



Chakra Five: Visuddha

2016

Visuddha translates as virtuous or honest; relating to the authentic creativity and self-expression we can access as a result of the self-acceptance and love we cultivate in Anahata (the heart chakra). It is located at the base of the throat which brings in the vibrations of sound and our ability to speak our truth.

Centering: Laying with block under base of skull, lengthening back of neck, softening and relaxing the front of the neck

Breath Practice: all chakras have endings in the mouth: Explore

#1: gum-behind front teeth, #2: a little further back on ridges, #3: sides of roof of mouth, #4: little knob at back of the roof of mouth, #5: soft palette – behind the knob, #6: further back and up, #7: even further back and up

- Tongue in savasana: pay attentions to sensations of the breath
- Ujjayi Breath: fogging the mirror 1st to feel breath in throat

remove block

- **Neck release:** neck rolls, circle, star – avoid any painful areas
 - Flatten neck (lengthen)
 - Lift chin: tongue out and circle, make faces (move jaw)
- **Neck stretches:** arms out wide in “T” palms up
 - **Ear to shoulder:** stretch out opposite arm, palm down
 - **head lift:** shoulders stay down, look at feet, gentle stretch
 - **head press:** get to know the back of your head
 - **massage:** jaw muscles, face, ears, crown pull
- **Neck Sequence:** L knee bent, R arm in Cactus
 - (I) stretch arm (E) return to cactus
 - Add turning head
 - Add L knee moving to R... then repeat on other side
- **Knee to chest flow** (*Apanasana*) move knee in, side, across, up
- **Double leg lift w/head lift:** 10 -20 x's
 - (I) lift legs, tuck chin lifting head (E) return to laying flat
- **Bridge:** block between knees, (I) hips/arms up (E) down 6x's
- **Butterfly** (*Baddha konasana*) + **Crunches:** feet on a block
- **Sitting** (*Sukhasana*):
 - **Neck stretches:** hands for resistance
 - “OWL”
 - **Shoulder rotations:** arms out rotate palms up/down
 - **Belt stretches**
- **Staff pose to Reverse Table:** (I) lift look up (E) lower tuck chin
- **Table 6 Directions:** moving from the neck (Hyoid bone)
- **Table side kicks:** with “HA” sound
- **Down Dog to Plank or Up Dog:**
 - (E) plank or Updog look up (I) Downdog tuck chin
- **QiGong 8 Directions:** with head movements
 - gather (look down) - rise (look up hands move above head)
 - expand (look R) - contract (look center) – expand (L)
 - move in(chin retract) -out(stretch forward)... down... disperse
- **Wood Chopper**
- **Vowel Sounds:** *note: some teach the sounds for 3rd and 4th reversed
 - 1=“O”, 2=“U”, 3=“Ah”, 4=“Ay”, 5=“Ee”, 6=“Ng”, 7= silent
- **Sun Salute:** with shoulder stretches, and Camel w/neck work

- **Pyramid** (*Parsvotanasana*): with blocks or a chair in front
- **Triangle** (*Trikonasana*): with blocks or a chair by sides
 - partner supporting head
- **Goddess: Ocean Breathing**
- **Side-side Wide legged Lunge:**
 - Deepen: bend R knee shift wt. R – twist at belly reaching down L leg (straight)... then to other side
- **Supported Bridge pose** (*Setu Bandha Sarvangasana*):
 - Can add plow and fish for more advanced
- **Savasana:**

Meditation: ether or sound as element, resonance, harmony, vibration, sixteen petals, downward facing triangle...

Mantra:

- "I express myself clearly"
- "I have the right to be heard"
- "I release and let go of dishonesty"
- "I am Creative"

Color: Bright blue

Element: Ether

Seed sound: Ham

Vowel sound: ee (*as in see*)

Basic Issues: need for creative expression, speaking your truth, clarity of communication (communication of your inner words, thoughts, feeling to the world around you). Letting go of dishonesty and being accountable for your actions.

Emotional or mental Issues: beyond emotion but things done here stir up emotions in other areas, ie. being silent or chatty, fear of speaking, fear of self expression.

Physical Issues: *Ear, nose and Throat issues.*

Other practices: volunteering in the community

Off the mat: Spend one day taking an inventory of the words you use regularly in daily life, making note of them throughout the day. How would you describe their overall tone? Do you use disempowering words like "maybe", "I don't know", and "I am not"? Or is your language compassionately direct, serving as a means of embracing who you are and honoring your truth?

Pranayama Ujjayi sometimes called Darth Vader breath or tranquilizing breath

Foods:

- Liquids in general: water, fruit juices, herbal teas (good for throat)
- Tart or tangy fruits: lemons, limes, grapefruit
- Other tree growing fruits: apples, pears, plums, peaches, apricots etc.
- Spices: salt, lemon grass

Tea today: Hibiscus and blueberry with honey and "Throat Coat" Yogitea

"We have 2 ears and 1 mouth so we can listen twice as much as we speak". Greek Philosopher – Epictetus

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