**5th Chakra-Throat**

**\*Read Affirmations, Attributes and Mudras Cards**

\***Throat massage:** )Dipping fingers in essential oil)

-Apply light pressure to your throat, breathe in and out slowly, taking in the fragrance and the loving touch.

-Slowly make small circles over your throat, noticing the ease of the skin to move and any areas that might feel tight. Stay with the tension, if found, and continue to caress and send love and thoughts of ease.

-Criss-cross hands and place fingers over the area at the base of your neck, above the clavicles. Slowly and gently press into the area and stretch the skin forward. Repeat this 10 times.

-Place hands on the sides of the neck, so hand covers between earlobe and base of neck. Gently, slide hands down the neck toward base. 10 times.

-Place right hand on the front of the neck, under chin, and slide toward the left side, then down to base of neck- 10 times. Switch hands and repeat to the other side of your neck.

-Place hands on cheeks, and nose, gently press and slide from middle to ears, then slide down to the base of the neck-10 times.

-Return hands to the throat, gently circle and slide hands to the side, breathe deeply.

\***Journal/Writing prompt:**

FIRST: With a pen in your dominant hand, write a statement or more of negative self-talk, about your body, your habits, your circumstances…anything that doesn’t feel good but that you hear in your head, and perhaps believe…

NOW: Put your pen in your non-dominant hand; let alternate messages of love and positivity flow. Let the right side of the brain, with its intuition, spirituality, creativity, speak. Let the inner wisdom transform the self talk…This may be messy, nonsensical, playful, metaphorical, but nudge the practical and analytical out of the way. It is at best limited and is not the whole you.