



Sahaja Yoga Course

# VISHUDDHI CHAKRA

## 05

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*“By watching and by just seeing things as they are, you really develop a very different state of being.”*

Shri Mataji Nirmala Devi

# VISHUDDHI CHAKRA

NUMBER OF PETALS:  
Sixteen (16)

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DAY:  
Saturday

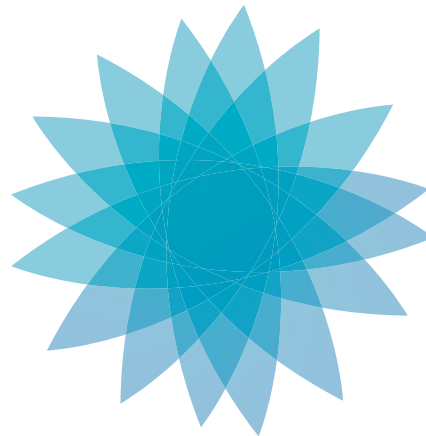
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COLOUR:  
Blue

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COUNTRY:  
Americas

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ELEMENT:  
Ether

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GEM:  
Sapphire

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SYMBOL:  
Wheel of Time

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PLANET:  
Saturn

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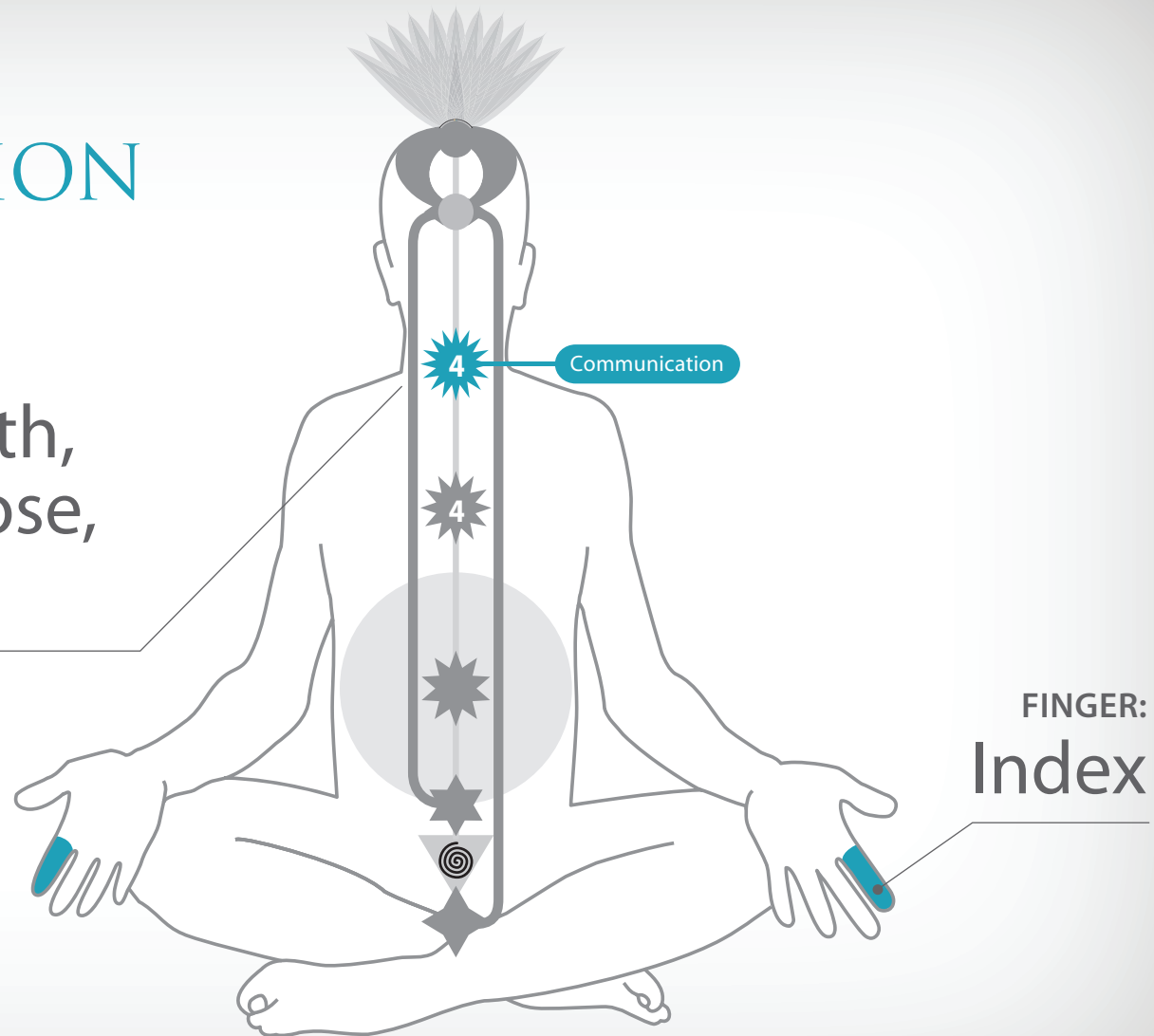
# PHYSICAL MANIFESTATION

