

## 6-0 The Throat Chakra



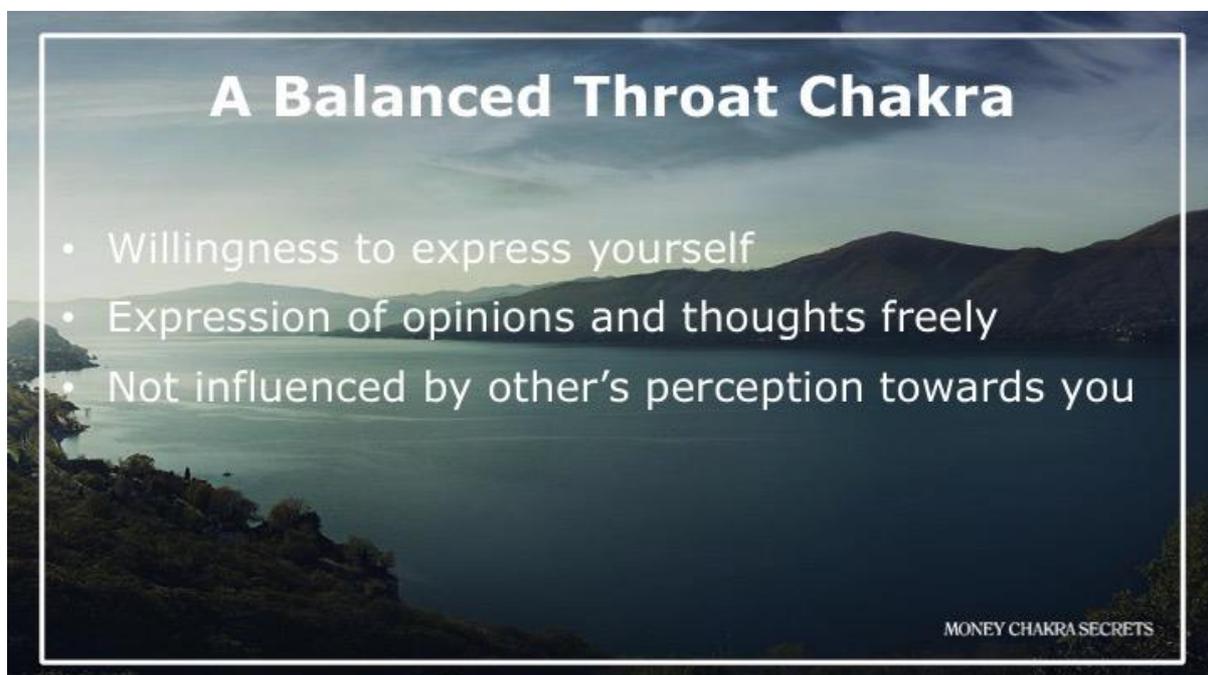
**S1:** Hey there and welcome back. In this chapter, you learn about the throat chakra and how it affects your money habits.



**S2:** The Throat Chakra is located at the throat and is represented by a light blue color. It vibrates at a higher frequency as compared to the Heart Chakra.



**S3:** The Throat Chakra is mainly the center for conversation, self-expression and creativity. This is where your inner voice or your own truth is expressed. This chakra also corresponds to diplomacy, your relationship with others as well as detachment.



**S4:** When your Throat Chakra is balanced and active, you willingly express yourself and are not restricted to do so. You express your opinions freely and are not afraid of what others may think of you.

## An Inactive Throat Chakra

- Shy away from expressing yourself
- Untapped talent
- Not exploring your true potential

MONEY CHAKRA SECRETS  
MONEY CHAKRA SECRETS

**S5:** However, when it is inactive, you tend to shy away from expressing yourself as well as your creativity. This often leads to untapped talent and not unleashing your true potential.

For instance, you are required to attend a meeting. During the discussion, your boss asks for everyone's opinion on whether the office should open up a new branch at a different state. Most of your colleagues do not favor the idea as some of them would need to be transferred to the new branch.

