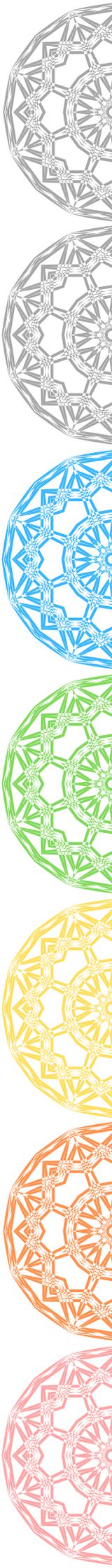


Warrior Rising

Throat Chakra



Throat area
Speaking up, self control, truth



Channelled Message

Ahhhhhhhh

The Throat Chakra - where you can do most damage in using or not using your words.

Your physical body is like an instrument that we like to assist you in keeping clear of energetic debris so that you can clearly notice our communication with you. So often we notice that you are eating your words and not allowing yourself to speak up and out - this is generally because you fear you will be ridiculed and misunderstood.

There is no need to fear speaking your truth. You must first start with speaking the truth to yourself. If you are not feeling in flow or alignment then you need to speak up to process and allow the debris of confusion to be blown away.

Once you are comfortable with speaking up and out to yourself, speaking up to others about your needs and wants will become much easier.

Please take the time to exercise your vocal cords by humming, chanting, singing and speaking up.

We look forward to hearing you speak your truth.

The Collective



Clear it out and Speak UP

The Throat Chakra which is situated in the Throat (of course) and focuses on the verbal expression, self control and truth.

The Throat chakra can be affected by negative thoughts and feelings around having your needs met (by loved ones, co-workers and even you) as well as speaking your truth.

In most cases this can mean speaking your truth about how you feel and what you need.

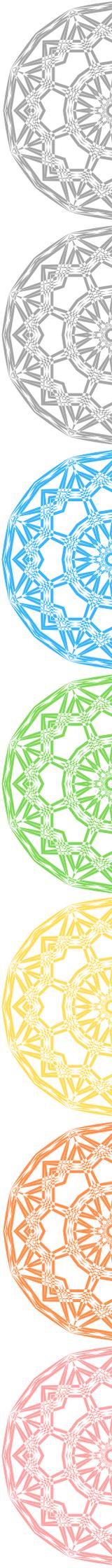
The particular crystals and Archangels for this week are Aquamarine (Archangel Ariel and Raguel) which encourages balance in our physical, mental and emotional spaces and Sodalite (Archangel Raphael, Gabriel and Jeremial) which is amazing in helping to increase your psychic awareness and letting go of control issues (many of us have those). If you don't have these particular crystals it's totally ok to use clear quartz as it's an amazing base crystal that can cover all the chakras.

When taking your few moments in the morning or throughout the day, just grab your crystal as it will help you to come back into spirit.

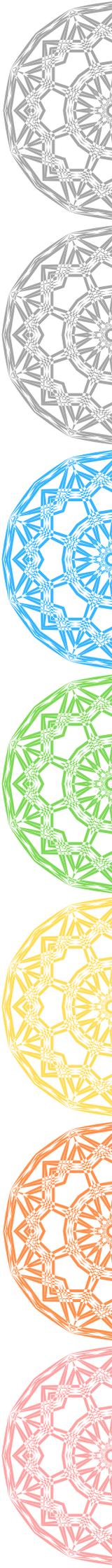
Can you honestly tell yourself that you can happily swallow words and feelings in situations that no longer make you happy?

The throat chakra is where many of us become stuck and end up with a great big wad of muck in our throat as we keep choking back words that need to be said for our own good. The hardest step is always admitting to yourself how you feel and what you need.

