

*Vibrational*  
**MASTERY**

**5**



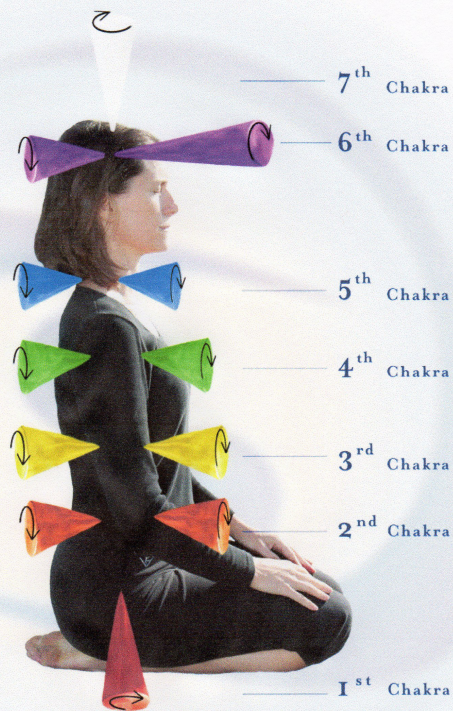
## Module 5

# Fifth Chakra



# Fifth Chakra-Throat Chakra

## THE SEVEN PRIMARY CHAKRAS



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- Color: Blue
- Location: Throat
- Emotional Health: Your capacity to speak your truth.
- Mantra: *Expressing my truth feels natural and empowers me to be more of who I am.*

# Speaking your truth

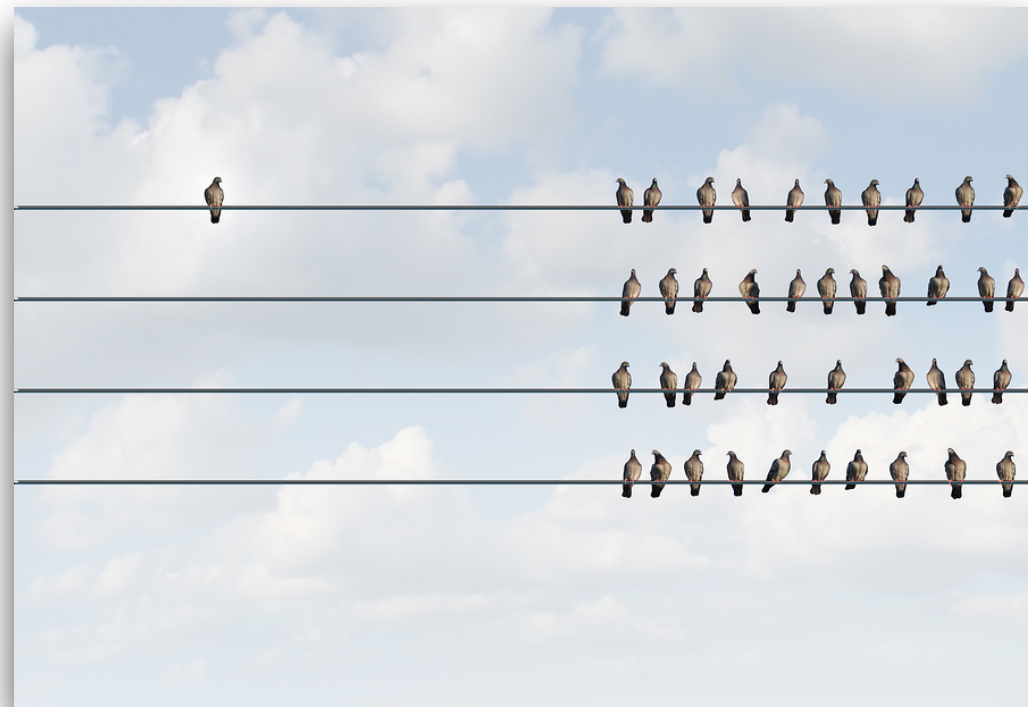


- What does it mean to speak your truth?
- Partially it is about speaking from your heart and not your head.
- It means speaking with compassion and kindness, not anger and fear.
- It is standing in your truth even when what you say may be going against the grain, or what the world deems as 'normal'.
- To me it is very important to be in your body and recognize the signs that your body gives you when something is right or wrong for you.
- You don't have to wait until you have it figured out or until it is perfect.
- Just know that you are allowed to speak and be heard.



