

Session 6a

Throat Chakra

When the seed of consciousness meets the throat chakra we arrive at our pure creative power. This power is guided by consciousness itself, not by the will of our ego. The journey into the throat chakra is to learn to surrender to the flow of life. The throat chakra holds the paradox of choice. What is choice? Do we really have choice? And if so, how do we know we are making the right choices. The river of life metaphor can help answer this question.

Metaphorically speaking, we are all travelling along a river that is going to the ocean. The ocean symbolizes the divine consciousness. The winding river symbolizes our unique purpose, which is our individual journey to awakening, to enlightenment. We have no choice about the fact that we are travelling toward the ocean. Nor can we change the flow of the river that is guiding us toward the ocean for any length of time. The flow of water toward the ocean symbolizes the divine will.

The divine will is expressed through us when we choose to communicate and express the innate impulses of each of our chakras systems. Therefore the only choice we have is how we travel down this river. Do we go kicking and screaming or do we chose the river itself and go graciously to whatever end it takes us.

The challenges the river has in store for us is determined by our past karma (actions). Our river ensures we experience all that we need in order to awaken. When we are sleeping our way through life we are totally identified with our stories. This is like believing the dreams we have at night are real, rather than see the symbolic communication our subconscious mind is trying to tell us. Our stories are here to free us but they can only do so when we interpret the experiences of our lives in a symbolic fashion. When we fail to acknowledge our experiences as symbolic messages trying to free us, we create a story and personalize our experiences. This egoic delusion weighs us down and our experiences, good and bad, become baggage we must learn to let go of. The nature of the river encourages us to let go of our baggage. We must learn to trust that everything we need will be available to us along the way, for the fact of the matter is, if we do not let go of our baggage we will surely drown.

We are not born consciously connected to this river. When we first start this journey we are unconscious and travel down it on auto pilot. But the river wants us to travel consciously, so we are met with boulders, rapids and waterfalls. These bumps, bruises and exhilarating experiences are opportunities to wake up out of our deep sleep. If we react to the challenges of the river with fear we tend to hold on to rocks and vines, dig our heels in, and at times try exiting the river all together. When we have suffered enough a realisation occurs. There is no use fighting anymore. From this point we must

choose the path that was not handed to us as a choice in the first place, we must choose the river itself. We must embrace it and intend on travelling down it with style.

The river is constantly giving us signs and symbols to help guide us along the journey. We are met with forks in the river time and time again and we must choose our route without knowing the details of where it will lead us. If we are sensitive enough and are willing to take action we are guided to perfection. When we are sensitive to our feelings we enter a communication with the divine, a common union, and we learn to trust and embrace the mysterious power of it. It is at this point we become co-creators of our lives. In scripture Jesus said "not my will but yours be done." What Jesus was saying was not my ego's will but the flow of consciousness be done. By doing so, we come to realise we are consciousness itself. This is to realise we are not travelling down a river. We are the river.

Sensitivity

While the heart chakra impulses encourage us to become responsible for our lives, which is our 'ability-to-respond' to life's circumstances in the present moment. The throat chakra impulses encourage us to be sensible, which is our 'ability-to-sense' and therefore resonate with our internal and external realities. This is the gift of sensitivity.

Sensitivity is often thought of as a negative trait. When teaching meditation, I explain that one of the benefits of meditation is we become more sensitive. My student's eyes open wide in horror at this idea exclaiming they are already too sensitive as it is. It is true that sensitivity is a real challenge when filtered through the fearful egoic self, furthermore over-sensitivity strengthens the ego by convincing us that life is to be feared.

The truth is sensitivity holds immense intuitive power. Our throat chakra works like a radar dish that is sensitive enough to detect the frequency and energy field of people, places, situations and objects. This frequency is converted as an intuitive message by the throat chakra and is communicated as vibrations throughout the entire chakra system.

