YONI SHAKTI WOMB WELLNESS PRESENTS

THE WOMB ALIGNED PATH

THROAT ENERGETICS

PORTAL 7

THE MYSTICISM OF THE THROAT: A SACRED PORTAL OF TRUTH AND EXPRESSION

The throat is a sacred and subtle center—an inner gateway that connects the heart's depth with the world around us. It is through the throat energy wheel that inner knowing becomes shared truth, that emotion becomes expression, and that invisible insight is shaped into sound. In many wisdom traditions, this centre is not just about communication, but about alignment—between thought and word, between inner values and outer actions, between what is sensed deeply and what is spoken out loud.

When we speak with clarity, sincerity, and love, we bring harmony into our lives and into our relationships. But when we are silent out of fear, when we repress what longs to be expressed, or when we speak words that are not true to us, the energy here contracts. And over time, this can become a barrier to growth, intimacy, and inner peace.

In the energetic framework of the body, the throat energy wheel is linked to ether, or space—the most subtle of all elements. Ether holds sound, vibration, resonance. It is the space that allows things to be heard. In a spiritual sense, the throat represents that internal spaciousness where truth can arise gently, and be offered to the world without force.

This is why practices like chanting, singing, prayer, and conscious speech are so powerful. They are not simply vocal exercises; they are ways to reconnect with what is real and essential within you. In the vibration of your voice, especially when aligned with your heart, you invite presence, connection, and clarity.

At its essence, the throat is about **living in truth.** Not just speaking truth, but allowing truth to inform how you live, create, relate, and lead. A balanced throat energy reflects the courage to be honest—with yourself and others—and the discernment to know when silence is the most authentic response. It also helps you become a better listener—one who can hear not just words, but intentions, emotions, and needs.

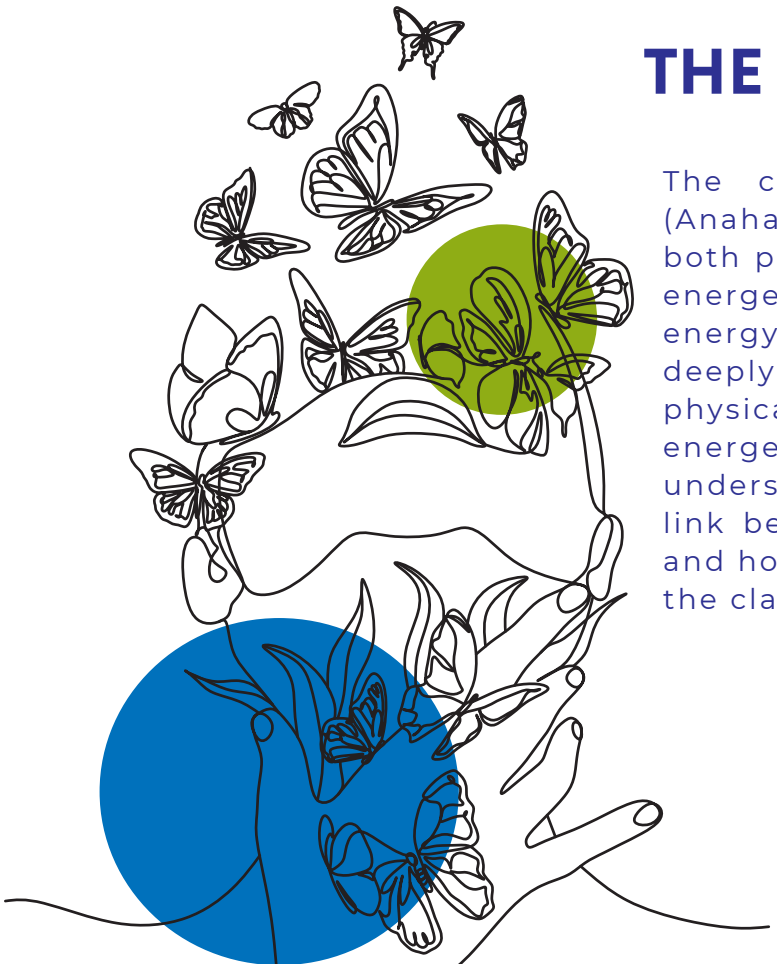
Expression here is not about performance. It’s about congruence—between your inner world and outer voice. It’s about allowing your experiences, thoughts, and beliefs to move freely, without shame or distortion.

