

Clearing your Throat Chakra and Phone

3/24/19

Chakra Description: Throat

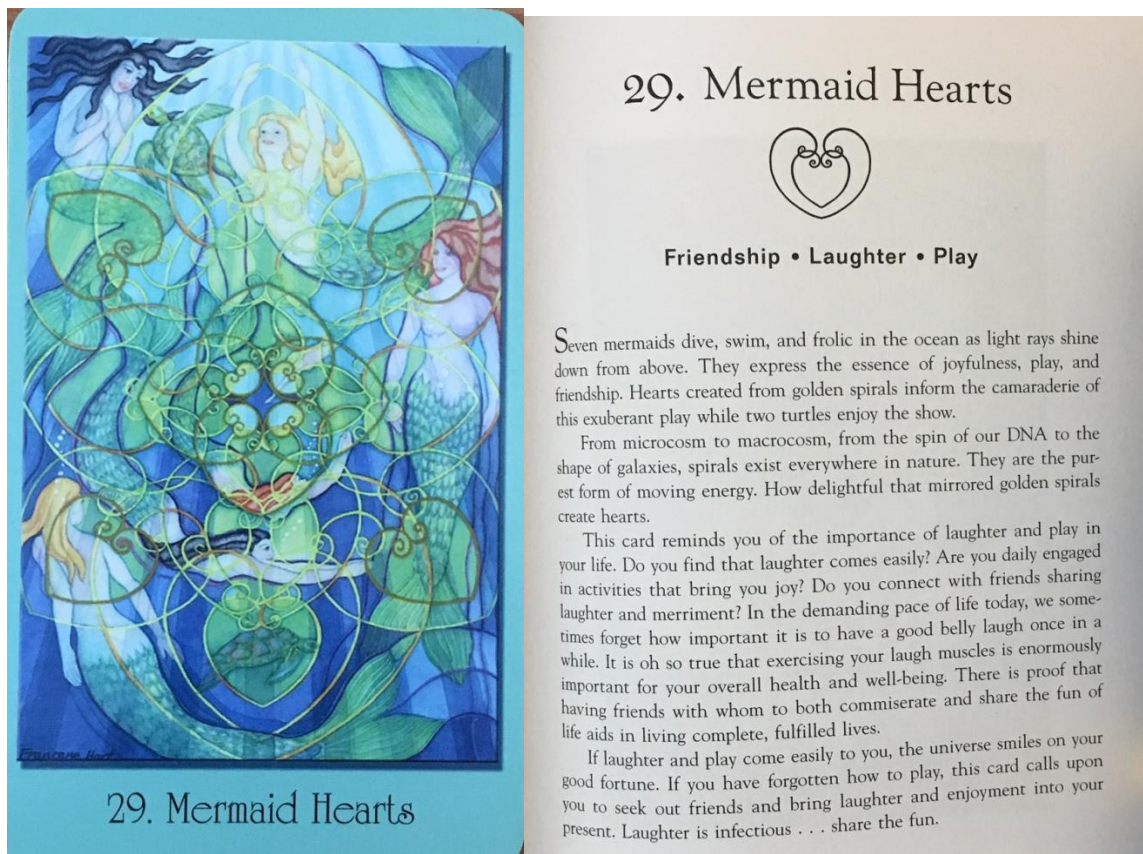
Known as Vishuddha in Sanskrit, the throat chakra is the powerhouse of communication, self-expression, and how we put our truth out into the world. It's located right in the center of your neck, between your collarbones and the lower half of your face, in the area known as the "energetic bottleneck". Because of this, it's common for energy to get stuck here. If you'd like to read more, check out this post [Exploring the Chakras Part 5: the Throat](#).

Space Clearing: Phone

For many of us, our smart phone has become an extension of ourselves. We text, email, tweet and occasionally talk on it ☺ It's our gateway into the world wide web and can get clogged with stressful energies.

Oracle Card: 29. Mermaid Hearts

Calling on laughter and merriment...

The image shows an oracle card titled "29. Mermaid Hearts". On the left is a vibrant, colorful illustration of seven mermaids swimming in a blue ocean, surrounded by green seaweed and golden spiral patterns. The right side of the card is white with black text. At the top, it says "29. Mermaid Hearts" in a serif font. Below the title is a simple line drawing of a heart with two smaller hearts inside it. Underneath the drawing, the keywords "Friendship • Laughter • Play" are listed. The main body of text describes the scene of seven mermaids playing in the ocean, mentions golden spirals forming hearts, and discusses the importance of laughter and play in life. The card is signed "Francene Hart" in the bottom left corner of the illustration.

29. Mermaid Hearts

Friendship • Laughter • Play

Seven mermaids dive, swim, and frolic in the ocean as light rays shine down from above. They express the essence of joyfulness, play, and friendship. Hearts created from golden spirals inform the camaraderie of this exuberant play while two turtles enjoy the show.

From microcosm to macrocosm, from the spin of our DNA to the shape of galaxies, spirals exist everywhere in nature. They are the purest form of moving energy. How delightful that mirrored golden spirals create hearts.

This card reminds you of the importance of laughter and play in your life. Do you find that laughter comes easily? Are you daily engaged in activities that bring you joy? Do you connect with friends sharing laughter and merriment? In the demanding pace of life today, we sometimes forget how important it is to have a good belly laugh once in a while. It is oh so true that exercising your laugh muscles is enormously important for your overall health and well-being. There is proof that having friends with whom to both commiserate and share the fun of life aids in living complete, fulfilled lives.

If laughter and play come easily to you, the universe smiles on your good fortune. If you have forgotten how to play, this card calls upon you to seek out friends and bring laughter and enjoyment into your present. Laughter is infectious . . . share the fun.

From Sacred Geometry for the Visionary Path by Francene Hart

Exercise:

With your phone, share something that brought you a belly laugh with at least three friends. Here are a couple of my favorites YouTube videos that I want to share with you:

[Scottish Elevator Voice Recognition](#)

[It's Not About the Nail](#)

[Close Encounter - SNL](#)