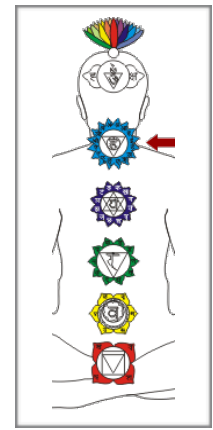


Vishuddhi chakra



Properties

Vishuddhi is placed in the throat and if it is balanced we communicate well with other people. We can feel that we are a part of humanity and that we are all one. Through Vishuddhi we have the possibility to express ourselves in a diplomatic, polite and kind way.

We also learn the skill of accepting our own and others mistakes without feeling guilty.

Witnessing

Another quality of Vishuddhi is to witnessing ourselves. We see life as a drama where we are actors who are trying to play our parts as well as we can. With this attitude we are not constantly drawn into different emotional crisis but can keep a healthy distance to the things we are experiencing. This doesn't mean that we should turn of our feelings. It is important to have feelings but we should not let them control our lives.

We can with a tranquil mind meet every challenge we face. We don't let outside things disturb us but we see life as a game that is to be played. Then we can also take ourselves less seriously and by laughing at ourselves life becomes much easier to live.

Qualities

Left side:	Self respect, relationship with our brothers and sisters.
Centre:	Communication, witnessing and collectivity
Right side:	Diplomacy, solidarity and respect for other people.
Physical aspect:	Throat
Number of petals:	16
Element:	Ether

Causes of obstruction

Left side:	Guilt
Right side:	Arrogans

Affirmations

Left:	Mother, I am not guilty
Centre:	Mother, teach me to witness
Right:	Mother, please teach me to communicate in a sweet manner

