

Week 2 Day 4

## **The throat chakra.**

**I speak with loving-kindness. I know I am heard.**

Welcome to day four of this second week. We are continuing to open our hearts to high vibrational states. Our hearts are consistently speaking through subtle vibrations. When we clear away the fears, our intuition becomes easily accessible. Our hearts transform any lower vibrations into higher states of awareness. We merely need to remain open to our true self.

Organic inspirational living relaxes into the moment, releases control, and allows inspiration to lead the way. As we release the pressures, we have been carrying we tap into higher states of awareness bringing in a completely different perception. We open, we believe, we breathe, we release control, we ask for help, and open to receiving the blessings. Only when we continue to hold onto the outcome, we close ourselves from receiving the inspired gifts. It really is that simple, and yet we have deeply believed for so long it is so much more complex.

Today we focus on the energy of the throat chakra. This area includes the neck, shoulders, trapezoids, ears, base of the cranium, and the entire mouth and jaw region. These areas are all connected. A powerful triad exists between the heart, the voice, and the ears. As we speak with our voice, we stimulate very powerful points in our jaw and mouth. These points activate subtle vibrations within and around us. Stimulated through high vibrational sounds of sacred mantras, chanting, loving words, and high frequency toning all increase our vibration exponentially. We vibrate within and around us at these high vibrations and activate an arc of light that can extend to 9 feet in all directions. These can affect people, places, and things all around us. Our hearts carry this vibration within our bodies, our ears become attuned to high vibration, and we stimulate a positive feedback loop. We create love all around and within us. Our voices are powerful conductors of energy that can be used to create amazing positive shifts in the world.

Anatomically, all the cranial nerves, some of the most energizing nerves in the body, originate in the skull and jaw area. These cranial nerves affect ALL our senses. When we combine the auditory sense with the vibration of the voice, we are affecting the energy of our entire body and the world around us. This is also why 'canceling' out all negative talk increases your vibration. Learning to speak with conscious awareness will also actively shift your vibration.

Nature is high vibration. The sounds in nature can expand the auric field and dramatically raise your vibration. The song of the birds, the peaceful coo of the doves, the howl of the owl, the rushing waters, the rustling leaves, scurrying feet of squirrels, crickets, locusts, frogs, and the many thousands of nature's sounds are instant connections to high vibration. Their energy is open, and they know nothing else but to be what they are; free. It is time we embrace their reflection.

How? We must continue to be aware. We must connect, clean, and clear anything wanting to be resolved without hesitation.

The vagus nerve originates at the cranium and connects to the ears, mouth, and travels down the neck through other parts of our body until it reaches the stomach. It is the longest nerve in the body impacting many bodily functions including digestion. Interestingly, what we feel and know in our hearts, as we express through our words, we amplify our bodies fire energy. This directly stimulates our digestion and our will to make a difference in our world. We gain strength.

To bring balance to our throat chakra we trust our internal voice and follow through with guidance. As intuitives, we consciously listen, follow through, and speak the knowledge of our soul. We remain clear and heart empowered.

Some use the phrase “hindsight is 20/20” validating they knew within their ‘gut’ they should have listened to their intuition. Yet, they ignored their ‘knowing’ and regretted their decisions.

Professional athletes will often describe their performance as a moment-to-moment experience. There is no thinking. It is a total body sensational experience requiring pure feeling. Observe a professional athlete. Basketball players turn and catch the basketball coming towards them. The VERY LAST body part to turn and face the direction that they are going is the head. Their body is intuitively moving, and their heads follow along.

As intuitives, we are the same. Our minds take the back seat, and we cease the endless chatter.