THE INNER AND OUTER VOICE

There are two voices we work with in the throat energy: the inner voice and the spoken voice. The inner voice is the subtle sense of knowing that lives beneath surface thoughts. It's the intuition, the conscience, the quiet guidance that often whispers rather than shouts. When we cultivate a relationship with this voice—through stillness, reflection, or journaling—we become more attuned to what truly matters.

The spoken voice is the bridge between this inner wisdom and the outer world. When these two are in balance, we speak not just clearly—but meaningfully. We build trust. We heal misunderstandings. We create space for others to be seen and heard too.

Every time you speak, you cast energy into form. The more aligned your throat is with your heart and inner knowing, the more powerful your words become. In ancient traditions, sacred sound (mantra, chant, incantation, prayer) was used to alter reality, to heal, to bless, to destroy illusions. The mystic path of the throat teaches that silence is sacred, but so too is the uttered word, when it arises from truth.



THE HEART & THE THROAT

The connection between the heart chakra (Anahata) and the throat chakra (Vishuddha) is both profound and essential in the spiritual and energetic systems of the body. These two energy centers, though distinct in function, are deeply interwoven through the pathways of physical anatomy, emotional intelligence, energetic flow, and self-expression. When understood together, they reveal the powerful link between what we feel and what we voice, and how the authenticity of the heart influences the clarity of the throat.

Physical Connection between the heart and throat

Anatomical Proximity & Vagal Pathways

The heart and throat are physically connected through the vagus nerve, a major component of the parasympathetic nervous system. This nerve travels from the brainstem through the neck and into the chest and abdomen, forming a biological bridge between these two energy centres. When the heart experiences strong emotions (like fear, love, or grief), signals are sent up through the vagus nerve and impact the vocal cords, breath, and throat muscles—often causing a “lump in the throat” sensation or a tremble in the voice.

Respiratory & Cardiovascular Symbiosis

The throat governs the breath, and the breath influences the heart rate. Practices like deep breathing, chanting, or vocal toning activate both the throat and heart, simultaneously calming the nervous system and opening emotional channels. The breath, therefore, becomes the thread that connects the rhythm of the heart with the clarity of the voice.

Muscle Tension & Emotional Holding

Both the chest and throat are common places where we somatically store unexpressed emotions. Tension in the chest can constrict the breath and tighten the throat. This leads to difficulty in both emotional release and verbal expression. A blocked heart can manifest as a closed throat, and vice versa.

Emotional Connection between the heart and throat

Authentic Expression of Feelings

The throat chakra is the gateway through which the heart speaks. When the heart feels deeply—be it grief, joy, longing, or love—it seeks expression. If the throat is closed or blocked, emotions stagnate, leading to feelings of emotional suffocation, isolation, or disconnection. Healing the throat opens a sacred channel for the heart's truths to be shared with the world.

Speaking from the Heart vs. Performing

When the heart chakra is balanced but the throat is imbalanced, one may feel deeply but struggle to express authentically—perhaps out of fear of judgment or past trauma. Conversely, if the throat is overactive and the heart is underactive, a person may speak often, but their words lack depth, sincerity, or emotional truth. True embodiment arises when the voice becomes an instrument of the heart's wisdom, not just the mind's agenda.

Emotional Suppression and Shame

Many people hold emotional wounds around "not being heard" or "being too much." These wounds often originate in childhood and live in both the heart and throat. This can result in a pattern of emotional repression or inauthentic communication—where the heart desires vulnerability, but the throat has been conditioned into silence or false presentation.

✧ Energetic Synergy

Vibrational Flow

In energy healing, the chakras form an ascending spiral of consciousness. The heart chakra sits at the bridge between the lower (earthly) and upper (spiritual) chakras. The throat, just above, is the first of the higher expression centers. When the heart is open, it fuels the throat with love, empathy, and truth, allowing communication that heals rather than harms.

Creative & Emotional Alchemy

When the heart's emotions are channeled through the throat, they transform into poetry, song, art, or truth-telling. This is why singers and poets often describe creating from the heart. A balanced throat chakra doesn't just speak—it sings the soul's truth, harmonising logic with feeling, insight with intuition.

YONI - THROAT CONNECTION

The throat and the yoni are mirror images of one another. In a female embryo the vocal cords and ovaries are one organ that later splits into two as the embryo develops.

The word “cervix” comes from the Latin word for neck, and both the vagina and the throat are supported by a hammock-like set of diaphragmatic muscles which move in tandem with respiration.

The Yoni most of the time takes power in but also releases and births power out. The throat takes air in and out. Not only are the yoni and throat very similar from an anatomical perspective but they are also energetically linked.

