



Throat Chakra

Sanskrit: Vishuddha
Purification through Sound

- Communication
- Truth-Telling
- Creativity
- Expression
- Listening
- Resonance
- Authenticity
- Storytelling
- Energetic Vibration

i think everything in life is art.
what you do. how you dress.
the way you love someone,
and how you talk. your smile
and your personality. what you
believe in, and all your dreams.
the way you drink your tea.
how you decorate your home.
or party. your grocery list. the
food you make. how your
writing looks. and the way you
feel.

life is art.



Throat Chakra Apprenticeship

- Honor the power of your words to shape reality, create connection & transmit wisdom.
- Use language as sacred tool; crafting your words with intention, reverence & awareness.
- Share insights from your inner world, allow them to flow outward as a blessing to others.
- Be a vessel for the truths that want to come through you, even if they challenge the status quo.
- Speak not just for yourself, but as a voice for community, ancestors, or larger purpose

meraki

(v.) to do something with soul,
creativity, or love; to leave a
piece and essence of yourself
in your work

Signs Throat Chakra May Need Attention

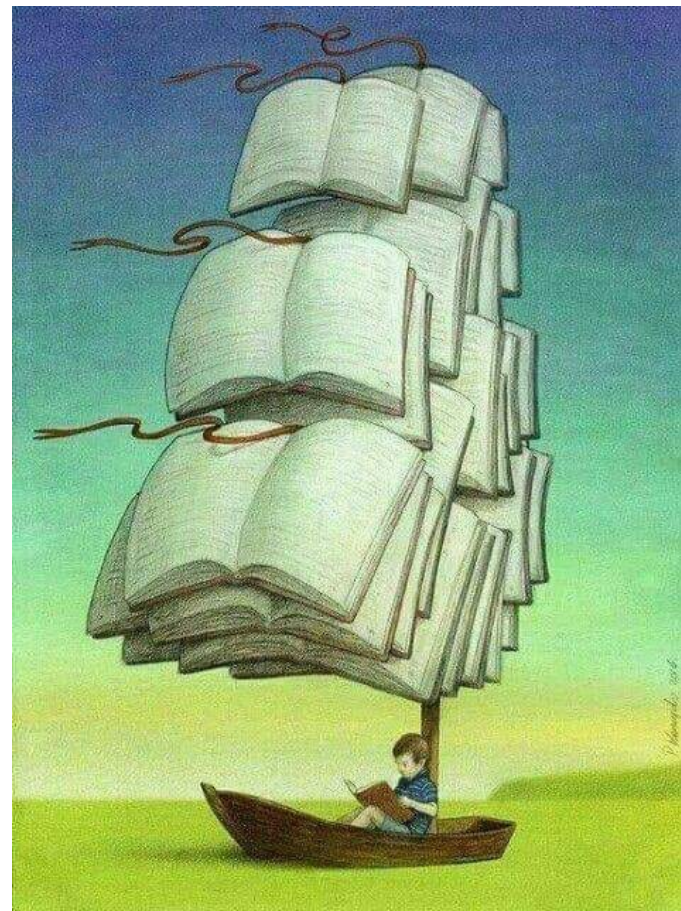
- Fear of speaking up
- Self-censorship
- Difficulty expressing emotions
- Fear of visibility
- Over-explaining or people-pleasing
- Creative blocks
- Difficulty asking for needs
- Feeling unseen or unheard
- Tightness in throat/jaw/neck
- Holding back truth to avoid conflict

Summer Solstice Throat Chakra Declarations

- I say YES to my becoming.
- My voice carries medicine.
- I step across the threshold into greater visibility.
- I release the fear of being fully seen.
- I no longer silence the parts of me longing for expression.
- I trust the wisdom of my voice, my body, & my creative spirit.
- My creativity is sacred and worthy of expression.
- I speak from alignment, not performance.
- I honor the truths that are rising within me.
- I trust myself to speak clearly, honestly & courageously.
- I allow my YES to become a living force in my life.
- My words shape reality & create new pathways forward.
- I release old stories that taught me to hide.
- I honor the road of trials that shaped my voice and wisdom.
- I transform silence into presence, expression & creative life force.
- I trust the resources, allies, and wisdom supporting my journey.
- I allow joy, creativity, laughter, and imagination to move through me freely.
- I listen deeply to myself, others & the unseen wisdom moving through life.
- I honor both speaking and listening as sacred practices.
- I trust that my authenticity creates meaningful connection.
- I bring my gifts, voice, and creativity into the world with intention.
- I carry forward the wisdom gathered along my journey.
- I let my soul become visible through the way I live, create, love & speak.
- I am ready to be seen and heard.

Journaling Prompts

- What am I currently saying YES to in life?
- What wants to become more visible through me?
- Where do I feel most authentically expressed?
- Where do I hold myself back?
- What truth have I been afraid to say out loud?
- What helps me feel creatively alive?
- What forms of expression scare me?
- What parts of me are longing for expression?
- What conversations am I avoiding?
- What boundaries need clearer expression?
- What creative longing is asking for attention?



*"May all that has been reduced to
noise in you,
Become music again"*