But for you, you think it is an excellent opportunity to grow the business and learn new things. However because you are too afraid to express your thoughts and how you really feel, your boss dismisses the idea.

## An Inactive Throat Chakra

- Not restricted to introverts
- Can be associated with those who speak up but rarely speak the truth

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**S6:** Many people have the idea that people who have a very inactive Throat Chakra are only the shy and introverted types. This is not true. Inactivity of the Throat Chakra can also be associated with those who speak up and are fluent in their speeches, but they rarely speak the truth.

## Inactivity Of The Throat Chakra

- Those who are unable to express themselves
- Those who do not speak the truth

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**S7:** Therefore, the inactivity of the Throat Chakra can be understood in two perspectives; firstly referring to those who are unable to express themselves and secondly, those who do not speak the truth.

## A Hyperactive Throat Chakra

- You have too much to share
- Control the conversation in a negative way
- You do not think before you speak
- You are not a good listener

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**S8:** What happens when you have a hyperactive Throat Chakra? You tend to have too much to share and control the conversation in a negative way. It can also cause you to not think before you speak and sometimes your words may come across as offensive to others. As a result, people will try and avoid you as you are not a good listener.

## Your Money Chakra

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**S9:** Your Money Chakra

In the context of money or financial situations, the throat chakra plays a significant role in speaking your truth and worth. There are many ways that a blocked throat chakra can manifest its way to money challenges.



**S10:** Firstly, a blocked throat chakra will stop you from communicating what you deserve or speaking your truth. For instance, you are uncomfortable in asking your manager for a salary raise that you really deserve.

## A Blocked Throat Chakra

- Applies to lending money to other people
- You may be afraid to ask the person to pay back their debt

MONEY CHAKRA SECRETS

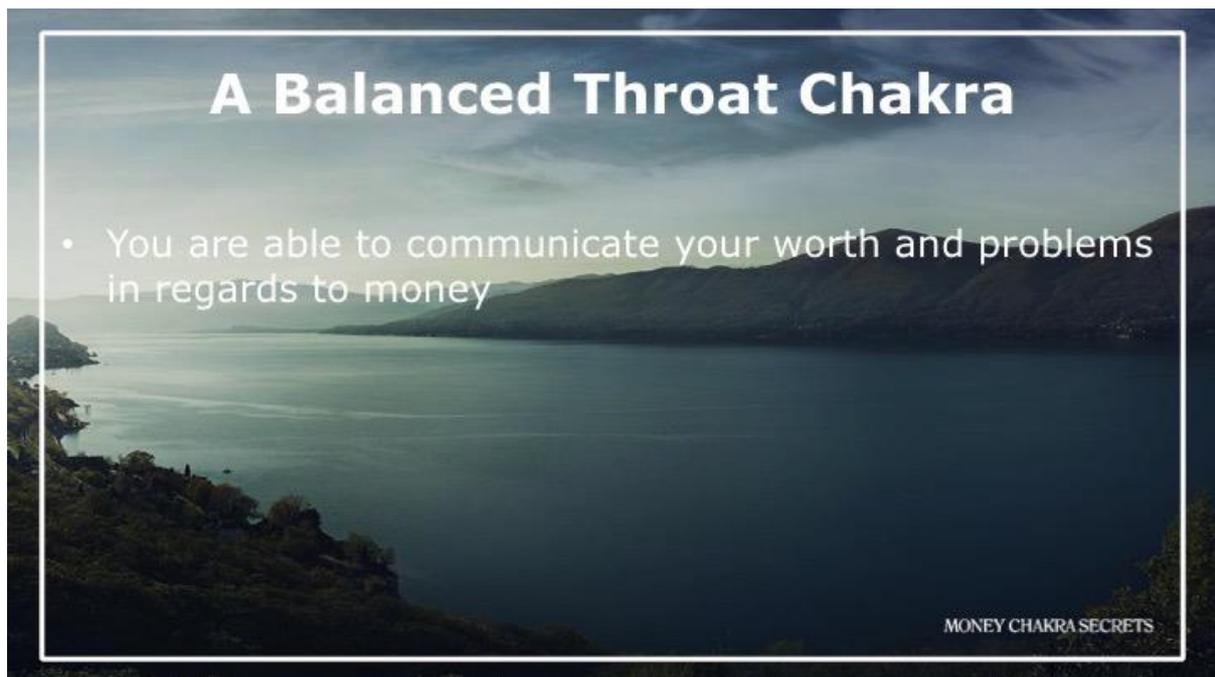
**S11:** This also applies in the context of lending money to other people. You may be afraid to ask the person to pay back the money they borrowed from you. You are not honoring yourself by speaking up.