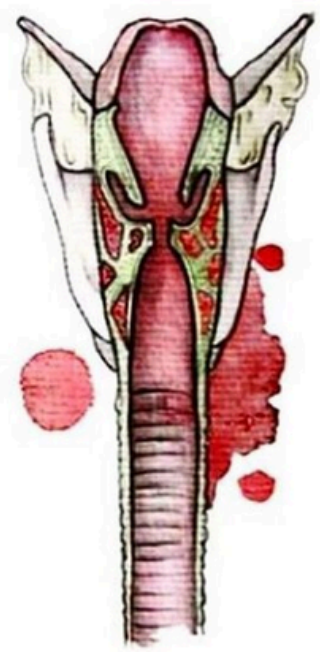
REFLECTIVE JOURNAL PROMPT

- Do you feel the deep seeded call to explore your voice?
- Write 10 to 15 positive affirmations that affirm your ability to speak clearly and confidently as well as why your voice matters. Repeat each affirmation twice.
- Reflect on this statement: “My words and my voice matter.” List all the ways in which this is true.
- What are the guiding principles and truths that I carry with me throughout my life?
- What does authenticity mean to me?
- Write about a time when you spoke your truth and felt heard, respected, and listened to. How did this make you feel?
- What inspires me? Are there things in my daily life that keep me inspired every day? If not, what might help?
- What brings me joy? In what ways is my life filled with joy?

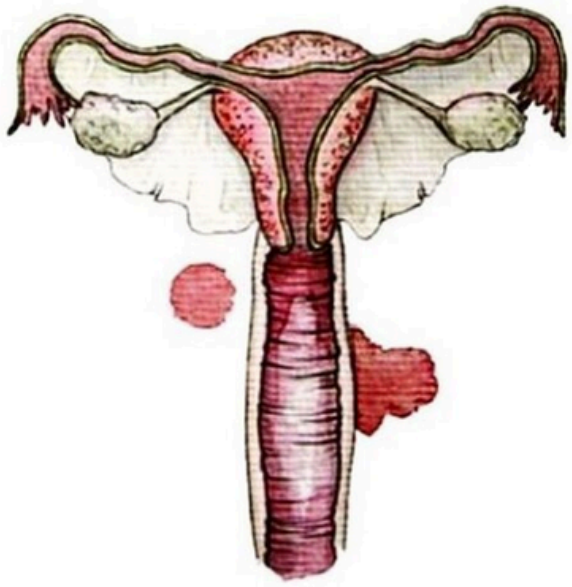
The throat is a womb of sound—where spirit gestates before being birthed through voice.

THE WOMB ALIGNED PATH

PORTAL 7

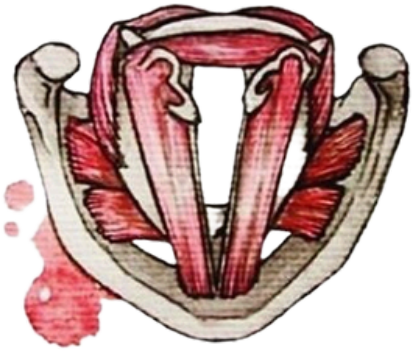


Larynx

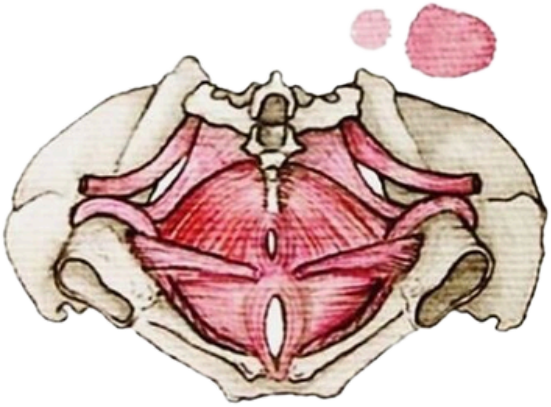


Uterus

Pelvic Throat Mirroring



Vocal Cords



Pelvic Floor

THE WOMB ALIGNED PATH

PORTAL 7

PELVIC THROAT MIRRORING

.The throat and the yoni are mirror in images of one another. In a female embryo the vocal cords and ovaries are one organ that later splits into two as the embryo develops. As we develop in embryo, two depressions form membranes which later form our mouth (oropharyngeal membrane) and the opening of our reproductive tract (cloacal membrane).

2. Our larynx and cervix are connected by our vagus nerve which is affected by our stress levels and breathing patterns. You'll notice if you get scared or nervous, your voice sometimes shakes. Try deep breathing before you speak, or sing and notice the difference.