# Vulnerability

- Vulnerability-highest vibration.
- You are open when you are vulnerable.
- It takes courage to say what you really think and feel.
- It lets others see who you are, they get to know the real you, this is vulnerable.
- Getting others to agree with you is not the purpose.
- Truth can be painful and scary, but it will be replaced with feelings of freedom.



# The power of choice and free will

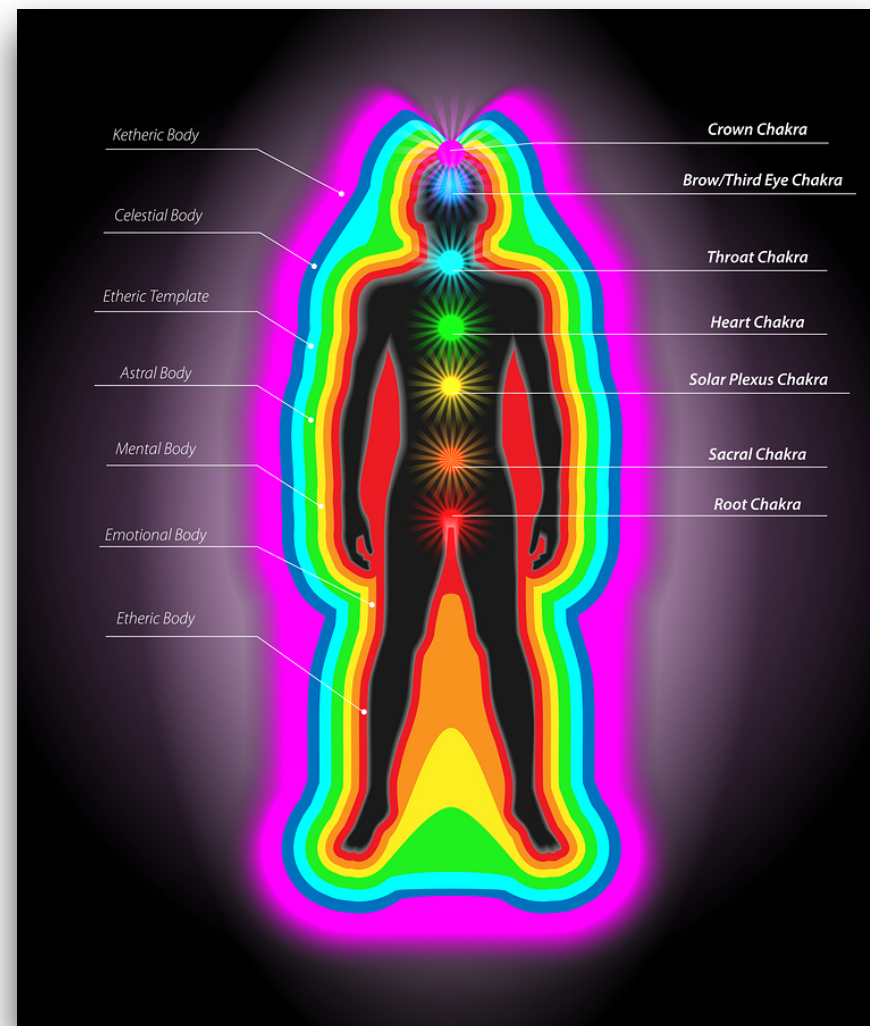


- The 5<sup>th</sup> chakra is associated with choice and free will.
- We all have free will. This is a universal truth.
- Choice is involved in every detail of our lives.
- Faith and the capacity to make decisions based on our own self-knowledge is the strength of the 5<sup>th</sup>.
- What choice would you make if you could see the energetic consequences?
- Choices out of fear weakens the 5<sup>th</sup>. Choices out of faith strengthen the 5<sup>th</sup>.
- Are you making choices out of fear or faith?
- On a scale from 1-10 how much do you believe that the universe has your back?
- Serenity prayer: God, grant me the *serenity* to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.



# 5th Layer of the aura

- 5<sup>th</sup> layer is an etheric template, like the 1<sup>st</sup> layer that is a hologram. Our divine plan is in the 5<sup>th</sup> layer, our life purpose.
- Everyone has a divine plan. It never goes away.
- 5<sup>th</sup> layer is structured with beams of light.
- Auras like to expand 3 city blocks.
- The aura is like a skin; it is a natural form of protection.
- When you speak your truth, your own personal body truth, then 5<sup>th</sup> chakra lights up and sends beams of light to the 5<sup>th</sup> layer.