## A Blocked Throat Chakra

- In circumstances where you will be needing financial assistance
- You think too much of what others think of you

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**S12:** There are also circumstances where you will be needing financial assistance but you are too afraid to do so and you think too much of what others may think of you. This happens when your throat chakra is blocked and you are afraid to confess on your money mistakes.



**S13:** However, when your throat chakra is balanced and active, you are able to communicate your worth and problems in regards to money. You will ask for your deserved raise, the money people owe you as well as not afraid to talk about the financial problems you are facing. You are not afraid to speak your truth and recognize your worth.



**S14:** The Solution

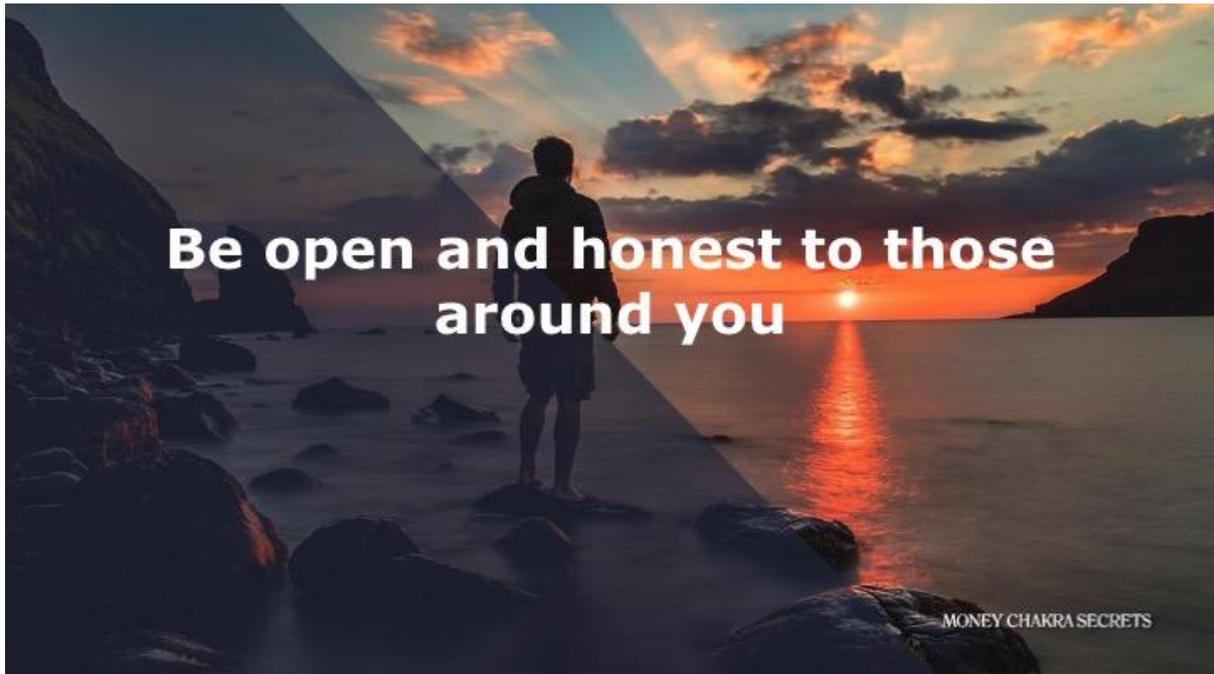
There are several solutions you can take in order to activate and balance your throat chakra. Firstly, is through different activities:

- Sing whenever and wherever you feel comfortable
- Be open and honest with those around you
- Learn to say 'No' kindly and firmly
- The food you consume



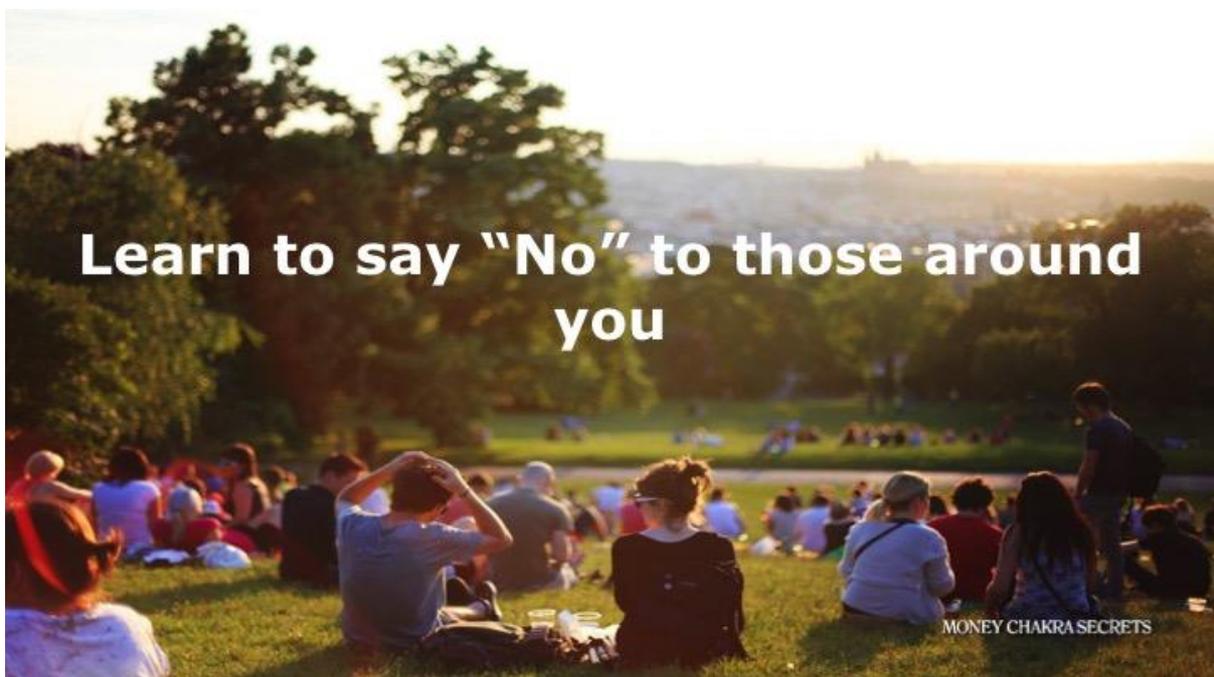
**S15:** Sing whenever and wherever you feel comfortable.

You can sing in the car, when you are doing your laundry, in the shower or wherever you feel like it.



**S16:** Be open and honest with those around you.

Speak the truth and only the truth. Do not trade your authenticity for the sake of approval of others. Be yourself and it is important to be genuine in everything you do.



**S17:** Learn to say 'No' kindly and firmly.

If you find yourself in a situation where people are forcing you to do things against your principles, you have to learn how to say “No”. It is hard sometimes to do especially with people who are close to you but if you say yes all the time, you are compromising what your own truth and standards.



**S18:** The food you consume.

As the color blue represents this chakra, blue foods, such as blueberries will encourage expression.

Fruits work well to balance this chakra, specifically fruits that grow on trees such as apples, pears, peaches, apricots and plums. The reason being is symbolically these fruits are said to be true to themselves. They only fall of the tree when they are ready and ripe.