3. Our jaw and pelvis are connected fascially and then later on in embryological development the spinal cord forms to connect them. When we soften our jaw muscles, our pelvic floor muscles automatically relax - give it a go, let your jaw hang loose.

4. The heart and womb are one, inherently connected and working together. This is often why emotional trauma, shocks to the system and sexual abuse can affect not only menstruation cycles but also fertility.

Harmonising our bodies, reconnecting them is part of the healing journey towards deeper embodiment, resolution of womb health issues, rebalancing of hormonal conditions and accessing of inner feminine wisdom.

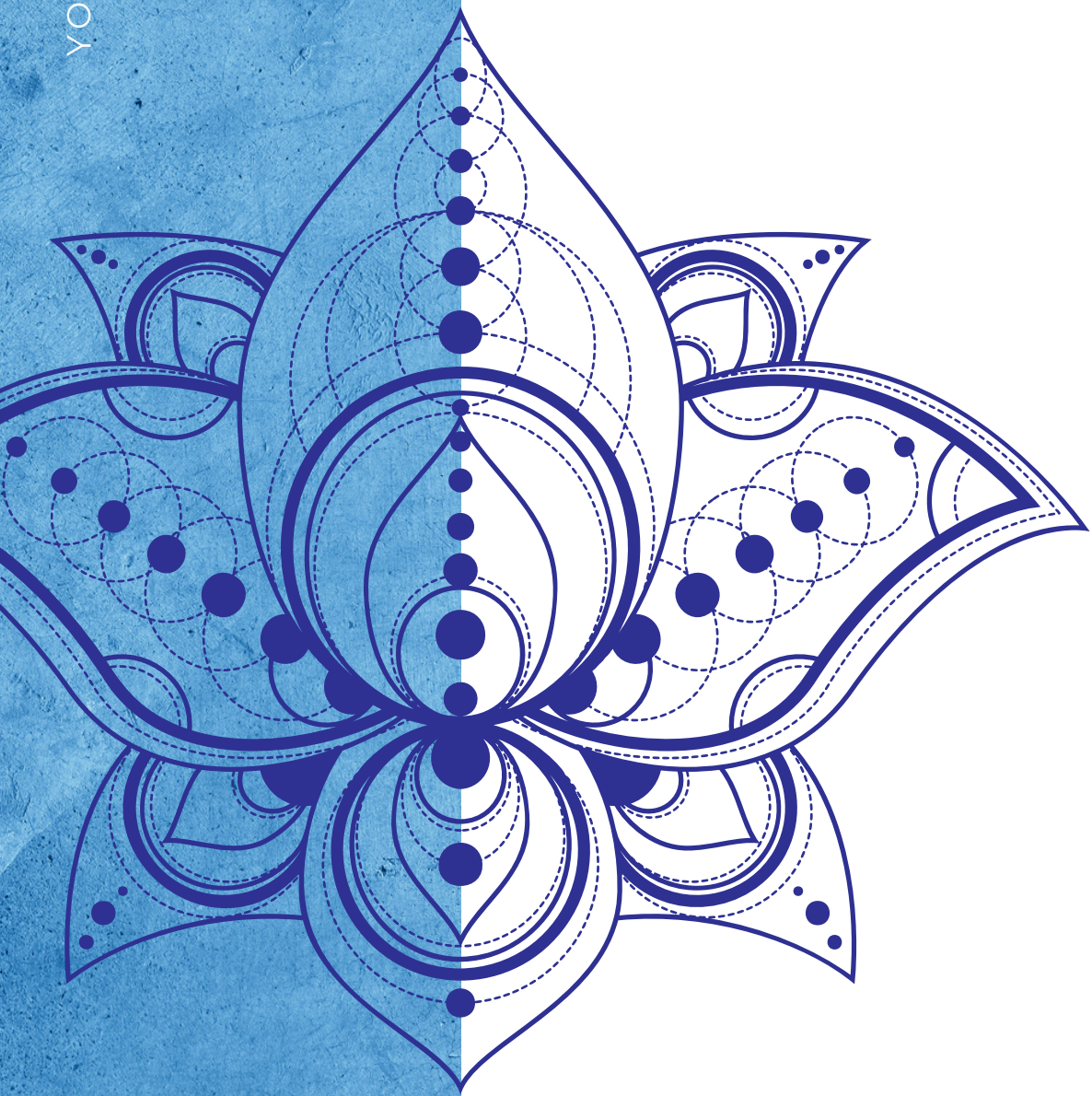
When your Voice opens up is when your Yoni gets signaled that it is safe for her to open up too!

