

Chakra 5: Visuddha- The Throat Chakra

Visuddha Chakra is situated in the throat region, at the hollow of the neck. Attunes with the element ether and corresponds with the basic energy of the universe. We also find here the energy of space and time. Visuddha furnishes us with deep intelligence, highly aesthetic and symbolic vision and spiritual intuition. It resonates with elevation, sublime experiences, aesthetic revelations and inspiration characteristics of consciousness. This chakra is the centre of higher intellectual knowledge and intuitive intelligence. It converts the thoughts to the worded form. The prana operates here at a very high vibratory level of pure consciousness and so this chakra is the great gate of liberation or moksha. Hypo functioning of this chakra can bring about vertigo, anemia, allergy, fatigue, sore throat, asthma; while hyper functioning can give psychosomatic disorders, hyperthyroidism, bone disorders.

The space between the hollow and the nape of the neck is the main center of control for 'akasa tattva', the spatial ether, or energy of eternal time. It comprises the control of the five main glands; the thyroid, the parathyroid, the tonsils and the salivary glands. Through energization of visuddha these glands are maintained and remain completely healthy. If there is poor energization these glands slow down to the point there are insufficient secretions and the body becomes more prone to disease with immunity that is weakened. The capacity for high and deeply concentrated will also diminish. The mind and mental activity is also nourished by these secretions so anyone looking to purify and spiritualize one's being it is essential to activate visuddha chakra. Apathy, carelessness and lack of interest of any kind is another aspect of energy deficiency in visuddha.

A person with a prevalence of visuddha will have a refined mind, be full of kindness, arouses sympathy like a deity which is more apparent in women than men. The rare woman with this high quality will also show charming qualities such as delicacy, pure affection, constant love and the lack of selfishness.

Ardha Matsyendrasana – Seated twist

Ardha means half. We will learn the half variation of the seated twist. The full asana is excessively difficult involving the legs in lotus pose placed vertically to lever the twist and there hasn't been a yogin capable of performing it in over a 100 years.

From seated bring the leg heel into the buttocks. Bring the right foot over the right knee so the foot is placed on the outside of the left knee. Sitting up with a long spine we will twist the trunk towards the right, thus turning clockwise, the yin direction. Reach the left armpit over the right knee to press the elbow onto the lateral side of the knee. To take the twist deeper you can take the arm extended down the lateral side of the right leg to hold the ankle. The right hand can press into the ground behind you or reach behind to grasp the left hip. Turn the head to the right as much as possible, even working the eyeballs to the right. Both sit-bones should remain on the floor, shoulders to stay level and the spine to be vertically straight.

Concentrate on visuddha chakra, during the yin performance note a peculiar perception of the 3 aspects of time (past, present, future) as simultaneous. During the yang performance note an enhanced altered perception of time and the capacity to focus upon a specific moment of time. These realization only come after long periods of steady practice and it is recommended to practice at least 30 min in each direction to feel the power of becoming the future. Note the activation of visuddha chakra.

Benefits of Ardha Matsyendrasana:

Rejuvenation of the spine which cures a wide variety of defects that affects us. It increases synovial fluid in the joints, relieving any rheumatism. The muscles of the back, neck, shoulders become strong and mobile. The biggest benefit of this asana is it fights sacralization of the 5th lumbar vertebra (vertebra welding to the sacrum) keeping mobility of the lower spine. Also with great effects to the abdominal area with the increased pressure to improve digestion, bowel function, gland stimulation and expels toxins and gases. Also with benefits to the thyroid, adrenals, pancreas, kidneys, prostate and bladder. It is also listed as the only asana from relieving worms from the digestive tract. Esoterically it increases prana (life force energy), awakens kundalini shakti and brings about states of deep contemplation and even some forms of spiritual realization.

Sarvangasana – Shoulder stand/candle stick pose

Sarva means all or entire, anga means limb or body, so this translates to the pose of all the body. It is the inversion of the whole body. As the earth telluric energy holds a negative charge and the cosmos a positive charge the common flow of energy is the cosmic energy going down and the telluric coming up. It is believed that our upright posture as humans encourages the flow of these energies through the vertical spine that has brought upon our superior intelligence over other life forms. So coming into an asana inverted still with a long vertical spine will cause the flow of energies to change direction. The change causes many mysterious and wonderful effects and has even dared to state that subjective time is inverted, reversing the effects of aging.

