



5th Chakra Chart

Throat | Viśuddha

Color	Blue. Sky blue on a clear day.
Element	Ether, space.
Body associations	Throat, neck, mouth, teeth, jaws, tongue, ears.
Seed sound (bija mantra)	Ham.
Verb	I speak.
Sense	Sound.
Endocrine gland	Thyroid.
Focus	Expression and aligning one's will with the Divine.
Hindu Symbolism	Blue lotus with sixteen petals.
Christian Sacrament	Confession. Taking responsibility for one's deeds and receiving the grace to cleanse yourself of negative acts of will.
Jewish Sefirot in the Kabbalah	Gevurah, and Hesed. The left and right arms of God. Gevurah represents power, judgment and punishment; Hesed symbolizes the love and mercy of God.
Healing thought	I surrender my will to the Divine. For we are one in the same.



ROOT TO RISE
YOGA TEACHING METHOD