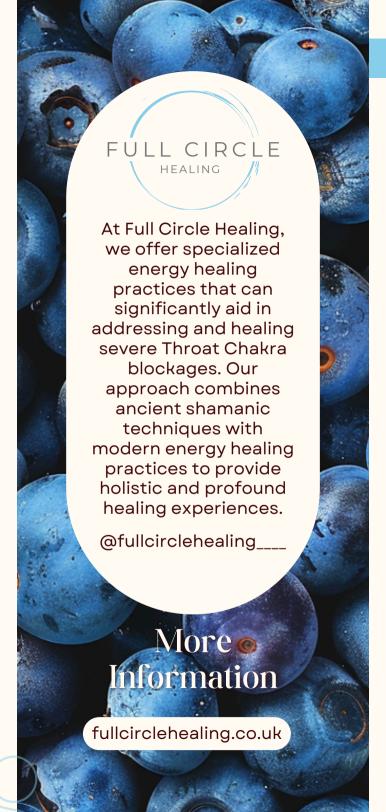
Source of Expressive Truth



Matt Jones

Shamanic Energy Healer

"Be able to speak your truth with confidence and clarity."



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.



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

Consistent Routine

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



Supporting Your Voice and Expression!



Throat Chakra Aftercare

Daily Communication

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

Healthy Diet

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

Regular Exercise

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

Your Journey to Wholeness

The Throat Chakra, or Vishuddha, is the center of communication, selfexpression, 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