To perform lie on your back we will lift the legs up into the air so the trunk becomes vertical and the weight of the body rests on the shoulders. As you raise the legs the hands will support the back, gradually holding closer to the shoulder-blades with the weight supported on the elbows. Ensure the chin is tucked into the hollow of the neck keeping the neck straight. Be as straight as possible and keep the soles relaxed. The modification of this is to have the hands supporting at the hips with the body bent at the waist so the feet come above the head and/or to place a folded blanket under only the shoulders, leaving the neck more space. Concentrate on the cosmic energies coming down the legs and storing in the neck. The transmutation of sexual energies to the higher chakras. Note the arousing of visuddha chakra and a perception of past, present and future as a single duration.

Contraindications: Severe heart problems, acute afflictions of the head-sinusitis, abscesses and advanced sclerosis of the blood vessels of the brain.

Benefits:

Known as the panacea for most common ailments. Most powerfully acting on the thyroid which results in improved functioning of all other endocrine glands. The thyroid is also related to aging and decay so the practice of sarvangasana preserves youthfulness and rejuvenates the body. Steady practice will stop and revert greying hair, wrinkling skin, and ossification (hardening) of bones.

Sarvangasana is also known to be useful in treating hemorrhoids, gonorrhoea and various diseases of the bladder. It can also cure ovarian complications, displacement of the uterus, and make periods regular and light. For men it stops wet dreams, tones the prostate and re-balances sexual function. Sarvangasana also cures constipation, indigestion, colic, dyspepsia, congestion of the liver and spleen, relieves gastro-intestinal ulcers and other stomach disorders. It increases the digestive fire and appetite and can even cure appendicitis if practiced before acute stages. It also has great effects for hernia, though caution and care must be practiced. This pose also cures certain forms of asthma, relieves breathlessness and bronchitis. It is very useful for diseases and inflammation on the tonsils, throat, nose and eyes. It eradicates the common cold, relieves headaches, cures vertigo and insomnia. It also gives calmness, self confidence, and fills you with energy. Sarvangasana is also known to purify the blood, neutralize toxins, removes bad odors of sweat and other secretions and cures anemia. It also makes the body immune to small pox, cholera, typhoid, pneumonia and improves tactile feeling of the skin. Its practice will awaken kundalini shakti and has proved beneficial to the voice of singers. This pose is labeled the queen of asanas due to its innumerable benefits. The most powerful effects only arise after a minimum practice at 8 minutes at a stretch.

ELEMENT	DEVELOPMENTAL STAGE	DEFICIENCY	HEALING PRACTICES
Sound	7 to 12 years	Fear of speaking	Loosen neck and shoulders
NAME	DEVELOPMENTAL TASK	Small, weak voice	Release voice
<i>Vissudha</i> (purification)	Creative expression	Difficulty putting feelings into words	Singing, chanting, toning
PURPOSE	Communication skills	Introversion, shyness	Storytelling
Communication	Symbolic thinking	Tone deaf	Journal writing
Creativity	BASIC RIGHTS	Poor rhythm	Automatic writing
ISSUES	To speak and be heard	EXCESS	Practice silence (excess)
Communication	BALANCED CHARACTERISTICS	Too much talking, talking as a defense	Non-goal-oriented creativity
Creativity	Resonant voice	Inability to listen, poor auditory comprehension	Psychotherapy
Listening	Good listener	Gossiping	Learn communication skills
Resonance	Good sense of timing and rhythm	Dominating voice, interruptions	Complete communications
Finding one's own voice	Clear communication	PHYSICAL MALFUNCTIONS	Letter writing
COLOR	Lives creatively	Disorders of the throat, ears, voice, neck	Inner child communication
Bright blue	TRAUMAS AND ABUSES	Tightness of the jaw	Voice dialog
LOCATION	Lies, mixed messages	Toxicity (due to the chakra's name, which means "purification")	AFFIRMATIONS
Throat, pharyngeal plexus	Verbal abuse, constant yelling		I hear and speak the truth.
IDENTITY	Excessive criticism (blocks creativity)		I express myself with clear intent.
Creative	Secrets (threats for telling)		Creativity flows in and through me.
ORIENTATION	Authoritarian parents (don't talk back)		My voice is necessary.
Self-expression	Alcoholic, chemical-dependent family (don't talk, don't trust, don't feel)		
DEMON			
Lies			