

Source of  
Expressive  
Truth



**Matt Jones**

Shamanic Energy Healer

*“Be able to speak  
your truth with  
confidence and  
clarity.”*

FULL CIRCLE  
HEALING

At Full Circle Healing, we offer specialized energy healing practices that can significantly aid in addressing and healing severe Throat Chakra blockages. Our approach combines ancient shamanic techniques with modern energy healing practices to provide holistic and profound healing experiences.

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More  
Information

[fullcirclehealing.co.uk](http://fullcirclehealing.co.uk)

FULL CIRCLE HEALING



THROAT  
CHAKRA

**(Vishuddha)**

Your Guide to  
Throat Chakra  
Aftercare



## Affirmations

Use daily affirmations like "I speak my truth" and "I communicate clearly" to reinforce honest and effective communication.

4

## Mindful Meditation

Incorporate meditations focusing on the color blue and the element of ether to sustain the balance and clarity of your Throat Chakra.

5

## Consistent Routine

Establish and maintain a stable daily routine that includes time for self-expression and creative activities to promote clear communication and authenticity.

6



## Throat Chakra Aftercare

### Daily Communication

Maintain balance by engaging in activities that promote clear communication, such as journaling, speaking your truth, and active listening.

1

### Healthy Diet

Support your Throat Chakra with nutritious foods like blueberries, blackberries, plums, and herbal teas that soothe the throat.

2

### Regular Exercise

Engage in physical activities that open the throat area, such as neck stretches, yoga, and breathing exercises to keep energy flowing.

3



Supporting Your  
Voice and  
Expression!

## Your Journey to Wholeness

The Throat Chakra, or Vishuddha, is the center of communication, self-expression, and truth, located in the throat area. It represents the ability to speak clearly and effectively, fostering open and honest interactions. Balancing this chakra is essential for authentic expression, effective communication, and emotional clarity.

SENSE OF CLEAR  
COMMUNICATION

FOSTERS HONEST SELF-  
EXPRESSION

FOUNDATION FOR  
AUTHENTICITY