YONI SHAKTI WOMB WELLNESS PRESENTS

EXPRESSION

Energies: authentic self-expression, profound communication, and the manifestation of your truth in the world.

This ethereal element signifies infinite potential. Just as space holds the potential for all forms to manifest, the throat chakra is the space where your thoughts, emotions, and ideas take shape and are expressed.



Throat Energetics

YONI SHAKTI WOMB WELLNESS PRESENTS

Throat Energetics

ABOUT THE THROAT ENERGY WHEEL

The throat chakra, also known as Vishuddha in Sanskrit, is the fifth primary chakra in the human body, according to many Eastern spiritual and healing traditions, including Hinduism and Buddhism. It is located at the throat region, near the thyroid gland, and is associated with communication, self-expression, and creativity.

Throat Chakra Attributes:

- Element: ether/space
- Colour: blue (light blue)
- Sense: hearing

- The Power of Sound: The mantra for the throat chakra is "HAM," a sacred vibration that resonates with this energy center. Sound has a unique ability to create, transform, and heal. Chanting "HAM" during meditation or as part of your daily practice can attune your throat chakra and allow your voice to carry the frequency of truth and authenticity.
- The Creative Nexus: Beyond mere communication, the throat chakra is the gateway to your creative essence. It's where your inner world, rich with ideas, emotions, and imagination, meets the external world. When this chakra is balanced, your creativity flows effortlessly, and your unique expressions become a source of inspiration for others.

YONI SHAKTI WOMB WELLNESS PRESENTS

Throat Energetics

KEY ATTRIBUTES

1. **Communication: The Throat Chakra is the center of communication, encompassing both verbal and non-verbal expression. It governs how effectively you convey your thoughts, feelings, and ideas to others.**
2. **Self-Expression: This chakra is associated with authenticity and the ability to express your true self. It encourages you to speak your truth and be honest with yourself and others.**
3. **Creativity: The Throat Chakra is linked to creativity, not just in artistic endeavors but also in problem-solving and finding new ways to express yourself.**
4. **Listening: Effective communication is a two-way street. The Throat Chakra also involves the capacity to listen attentively and understand others deeply.**
5. **Authenticity: When the Throat Chakra is balanced, you feel confident in expressing your unique personality and beliefs without fear of judgment.**

YONI SHAKTI WOMB WELLNESS PRESENTS

Throat Energetics

IMBALANCES

Underactive Throat Chakra:

- Difficulty expressing thoughts and feelings.
- Fear of public speaking or speaking up in general.
- Feeling unheard or misunderstood.
- Stifled creativity and self-expression.
- Timid communication and a tendency to be passive.

Overactive Throat Chakra:

- Talking excessively or dominating conversations.
- Speaking without considering the feelings of others.
- Being overly critical or judgmental in communication.
- Manipulative or deceitful communication.
- Difficulty in listening to others.

Physical Manifestations of Imbalance:

- Sore throat or frequent throat issues.
- Thyroid problems.
- Jaw pain or tension.
- Voice problems.
- Neck and shoulder pain.

Emotional and Psychological Manifestations of Imbalance:

- Inability to express thoughts and emotions.
- Fear of rejection or judgment.
- Social anxiety.
- Feeling disconnected from your inner truth.
- Difficulty in setting boundaries.

Breathe deeply, inhaling the pure, crisp energy of the colour blue. Feel it wash over you, cleansing and purifying, like a pristine sky after a summer rain. As you breathe, imagine this azure light infusing your throat chakra, revitalizing it, and awakening its dormant potential.

YONI SHAKTI WOMB WELLNESS PRESENTS

Throat Energetics

BALANCE THE THROAT

Balancing the throat chakra involves practices and techniques that promote clear and authentic communication, creativity, and self-expression. This can include meditation, chanting, practicing active listening, journaling, engaging in creative activities, and seeking therapy or counseling when needed. Balancing the throat chakra is a journey toward authentic self-expression and healthy communication with yourself and others.

Balanced Throat Chakra:

1. Clear Communication: When the throat chakra is balanced, you can express yourself clearly and honestly. Your words are thoughtful and kind, and you communicate with confidence.
2. Authenticity: You feel comfortable being your true self, expressing your thoughts, feelings, and beliefs openly without fear of judgment or rejection.
3. Active Listening: You engage in active listening, paying full attention to others when they speak, without interrupting or forming judgments. This fosters meaningful and empathetic communication.
4. Creativity: Your creative energy flows freely, allowing you to express yourself through various artistic endeavors, whether it's writing, painting, music, or other forms of creative communication.
5. Healthy Relationships: Balanced communication leads to healthier, more fulfilling relationships with others. You can express your needs, boundaries, and feelings effectively, leading to mutual understanding and trust.

