

Divine Healing Inner Circle

REFLECTION PRACTICE



A Visualization and Chant Practice to Heal Your Throat Chakra October 2021

In this practice, you are invited to chant and visualize light and the color blue to sooth, align, clear or support your throat chakra. Deeper truth emerges from the throat chakra when we can clear, nurture, and connect to our higher consciousness. Please complete the following questions to help you integrate this practice:

1) What was your experience of visualizing the light or the color blue?

2) What was your experience of hearing or reciting the chant?

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3) What occurred for you in the silence?

4) What message came through for you?

5) If there is anything else you need to express from this throat chakra practice, please do so in the space below: