

Fifth Chakra (Visuddha – Purification) Correspondence Chart

Sanskrit Name	Visuddha
Meaning	Purification
Location	Throat, Pharyngeal plexus
Element	Ether, Sound
Purpose	Communication, Creativity
Issues	Communication; Creativity; Listening; Resonance; Finding one's own voice; Vibration; Rhythm; Sound; Harmony; Connection; Telepathy
Goals	Self-expression; Harmony with others; Creativity; Good communication; Resonance with self and others
Identity	Creative
Demon	Lies
Malfunctions	<p>Deficiency: Inability to express or release; Fear of speaking; Small, weak voice; Blocked creativity; Introversion; Shyness; Tone deaf; Poor rhythm</p> <p>Excess: Too much talking; Talking as a defense; Inability to listen; Gossiping; Dominating voice; Interruptions</p> <p>Physical: Sore throat; Stiff shoulders; Tight neck; Disorders of the throat, ears, voice, neck; Tightness of jaw; Toxicity (due to the chakra's name which means "purification")</p>
Balanced Characteristics	Resonant voice; Good listener; Good sense of timing and rhythm; Clear communication; Lives creatively
Color	Bright Blue
Planet	Mercury

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Foods	Fruit
Basic Rights	To speak and be heard
Stones	Turquoise
Animals	Elephant, Bull
Operating Principle	Sympathetic Vibration
Archetype	Hermes, Sarasvati the Messenger
Yoga Path	Mantra Yoga
Asanas	Salabhasana, Bhujangasana, Matsyasana, Ustrasana, Setu Bandhasana, Sarvangasana, Halasana, Karnapidasana
Seed Sound	Ham
Affirmations	I communicate honestly and directly. I hear and speak the truth. I express myself with clear intent. Creativity flows in and through me. My voice is necessary.
Healing Practices	Loosen neck and shoulders; Release voice; Singing, chanting, toning; Storytelling; Journal writing; Automatic writing; Practice silence (excess); Non-goal-oriented creativity; Psychotherapy: Learn communication skills; Complete communications; Letter writing; Inner child communications; Voice dialog