crystal musings

Throat Chakra



Color

Blue, Turquoise

Mantra/Affirmation

I express my truth. I express my creativity. I listen to my inner voice. I listen to others without judgement.

Essential Oil Recommendation

Rosemary, Chamomile, Peppermint, Eucalyptus, Blue Tansy

Crystals

Blue Lace Agate, Aquamarine, Blue Topaz, Turquoise

Emotional/Spiritual

When in balance you communicate freely, express yourself creatively, and be your true self. You are honest and speak intuitively.

When out of balance you may feel powerless to speak out and fear being judged or rejected. You may feel unseen or unheard, as well as hurt, and resentful towards others.