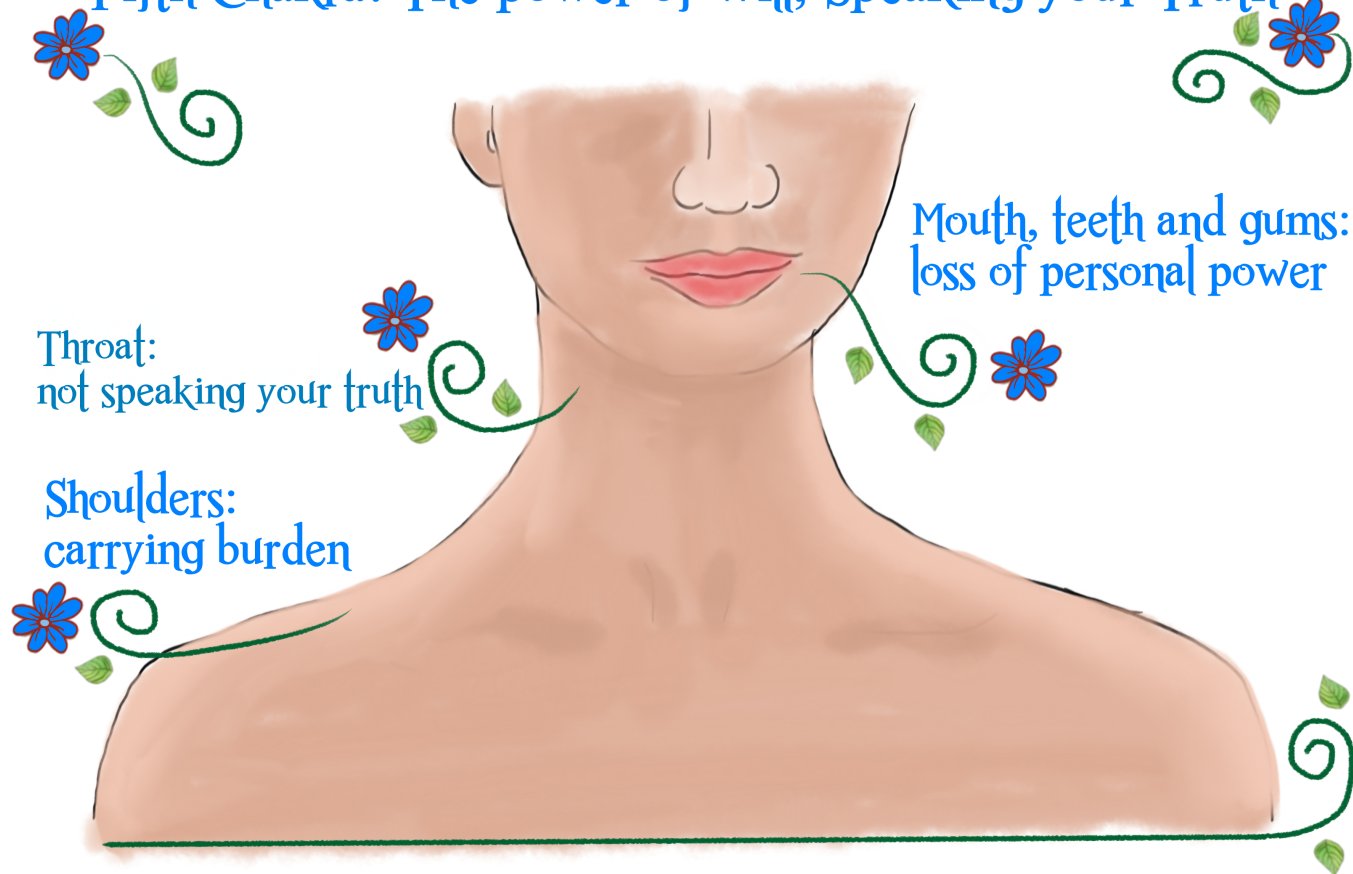


# Body parts associated with the fifth chakra

- Mouth, teeth, gums, tongue-loss of personal power
- Neck, throat- not speaking your truth
- Thyroid gland- don't know what your truth is
- Shoulders-carrying burdens



## Fifth Chakra: The power of Will, Speaking your Truth



The Fifth chakra also governs the cervical spine, esophagus, thyroid gland, and elbows

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# Reframing

- *What if I expressed my truth?*
- *How would that feel?*
- *Expressing my truth feels natural and empowers me to be more of who I am.*
- *Every day I trust divine guidance more and more.*







- Self-reflection questions
- Reframing statements
- Toning to open 5th chakra
- Chakra balancing meditation