

THROAT CHAKRA – WEEK 5



COMMUNICATION / HONESTY / EXPRESSION / DIVINE TRUTH - 20 MINUTE ACTIVITIES

DAY 1 – KNOW YOURSELF

Think about this: How well do you communicate with yourself? Do you communicate with your body? Do you do things without thinking about it? Subconscious habits? How honest are you with yourself about who you are and why you do things? For your activity today, go to your mirror and tell yourself; Who you are; what you believe in; what motivates you to do the things you do. Look deep within yourself and find your TRUTH. This week is all about the Divine Truth and it ALL begins with being truthful with yourself. After this activity, record a short video about how you feel.

DAY 2 – TEST YOURSELF

After yesterday's exercise, you may have found a few places where you may be lacking truth. Think about this: Where are you not being completely honest with yourself? How are you lying to yourself? How much of your life is rooted in truth? Why do you lie to yourself about those things? For your activity today, go to your mirror and ask yourself the hard questions. You know, the one's you've been avoiding. There is no point in wasting time on anything other than truths. Admit to yourself the dark or negative things that you've done or felt within. When you are truthful about the fact that you haven't been living all the time in the light, then you can move on by forgiving and accepting yourself. Know that you are now on the path for the search for the Ultimate Truth so that from this moment on, you can make the most of your life by living Your Truth. After this activity, record a short video about how you feel.

DAY 3 – CREATE YOURSELF

Today is the first day of the rest of your Truthful Life. Now you know the areas in which you haven't been completely honest with yourself, take some time today to re-design your life lived in Truth. Grab your journal and write out who you know you are in Truth. Write out what you want in your life. Then go to the mirror and tell yourself your New Truth. (You may have some apologies to make to yourself). After this activity, record a short video about how you feel.

DAY 4 – UNDERSTANDING TRUTH

Today is a day for reflection on what you've learned about yourself for the first three days. How do you feel about yourself and what you've learned? Do you understand who you thought you were and who you are? Is there more truths that you need to tell yourself before you can move on to a higher understanding of what truth is? In your mirror, look at yourself and stare deep into your being, no words needed and really look for YOU within so that you can understand who you truly are.

DAY 5 – TRUTHFUL COMMUNICATION

Today is a day to look around and see all of the kinds of communication that exist. This week isn't all about talking, it's about communication. There are so many forms of communication such as speaking, body language, eye contact, even silence. Does your body language effectively communicate how you feel inside? Can you tell what others are trying to or are subconsciously communicating with you by the body language they project or the silence that you hear? It's time to connect with others through truthful communication. Pay attention to how you talk to others, not just with your words but with your body language, eye contact, gestures and even your silence. Are they hearing your Divine Truth through your means of communicating? How can you improve this? After the day, record a short video on your observations.

DAY 6 – DIVINE COMMUNICATION

The universe and our Earth have a frequency. The universe and our Planet are conscious of all things within it. They are at all times communicating with us. We have just been blind or unaware of this communication. Your goal as a divine human being is to be able to pick up on and understand what they are trying to say to you. How are they communicating with you? Look for the signs that exist. Today is a day of consciously paying attention to how the Earth and Universe are communicating with you. Look around and take note of the smallest sign that you may have just missed or biggest thing that is completely obvious and take notes on it. What do you think they are trying to tell you? At the end of the day, sit with your notes and go over all of the similarities or randomness of the things you've noticed throughout the day. Is it time to start listening?

DAY 7 – COMMUNICATION WITH THE DIVINE

Today is the last day of the Throat Chakra week. Through this week you have spent a lot of time communicating with yourself, with others while looking for signs of how the Earth and Universe are "speaking" to you. Now is the time to learn to communicate with The Mother Earth and The Creator. There are many ways of doing this. Prayer, Incantation, meditation, verbalizing focused thought and so on. The throat chakra is the energy center of divine truth and the frequency is the one commonality that changes the very energy of the universe. Today's activity is to talk to The Mother Earth and The Creator. Speak to them, have an open dialog and conversation with them. Knowing that they are listening, what do you want to say? Speak your newfound truth and know that they are listening.