## CONTROLS:

Neck, arms, mouth,  
tongue, teeth, nose,  
face, throat

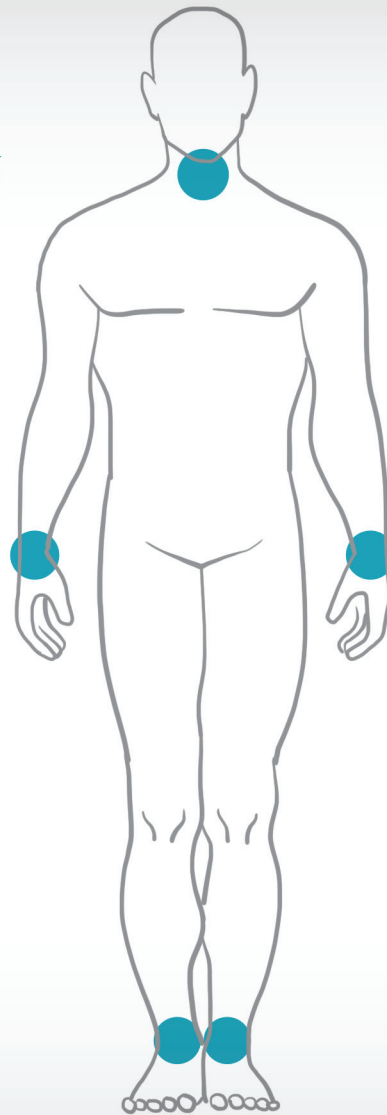
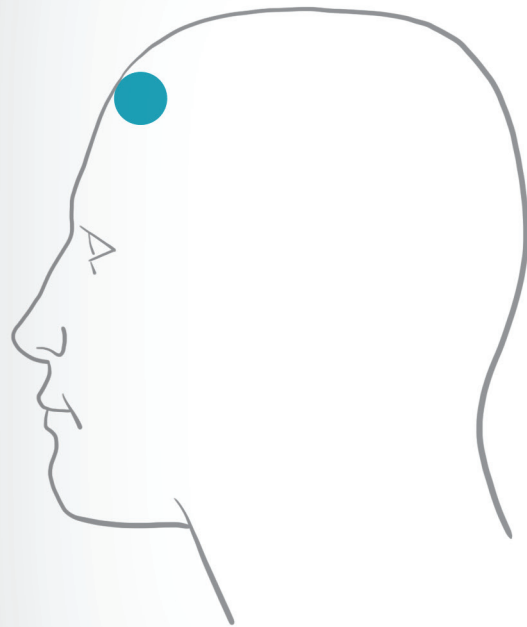
## PHYSICAL COUNTERPART:

Cervical Plexus





# PHYSICAL MANIFESTATION



# QUALITIES

## LEFT

Respect for  
oneself

Free of guilt

Brother-sister  
relationship

## CENTRE

Communication

Diplomacy

Collectivity

Witness state

## RIGHT

Sweet language

Politeness

Respect for  
others





# CAUSES OF PROBLEMS

LEFT

Guilt

Inability to face and  
correct own mistakes

CENTRE

Difficulties to  
communicate  
and express

RIGHT

Shouting

Swearing

Criticising  
others



# HOW TO CLEANSE THE VISHUDDHI

- Affirm that “ Mother, please make me part and parcel of the whole”.
- “Mother, I am not guilty for anything”.
- Use adequate protection for the throat against the cold with a scarf
- Gargle with salt
- Massage your sinuses, neck and shoulders with olive oil
- Do not speak sarcastically or cynically, and do not allow yourself to remain in a bad mood.



# DEITIES VISHUDDHI

Shri Radha & Shri Krishna



THANK YOU!

