the principle of expression and communication.

The following set of questions may help to determine your chakra system .It's a self-test program. If you feel any of your chakra is imbalanced do sound meditation. Each chakra resonates with a particular frequency.

- Are you a good listener?
- Are you able to express your ideas to others so that they are able to understand them easily?
- Do you speak the truth faithfully, speaking up when you need to?
- Are you Creative in your life?(not only art, any other form)
- Do you have a resonant voice?
- Do you feel “in synch” with life?
- Are you suffering from thyroid or parathyroid problems, tonsillitis, shoulder, neck problem?
- Do you lack administrative powers?
- Do you clog the feeling of guilt?
- Do you take long expressing yourself?
- Do you like music?
- Do you hum sounds?
- Are you creative?
- Do you like to talk to people?
- Are you clear of your wants?
- Are you afraid to express your weakness?
- Are you verbally abusive?(yelling at others)
- Do you allow others to put forth their opinion?
- Do you get misunderstood by others?

Too many Yes or too many NO is where you get to know if your chakra is balanced or not.

If this chakra is balanced then you are well aligned with your highest truth and you are able to communicate the same with love and honour .Your words echo softly within the Universe.

In order to balance this chakra one needs to chant sound HUM by keeping your thought at the tip of the neck where we have a slight depression . You can also place the yantra picture in front of you ,visualize of blue color around you and chant by gazing at it. Feel the vibration on the adams apple.