YONI SHAKTI WOMB WELLNESS PRESENTS

Throat Energetics

Authenticity is the heartbeat of the throat chakra. It is the sacred act of speaking one's truth, not only in moments of courage but also in moments of vulnerability and discomfort. This truth is not merely opinion or perspective—it is the embodied expression of one's essence, values, and soul-aligned convictions. To embrace authenticity is to walk in integrity, allowing your words and actions to reflect your inner clarity and depth.

Yet true expression goes beyond the spoken word. The throat chakra teaches that communication is a twofold path: speaking and listening. Deep, empathetic listening—where one attunes to the emotional undercurrents and energy behind another's words—is a powerful aspect of throat chakra healing. When we listen with an open heart, we offer a sacred container for others to be witnessed, honoured, and heard.

The throat is also intimately connected with emotional healing. When thoughts, feelings, and life experiences are shared honestly and without judgment, they release stagnant or repressed energy held in the body. This act of vocal release can be profoundly therapeutic, inviting emotional clarity and even physical healing.

YONI SHAKTI WOMB WELLNESS PRESENTS

Throat Energetics

Spiritually, the throat chakra is often seen as a gateway to higher consciousness—a bridge between the grounding presence of the lower chakras and the elevated insight of the upper centres. When this chakra is balanced, one may experience a deeper sense of spiritual alignment, intuitive flow, and visionary clarity.

Creative expression is one of the most powerful ways to activate and nourish the throat chakra. Whether through writing, singing, movement, painting, or storytelling, these sacred acts of creation allow the inner world to be externalized, giving voice to what lives within and reconnecting us with the divine rhythm of self-expression.

Symbolically, the throat chakra is represented by a 16-petaled lotus, often illustrated with a crescent moon nestled within. The lotus speaks to the purity and illumination that comes through expression, while the moon reflects the fluid, intuitive, and emotional nature of how we communicate and receive.

When the throat chakra is blocked or imbalanced, it may manifest as fear of public speaking, inability to express needs or boundaries, or a critical, harsh tone toward self or others. Balancing this centre involves practices such as mindful communication, sacred silence, breathwork, yoga, chanting, and sound healing—tools that help clear the channel between what we feel and what we speak.
In healing the throat chakra, we reclaim our voice—not just for speech, but for truth, connection, and creative freedom.

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Throat Energetics

IMBALANCES IN THE THROAT: UNDERACTIVE

Underactive Throat Chakra (Hypoactivity):

1. **Difficulty Expressing:** An underactive throat chakra often leads to difficulty expressing thoughts, emotions, and ideas. You may find it challenging to articulate your feelings and needs.
2. **Fear of Speaking:** There might be a fear of speaking up, whether in social situations, at work, or within personal relationships. This fear can result in missed opportunities and unmet needs.
3. **Feeling Unheard:** Individuals with an underactive throat chakra may feel like their voice doesn't matter or that they are not heard by others. This can lead to frustration and a sense of powerlessness.
4. **Timid Communication:** Communication tends to be timid, passive, or overly cautious. You may avoid confrontations or expressing your opinions to avoid potential conflict.
5. **Stifled Creativity:** Creativity may be suppressed, and you might struggle to express yourself through artistic or creative means, such as writing, art, or music.

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Throat Energetics

IMBALANCES IN THE THROAT: OVERACTIVE

Overactive Throat Chakra (Hyperactivity):

1. **Excessive Talking:** An overactive throat chakra can result in excessive talking or dominating conversations. You might find it challenging to listen to others as you focus on your need to speak.
2. **Speaking Without Empathy:** Communication may lack empathy and consideration for others' feelings. You might unintentionally hurt others with harsh words or criticism.
3. **Judgmental Communication:** There may be a tendency to be overly critical, judgmental, or intolerant in your communication. This can strain relationships and create conflict.
4. **Manipulative Speech:** In some cases, an overactive throat chakra can lead to manipulative or deceitful communication. You may use your words to control or deceive others.
5. **Difficulty in Listening:** Active listening becomes challenging. You may interrupt others, dismiss their perspectives, or be too preoccupied with your own thoughts to truly hear them.