This particular chakra requires you to be lovingly assertive in what you desire in your life and the as this chakra is all about I SPEAK, I have included a few affirmations to get you started



I SPEAK WITH LOVE
I SPEAK MY TRUTH in all situations
I SPEAK with respect for myself and others
I SPEAK with honour
I SPEAK when I need too otherwise I nod politely



Guiding Goddess

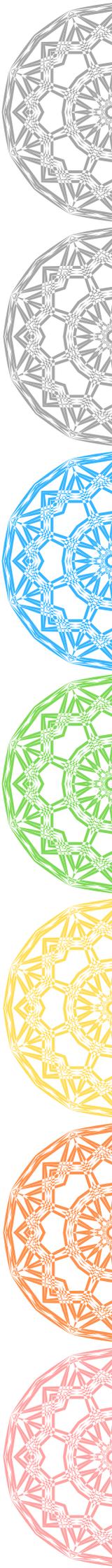
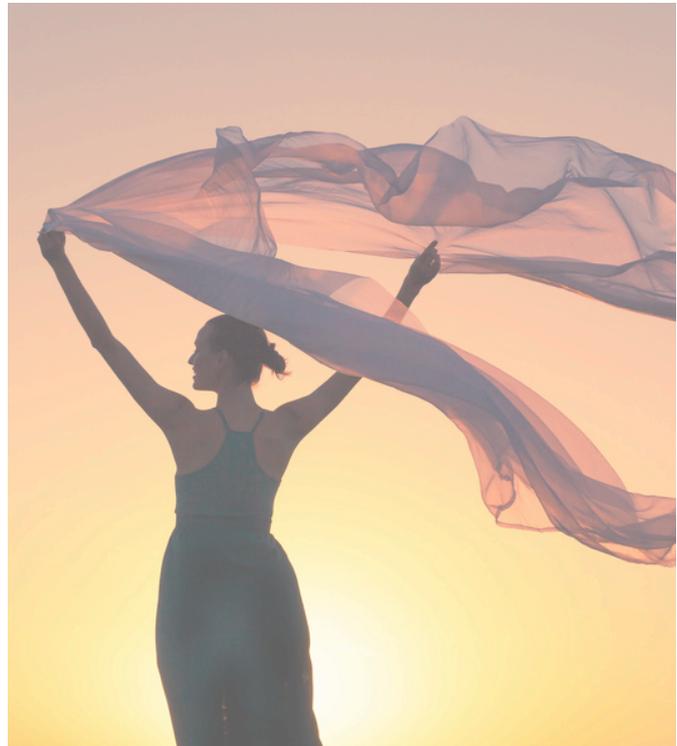
- Athena -

Athena is the Goddess of Wisdom and perfect to work with regarding the Throat Chakra.

You have an inner wisdom that is wanting to come forward and Athena is here to assist you in placing a little more structure to your personal journey. She can lead you to the perfect book, website or even course to lead you to the breadcrumb your intuition is craving to find.

Athena's animal kin is the owl and you will find that she will bring this gorgeous animal to your attention over the coming few weeks with feathers, owl pictures and even video snippets on your social media to show her support of your journey.

Quite the Warrior is Athena as she uses her smarts to outwit and outplay those who would want to act with less integrity than she see's fit.



Guiding Tarot Card

- The Magician -

The Magician card is all about intellect, smarts and seeing through the illusion.



from the Modern Witch Tarot

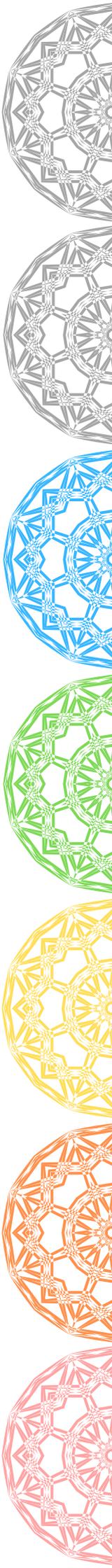
This card upright can mean the need to work through all of the information (seen and felt) to come to the best of conclusions in using your personal magic.

The Magician knows his or her mind and speaks her words with clarity knowing that her word is her wand and can cast the mightiest of spells with the right emotion behind it.

As the Throat Chakra links in with your ears, your ability to hear the slightest shift in another's tone or the messages the Universe brings forward is your strength.

