

# Vishuddhi Chakra - Summary

<b><u>Chakra:</u></b>	Vishuddhi - 5 <sup>th</sup> Chakra
<b><u>Deity:</u></b>	Vishnumaya(L); Radha Krishna(C); Virata, Yogeshwara, Vitthala Rukmini(R)
<b><u>Physical:</u></b>	Cervical Plexus, Thyroid Gland
<b><u>Functions:</u></b>	Lymphatic System, Ears, Outside of the eyes Muscles of the eyes, Nose, Neck, Throat, Tongue, Face, Cheeks, Teeth, and Gums, Mastoid muscles, Skin
<b><u>Qualities:</u></b>	Witness, Bloom on the face, Sparkle in the eyes, Collective Communication, Sweetness in talking, Freedom, Discretion, Democracy, Diplomacy, Awe for God, Noble Ideas, Responsibility, Collectivity, Sensitivity, Purity of Relationships, Self Confidence, Announcement, Cooling, Power of Mantras, Chastity, Morality, Protocol
<b><u>Catch:</u></b>	Feeling 'too responsible' or 'irresponsible', Aggression, Arrogance, Excessive talking, Bluntness, Uncollective, Individualism, Immorality, Social Problems, Guilt, Smoking, Sarcasm, Shyness, Timidity, Not talking, Inferiority Complex, Slyness, Fearful and Frightened, Seeing negativity in others, Lacking in protocol, Giving explanations, Criticising Sahaja Yoga or Divine,
<b><u>Diseases:</u></b>	Angina, Spondylitis, Loss of voice, Persistent Coughing
<b><u>Treatments:</u></b>	Eat the butter, Gargling, Keep throat warm, Speak of Sahaja Yoga, Clear Throats and Tongues, Use of Oil, Ghee or Butter for Ears, Nose, Throat, Neck, Teeth & Hands, Primrose Oil, Olive Oil with Garlic for Ears, Basil Tea, Ajwain Dhuni, Madhuria, Mona or Silence
<b><u>Affirmations:</u></b>	Mother I am not guilty
<b><u>Mantras:</u></b>	'Allah ho Akbar', Radha Krishna, Vitthala Rukmini
<b><u>Petals:</u></b>	Sixteen
<b><u>Elements:</u></b>	Ether
<b><u>Day:</u></b>	Saturday
<b><u>Position:</u></b>	Base of neck, Index Fingers
<b><u>Country:</u></b>	America
<b><u>Planet:</u></b>	Saturn

- Jai Shri Mataji -