

**FIFTH ENERGY CENTER: THROAT**  
Pages 122-41

**Keeping in Touch:** How was your week? Insights, thoughts, inspirations about the heart?



**1. The throat chakra**

What is the power of the throat chakra? (pp. 122-24)

- Spoken word
- Co-create with God
- Central to spiritual growth

**2. Right speech** (pp. 124-29)

What does it mean to guard the flow of energy through the throat chakra?

- Help or harm
- Examples of positive and negative impact from what people say

Speech creates our surroundings

- Beautiful or ugly sound-forms act upon us
- Specific words, e.g., "hate"

How are the lessons of the throat chakra related to the ego and solar plexus?

- Short-circuit emotional response: slow down and think before speaking

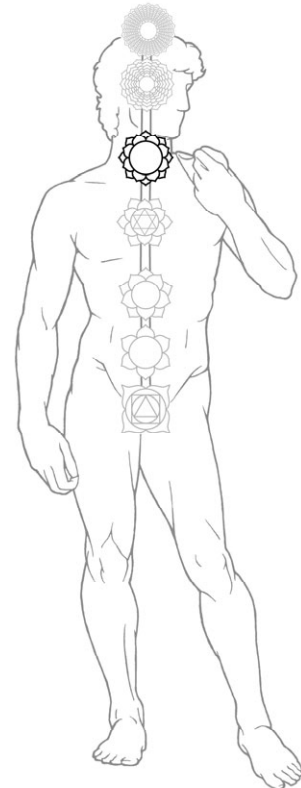
What are some qualities of right speech?

**3. The value of silence** (pp. 129-32)

When is it good to speak and when is it good to remain silent?

- Conversation about truth
- Idle chatter and arguing
- Add something of value
- Other principles involved?

How can silence enhance your spiritual development?



#### 4. **Speak the truth** (pp. 132-34)

What is involved in speaking the truth?

- Facts without distortion
- Not jumping to conclusions
- Overcoming passivity



What are some common deviations from speaking the truth and what causes them?

- Exaggeration, promises, habits, fears

#### 5. **Spoken word power and transformation** (pp. 134-40)

What are some spiritual, physical and emotional benefits of different types of spoken prayers?

- Protection, wisdom
- Lower stress levels, enhance immune system, reduce insomnia
- More?

How do negative records in the subconscious create booby traps that undermine your success?

- The recording machine
- Others' thoughts and words
- Belief patterns

How do mantras, affirmations and visualizations dissolve these?

- Align the subconscious with the soul's innate beauty
- Violet flame consumes negatives

What added power do I AM affirmations have?

- Using the name of God "I AM"
- Spoken words command energy—self-fulfilling prophecies

#### 6. **Make this a reality in your life** (pp. 139-41)

##### **Using I AM Affirmations**

Pick some positive qualities you would like to have and create affirmations by putting those qualities in the blank. Say the affirmations frequently with enthusiasm, determination and faith that the qualities will be yours!

I AM \_\_\_\_\_! God in me is \_\_\_\_\_!

PERSONAL WORKSHEET

**Fifth Energy Center: Throat**

Life Lesson: Summon Inner Power to Create Constructive Change



*By mastering will and power, I release the elevated energies of the heart through the spoken word for personal and world transformation.*

**Self-Reflection and Discussion**

Your own thoughtful reflection on the following concepts, as you carry them with you into daily life, will deepen your understanding of how to accelerate, balance and clear the energies of your fifth chakra to express more of your inner power:

Balanced Expressions (positive): power, will, faith, protection, direction, courage, obedience

Unbalanced Expressions (negative): control, condemnation, idle chatter, gossip, human willfulness, impotence, cowardice, doubt

*I practice right speech.* (pp. 124-29)

1. Do I think about the impact of my words on others before I speak?

2. Do I use my speech to create harmony and unity?

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***I recognize the value of silence.*** (pp. 129-32)

1. Do I allow myself to remain silent if I have nothing valuable to say at the moment?
2. Do I take time to get in touch with my inner spirit before I speak?

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***I stand up for and speak the truth.*** (pp. 132-34)

1. Do I consistently speak the truth, or do I exaggerate at times?
2. Do I make assumptions and speak before I know the facts?
3. Can I be depended on to speak up when I need to?

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***I exercise the power of the spoken word for transformation.*** (pp. 134-40)

1. What circumstances have I created in my life by affirming either negatives or positives about myself?
2. What are the negative beliefs I have about myself that undermine my success in life?
3. How can I incorporate into my life the power of the spoken word through prayers, affirmations or mantras to transmute these negatives?

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*ABC's of Developing Your Energy Centers*

*Accelerate, Balance and Clear* your throat chakra to increase the light flowing through it by giving the following affirmations:

*I AM a being of violet fire, I AM the purity God desires!*



*My throat chakra is a wheel of violet fire,  
My throat chakra is the purity God desires!*