Be sure to use all of the information at hand when making/spelling on behalf of others and be sure to use discernment where needed. While someone may tell you something via the words they speak, their body language and tone may tell you otherwise.

As the owl would observe, The Magician asks you to do the same.

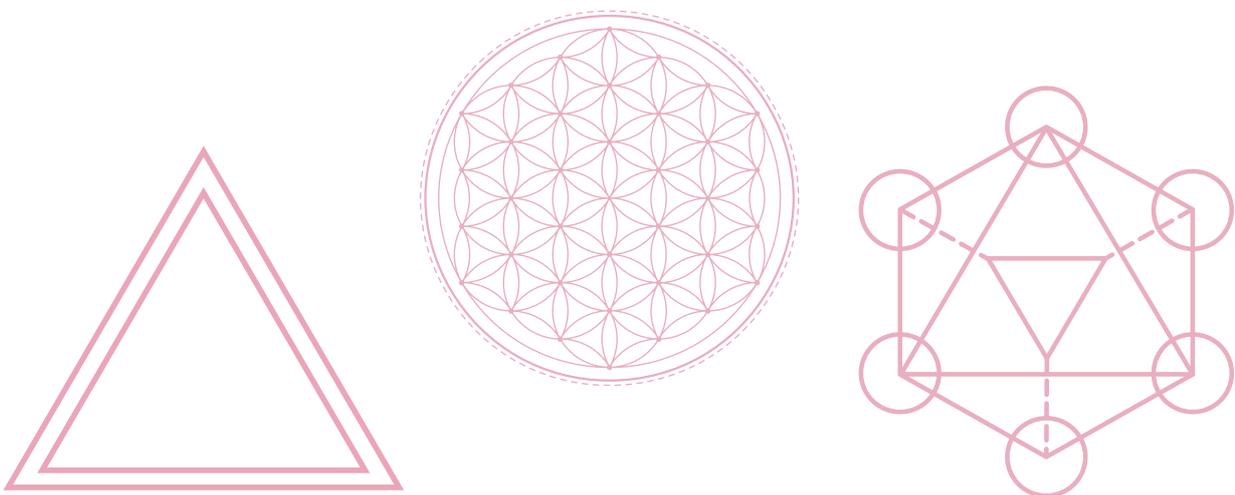


Guiding Archangel

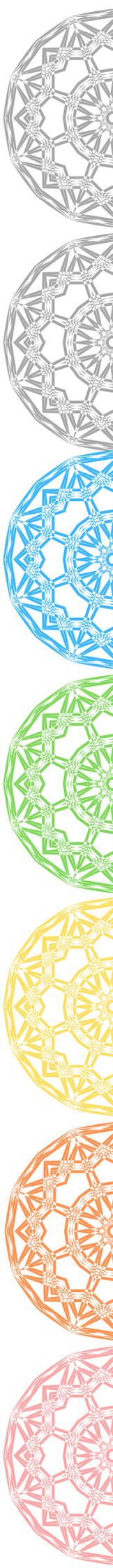
- Metatron -

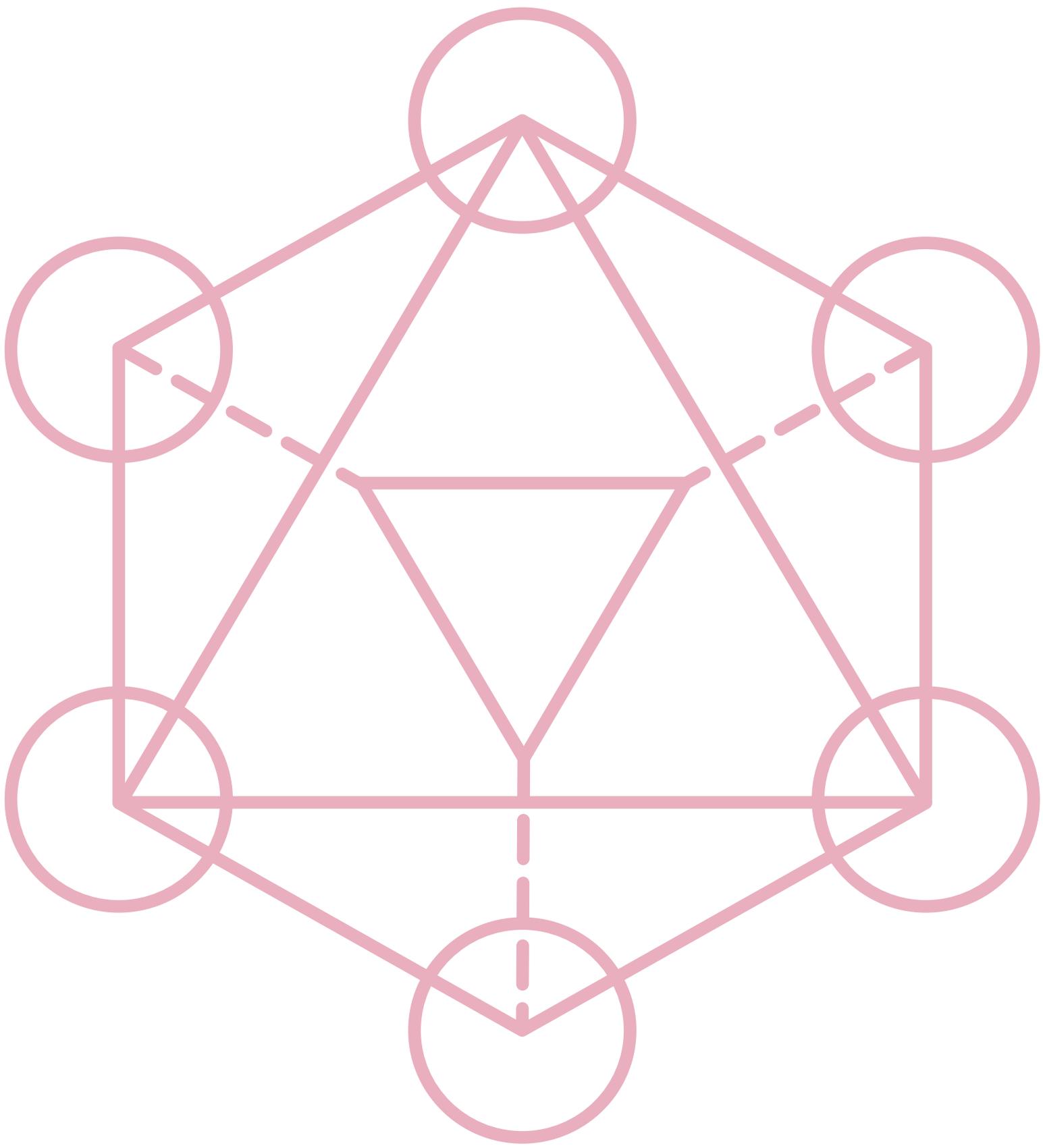
Metatron is the Archangel who works with those are opening up to their superpowers. We all have a dominant clair that comes forward at times to assist and the throat chakra leads into Clairaudience. More of that shortly.

Sacred geometry is how Metatron like to show he is nearby or trying to capture your attention with the most common one's being the triangle, flower of life or Metatron's Cube (below)



Metatron' Cube can be used to clear energy from our fields if you need a boost in clearing out the old. A great way is to draw or print of a copy of the cube and pop it on the ground. Place your feet in the middle and call in Metatron for clearing. It only needs to take 10 seconds. I have included a larger clube on the next page for you. Another way Metatron works with us is in recording our choices and adventures within the Akashic Records. He is not with us to pass judgement but support us on our journey. Flashes of bright colour can be seen when he is near and he loves using greens and pinks.