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Throat Energetics

IMBALANCES IN THE THROAT

Physical Manifestations of Throat Chakra Imbalance:

1. **Throat Issues:** Imbalances can manifest as physical symptoms like frequent sore throats, throat infections, or hoarseness. Chronic or unexplained throat problems may indicate an unresolved imbalance.
2. **Thyroid Problems:** The thyroid gland, located in the throat region, is associated with the throat chakra. Imbalances may contribute to thyroid issues.
3. **Jaw Tension:** Tension or pain in the jaw, neck, or shoulders can result from suppressed self-expression and the physical tension associated with unspoken words.
4. **Voice Problems:** Speech-related problems, such as voice cracks, difficulty projecting your voice, or losing your voice frequently, may occur.

Emotional and Psychological Manifestations of Throat Chakra Imbalance:

1. **Inhibited Self-Expression:** Emotional suppression and difficulty expressing your thoughts and emotions can lead to frustration, anxiety, and a sense of being stifled.
2. **Social Anxiety:** Fear of speaking in public or social anxiety can be linked to an imbalanced throat chakra. It can limit your participation in social activities and career opportunities.
3. **Disconnected from Truth:** Imbalances can make you feel disconnected from your inner truth and authenticity. You may struggle to understand your own beliefs and values.
4. **Boundary Issues:** Difficulty setting healthy boundaries in relationships can result from an imbalanced throat chakra. This can lead to codependency or an inability to assert yourself.
5. **Conflict Avoidance:** A fear of conflict can lead to conflict avoidance, causing unresolved issues to fester in relationships.

YONI SHAKTI WOMB WELLNESS PRESENTS

Throat Energetics

BALANCES IN THE THROAT

MANIFESTATION IN THE BODY, SPIRIT, AND HEART:

- Clear Communication: When the throat chakra is balanced, you can express yourself clearly and honestly. Your words are thoughtful and kind, and you communicate with confidence.
- Authenticity: You feel comfortable being your true self, expressing your thoughts, feelings, and beliefs openly without fear of judgment or rejection.
- Active Listening: You engage in active listening, paying full attention to others when they speak, without interrupting or forming judgments. This fosters meaningful and empathetic communication.
- Creativity: Your creative energy flows freely, allowing you to express yourself through various artistic endeavors, whether it's writing, painting, music, or other forms of creative communication.
- Healthy Relationships: Balanced communication leads to healthier, more fulfilling relationships with others. You can express your needs, boundaries, and feelings effectively, leading to mutual understanding and trust.

YONI SHAKTI WOMB WELLNESS PRESENTS

Throat Embodied Poses

YONI SHAKTI WOMB WELLNESS PRESENTS

throat exercises

Throat exercises can be helpful for releasing tension in the throat, improving vocal clarity, and promoting overall throat health. Here are some throat exercises for throat release:

1. **Neck Stretches:**
   - Gently tilt your head to the right, bringing your right ear toward your right shoulder. Hold for a few breaths, feeling the stretch in the left side of your neck. Repeat on the left side.
   - Tilt your head forward, bringing your chin toward your chest. Hold for a few breaths, feeling the stretch in the back of your neck.
   - Slowly tilt your head backward, looking up toward the ceiling. Hold for a few breaths, feeling the stretch in the front of your neck.
2. **Yawning Stretch:**
   - Open your mouth wide as if you are yawning. Stretch your jaw as far as it comfortably goes. Hold for a few seconds, then release. Repeat several times.
3. **Tongue Exercises:**
   - Stick your tongue out as far as it will go, then bring it back in. Repeat this motion several times.
   - Glide your tongue along the roof of your mouth from front to back and side to side. This helps release tension in the throat and tongue.
4. **Lion's Breath (Simhasana):**
   - Sit comfortably with your hands on your knees.
   - Inhale deeply through your nose.
   - Exhale forcefully through your mouth, sticking out your tongue as far as possible, and roaring like a lion.
   - Repeat this breath several times. It can help release tension in the throat and promote clear vocalization.
5. **Humming:**
   - Humming creates vibrations in the throat and can help release tension. Close your lips and make a humming sound, feeling the vibrations in your throat. You can do this for a few minutes as a warm-up exercise.
6. **Throat Massage:**
   - Using your fingertips, gently massage the sides and front of your neck in circular motions. Start from just under your ears and move down towards your collarbone. This can help release muscular tension in the throat area.
7. **Gargling:**
   - Gargling with warm salt water can soothe and relax the throat muscles. Mix a teaspoon of salt in a glass of warm water and gargle for a few seconds before spitting it out.
8. **Steam Inhalation:**
   - Inhaling steam from a bowl of hot water can help moisten and relax the throat. You can add a few drops of essential oil like eucalyptus for added benefits.
9. **Hydration:**
   - Ensure you stay well-hydrated throughout the day. Drinking enough water keeps the throat tissues moist and can prevent throat tension.