Let’s take this a step further. Take a moment and ask yourself, what may be lingering in your throat, neck, trapezoids, ears, or possibly mouth? Are there any congested sensations? Could there be something limiting us from speaking our truth. Could we be living a life less than love for the sake of keeping peace. There may be a fear of rejection, being overpowered, wronged, danger, or even death. Many of us lost family members or became outcasts for being different. Many of us never fit in and always felt if we expressed our truth we would be abandoned. Rejection is one of the hardest things for humans to accept. We are innately social, being alone can be very isolating and depressing. The threat of this can easily close off our throats.

So, let’s see what is in there and for once resolve and release so that we can hear and sense our truth. Let’s speak our truth and always come from our hearts. Examples of what can be lingering may be...

“They don’t hear me.”

“They never listen to me.”

“What’s wrong with me, will they ever come for me?”

“I’m just left here. I’m all alone.”

“What I say does not matter anyway.”

“I’m always wrong.”

“No one cares.”

There can be any number of possibilities. What does matter is that you are actively tuning in and seeing the connection between this energy center, your heart, and the rest of your body. What you say does matter and what you hear, and sense, and feel largely affects your vibration. When it is resonating on a higher level then you are lining up with your higher truth. This is directly connected to your highest self. We are here to intuitively connect. If sensations do not feel comfortable it is not vibrating in love. It is asking to be resolved.

You know what to do... gather your lower vibrational beliefs, sensations, or memories allow them to come up. And like before, feel where they are in the body. Breathe into them. Surround them with love. Place your hands over these areas. Imagine beautiful pinks, greens, golds, and silvery shimmery light embracing the entire area. Just love yourself. Thank the sensations for being there. Tell it, it has served you well. Express gratitude and allow it to be freed.

Imagine it dissolving and releasing like little pixie fairy dust going back to that from which it came but now it has dissolved into our loving light filled energy that no longer holds the resistive lower frequency energy. It has been transformed and released as golden light vibrating and lifting high up into the universe.

Feel it, breath it in and sense it and know this is true. It has happened. You just resolved and released with your Creator... your light of the universe, God or the god of your understanding and resolved and released it back to be used and transformed in other ways.

Feel it, breath it in and sense and know this is true. It has happened. Then acknowledge the shift has happened by orchestrating **Rainbow Yes Ritual!** Say "Yes!" to your higher self for healing...

Clap once over your left shoulder & say "yes" ... (see golden sparkles from your hands as you clap) then clap once over your right shoulder & say "yes" (sparkle!) ... then clap 3 times up the middle (see those sparkles) from heart level, say "yes", to third eye level & say "yes", to the crown level and say "yes" (sparkle, sparkle, sparkle). Do it again... Clap Left & sparkle – "Yes!", clap right & sparkle – "Yes!", clap at the heart level and sparkle – "Yes!", third eye sparkle – "Yes!", and crown sparkle – "Yes!". Do it a third time... clap left "Yes!", clap right "Yes", clap heart "Yes", third eye "Yes", and then crown "Yes".... Then raise your arms high and paint a golden sparkly rainbow with both arms down the side of your body as if you are stroking your aura and all the limitations have been transformed, transcended and your wish has come true. Then breathe... put your hands at heart center...right over left...and breathe in gratitude and announce "Thank you" to the universe. Take a moment to do this.

Energy does not stop, it merely transforms... you are helping everything within you that has been stored inside of you that has manifested as physical issues and perceived problems to be filled with light and released as you merely see it for what it is... an illusion. See it, address it, comfort it, love it up, and resolve and release it with Creator. You are that amazing and full of high vibrational light as an intuitive. You are!!!!!!

Keep up the work today. Write your experiences down. Allow yourself to make the intuitive connections of how your life is shifting and aligning with your higher vibrations. Validate how it feels to be lighter and more at ease. Flow in this area and come from a place of powerful, assertive, and boundless love. This is the most powerful place of connection through the manifestation possibilities of the voice. Life is created by the word.

Congratulations on getting to this point in your process. You are beginning to really understand the Conscious Intuitive Way.

#### **Today's Mantra:**

**I listen and I speak in vibrational alignment with truth.**

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