

Chakra Five

> Activities to activate the 5th chakra include giving up the need to know why things happen the way they do, trust the unscheduled events of our lives as forms of spiritual direction, and try not to make any judgements on yourself or others. Other healing practices can include journaling, practicing excessive silence, singing, chanting, neck massage, and head and shoulder rolls. The asanas we practice to open the 5th chakra involve activating the throat area by contracting and expanding it.

An example of a Fifth Chakra beginner yoga class is as follows:

Begin in hero's pose

Neck rolls

Side stretches

Hero twist

Reverse table

Reverse plank

Alternate leg lifts

Cat/cow

Hip circles

Gentle sun salutations

Warrior 1 (open throat) point index fingers up

Crescent lunge (same as above)

Chair pose (same as above)

(Vinyasas in between, if desired)

Eagle (throat open)

Tree (throat open)

Camel

Childs pose

Shoulderstand

Plough pose

Fish pose

Bridge pose

Happy baby

#4 stretch / *sleepy pigeon*

Supta padangustasana

Legs up the wall/savasana

Summary

Location: Throat

Color: Blue

Right: To speak and be heard

Element: Sound

Issue: Faith/Communication

Basic right: To hear and speak your truth

Fears: Fear of not having choice in our lives, fear of having no authority, fear of being out of control relating to issues of substances, money and power.

Primary strengths: Faith, self-knowledge and personal authority

Sacred Truth: Surrender personal will to divine will

Illnesses: sore throat, gum issues, mouth ulcers, swollen glands, thyroid problems, laryngitis, raspy throat, scoliosis