YONI SHAKTI WOMB WELLNESS PRESENTS

Journal Prompts

1. Explore what hidden truths or aspects of yourself you've been suppressing or denying. How has this affected your ability to communicate authentically?
2. Reflect on emotions you've kept locked away in the shadows. How do these unexpressed emotions impact your communication and relationships?
3. Delve into your self-judgment and self-criticism. How does your inner critic affect your willingness to express your true self? How can you offer yourself more compassion and acceptance?
4. Consider your fear of vulnerability and how it might be linked to shadow aspects. How can you embrace vulnerability as a path to more authentic communication?
5. Explore times when you've engaged in people-pleasing to avoid confrontation. How does this behaviour relate to shadow aspects? What steps can you take to assert your boundaries and speak your truth?
6. Examine moments when you've felt blocked or stifled in your communication. Can you trace these blocks back to unresolved issues or shadow elements from your past?
7. Reflect on the masks or personas you wear in different situations. How have these masks concealed your authentic voice and hidden shadow aspects? Can you begin to remove these masks?
8. Consider any family or ancestral patterns related to communication and expression. How have these patterns influenced your own voice and expression? What can you do to heal and break these patterns?
9. Journal about how expressing your shadow aspects through art, writing, or other creative means has led to healing and transformation.
10. Explore what it means to find your authentic voice in the shadow realm. How can embracing the hidden aspects of yourself empower you to communicate more authentically?
11. Reflect on the idea of surrender and release in shadow work. How can letting go of the need for control and perfectionism enhance your ability to speak your truth?
12. Consider forgiveness as a tool for releasing shadow-related wounds. Are there people or situations you need to forgive to free your voice and expression?
13. Journal about the importance of self-acceptance in shadow work. How can accepting all parts of yourself, even the shadow aspects, lead to more authentic communication?
14. Explore how inner child healing can be integrated with your Throat Chakra work. What healing practices can help you reconnect with your inner child's voice and authenticity?
15. Create affirmations that support the integration of shadow aspects and authentic communication, such as "I embrace all aspects of myself and express my truth with love and compassion."

YONI SHAKTI WOMB WELLNESS PRESENTS

Throat Activation Affirmations

- I honour the truth of my being.
- My voice is sacred, and I use it with wisdom.
- I release the fear of being misunderstood.
- I express myself freely and clearly.
- I speak from the heart with clarity and compassion.
- My truth is safe, welcomed, and heard.

You are not here to be silent. You are here to speak with love, to sing with purpose, to live in truth.

Repeat softly:
My voice is an offering. My truth is sacred. I am a vessel for clarity, connection, and compassion.

- I am the embodiment of clarity and confidence, my voice resounding with unwavering truth.
- My words are imbued with the profound power to influence and inspire.
- With grace and ease, I express my unvarnished self to the world.
- I am a wellspring of creativity, my voice the instrument through which my soul's melodies are unveiled.

THE WOMB ALIGNED PATH

PORTAL 7

Significant Dates in Portal 7:

Week 1:	Week 2:	Week 3:	Week 4:
27 May - 2 June 27 May: NEW MOON	3 - 9 June	10 - 17 June 11 Full Moon	18 - 24 June

WEEKLY RITUAL PRACTICES:

- Week 2: Expressive Energetics
- Read through Guide
- Practice Daily Journal Entries using prompts

- Heart-to-Voice Journaling: Write a letter from your heart to your voice. Let your heart express what it longs to say, and let your voice respond with how it has felt—silenced or empowered.
- Sacred Sound Rituals: Chant heart-centered mantras like “prayer/dhikr” for the heart and humming for the throat. Let the sounds merge, feeling the resonance in your chest and throat.
- Embodied Breathwork: Practice deep breathing into the heart space and exhaling through the mouth with sound (sighs, hums, or tones). This opens the energetic channel between the two centers.
- Mirror Work with Affirmations: Stand before a mirror, place one hand on your heart and one on your throat. Speak affirmations
- Daily: Throat exercises
- Do yoga practice
- Daily: Use Throat Activation Frequency as meditation
- Listen and follow the Womb Grief Humming
- Watch video on throat chakra