- Clairaudience -

allowing yourself to communicate and hear

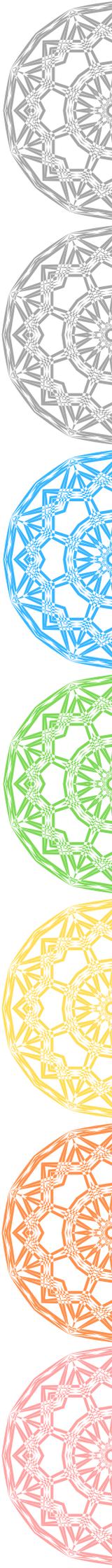
Clairaudience is the ability to hear and is directly linked to the Throat Chakra. I know it sounds unusual but stay with me here.

When a person is using the Clairaudient ability, they will find that they receive messages through words or sounds that they receive in their ears.

You may not recognise where they come from but pay attention as they will be an answer you are seeking. It may be as simple as noticing the line to a song playing over in your head when you wake up or even finding that a particular word is brought to your attention. When choosing a name for my business, I took note of the words that were catching my eye as well as those being brought to my attention by watching YouTube clips or podcasts.

The clincher was when I was at my local bookstore and found a book with the word Flourish in the title - the book was on the bottom shelf well away from where I would normally look.

When I picked up the book there was a collective sigh with a "yes" being said in my mind. I had found the breadcrumbs my team had left for me. The particular Clair also focuses on the ability to communicate clearly and with intention. Rather than spraying your words without any recourse, take a moment to process what is going on and then add your piece.

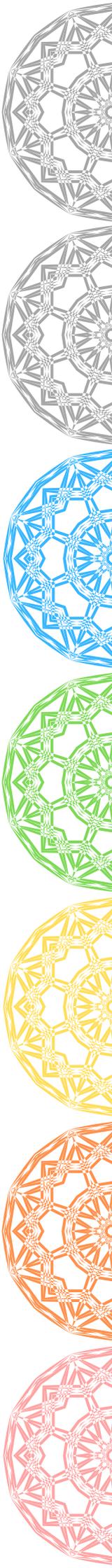


Mini Tasks for the Throat Chakra

Please remember that these tasks are opportunities for you to learn about yourself and grow. I will be doing them right alongside you.

There may be tears, a-ha moments and real clarity in where you are now and where you want to be going. Writing about your journey allows you to process and pull from your mind things you may not have realised need releasing and things your higher self is trying to lead you towards.

Light your candle, grab a cuppa or glass of wine and let the words start to flow xx

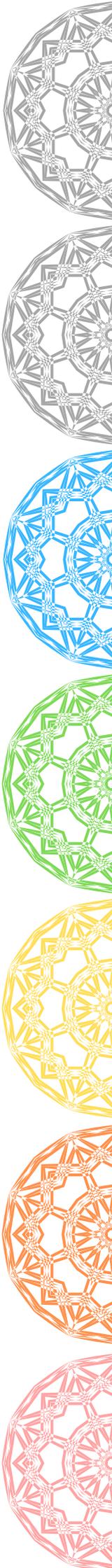


Lean in and LISTEN

So this exercise is all about taking those few moments to listen. It truly is as simple as just sitting quietly and you can even try this in bed at the start and end of each day.

Notice any particular words or sounds that come to mind and even song lyrics too. Does it seem like one particular line or word keeps playing repeatedly? Write it down as they will make sense to you soon.

You could quite simply say "Ok Crew. What is it you are trying to bring to my attention?" then just breathe and see what comes.

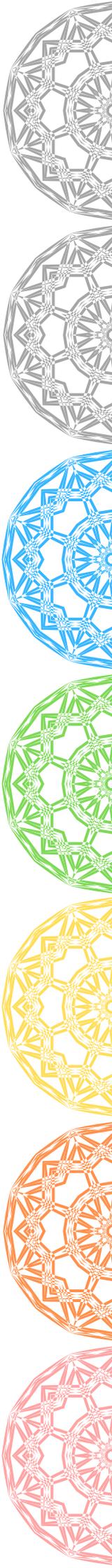
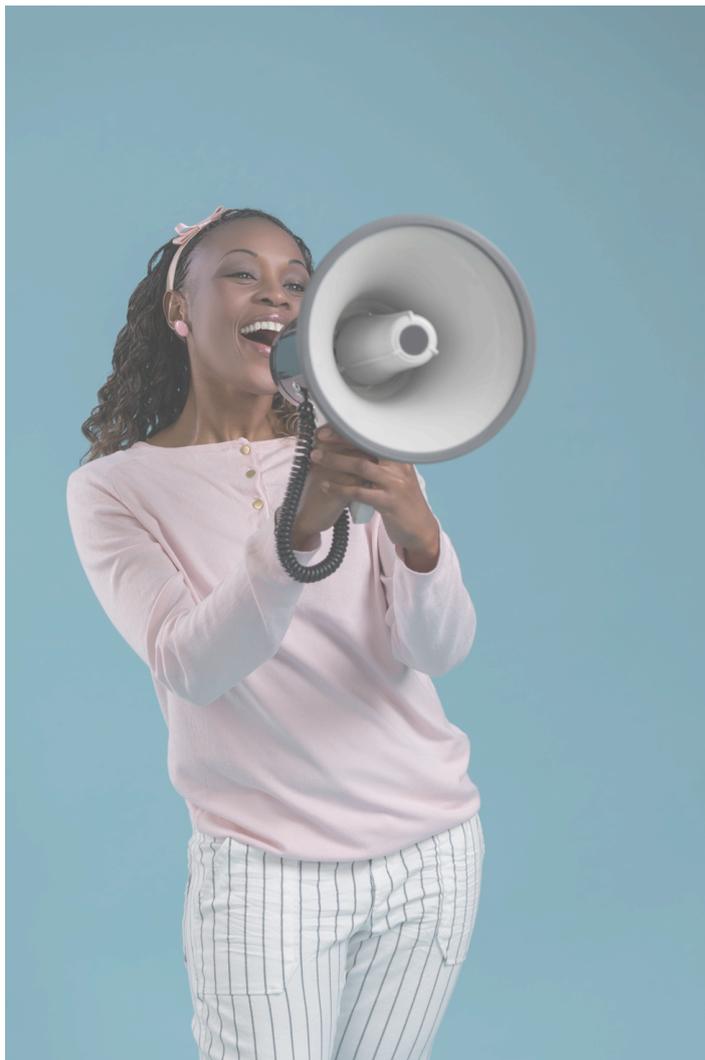


Speak Up Sweetness

For those of you who are a little camera shy, its time to come on out and say hi.

This particular task is about speaking up and out. Come on over into the group and let us know how you are going on your journey through the chakras.

I promise we don't bite and are all here to support one another. Remember this - the first time can feel like ripping off a bandage but once it s done you feel so very liberated and want to go again. Come on over and show us your brave!!



Chakra Wrap Up

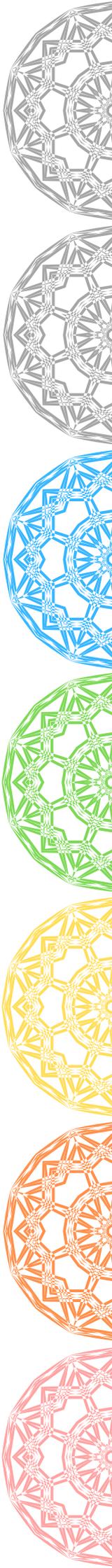
Sing it, speak it, scream it.

The throat chakra needs exercising and you need to ensure that you are not under or over doing it. Vocalize your feelings whether it be through singing a song that fits the mood, chanting a meditation or mantra or even screaming out the back of a football field.

All of these are so very healing and releasing while moving energy through this energy centre.

You hold the key to the love you want as it takes bravery to get you arse into the arena every day xx

BE BOLD
ENOUGH TO
RAISE THE
STANDARDS OF
EVERYONE
AROUND YOU.



Time to move onto the Third Eye CHAKRA