The base chakra responds to the messages of the throat chakra very instinctually and unconsciously to ensure our physical survival. This activates the fight or flight response to situations. Unfortunately this can be highly problematic because to our instinctual nature, which comprises of seven generations of karma and a direct connection with the collective unconscious, we often perceive our life circumstances as a threat to our survival on a daily basis. However the more conscious and sensitive we become the more we realise we are always supported, understood and nourished, which repairs the base chakra and strengthens our immune systems.

The sacral chakra responds to the messages of the throat by resonating with the experiences we want to have. Unconsciously we are drawn to people, places, situations and objects to experience connection and relationship. It is the throat chakra

that guides us to the pleasurable experiences we want to have while at the same time ensuring we experience what it is we need in order to grow in consciousness. As our sensitivity increases we have access to pleasurable experience in almost every moment. Sensitivity connects us with the subtlety of life, which can resolve the unconscious need for gross sensory experience that so often turns into uncontrollable addictions. Watching the breeze in the trees, feeling the change in seasons, the gentle feeling of air in our lungs, noticing the vibration of our energetic body, all bring about subtle pleasures.

The solar plexus responds to the messages of the throat chakra by taking action and taking risks. When we are tuned into what truly resonates with us we must take action and receive the confirmation from the outside world that we can make decisions that align with who we are. If we do not listen to the throat chakra, we cut ourselves off from our innate sensitivity. This results in the solar plexus energy bypassing the heart and being diverted directly to the mind. When this occurs we lose touch with the wisdom of our knowing and forfeit our will power. Will refers to the divine will, which can be perceived by the throat chakra. Power refers to the fire generated in the solar plexus that gives us the power to take action. Therefore, 'will power' is divine action. When our will has been disconnected from our power then power has been given to the ego and the ego converts this power into fear. When the solar plexus is connected to the throat chakra we are decisive, potent and courageous. We can feel the divine consciousness unfolding within us and trust that we are going in the right direction.

The heart chakra responds to the messages of the throat by confirming resonance with feeling. This is an extremely powerful combination which enables the true expression of the throat chakra. When this occurs we speak our truth and become powerful creators of our lives. If the heart chakra is shut down due to wounds of the past the throat and heart become fragmented. In this case the throat becomes a tool for scoping out danger, just like a powerful sonar on a submarine designed to seek out the enemy. Again this gives more power to the mind to analyze the data to prepare for the worst.

In the river metaphor, sensitivity connects us with the gentle voice of the river. If we are still we can feel the river pulling us in certain directions before approaching the rapids and waterfalls. This subtle movement of the water is guiding us in the best possible way through the challenges that lay ahead. But we must relax to sense it, we must be still and listen. If we fear and hold onto our baggage for security or dig our heels and grasp for vines, the river pushes against us and we lose touch with the subtle messages. When we approach life with fear, attachment and resistance we become desensitized and fatigued. Then, when we finally hit the rapids or go over a waterfall, we are exhausted and come out the other side battered and bruised. We have two choices, surrender to the river and learn its ways or harden and desensitize to protect against the imminent future challenges.

Communication

The throat chakra consciousness energetically influences matter through sound vibrations. Sounds hold frequencies that can be interpreted and therefore communicated. The word communication means to exchange information. The throat chakra exchanges energetic information in the form of sound vibrations. Any sensation the body is experiencing can be expressed by the throat chakra as sound. Babies rely on this to communicate their needs with their caretakers. This is called preverbal communication. The sounds babies make have been studied and found that certain sounds relate to specific physical sensations. When a baby is hungry the sound is different to when they are experiencing wind pain and different again when having hurt themselves or when they feel afraid.

Thought is a very high vibration that the throat chakra can convert into specific sound vibrations known as verbal communication. This is a very sophisticated and highly evolved cognitive process that has allowed human beings to advance in various areas of life. Other forms of communication are non-verbal such as body language, written and visual communication, music, and more recently technological advances such as internet all of which have tremendous power. There is also psychic and intuitive communication. No matter what the communication style the purpose is the same, to exchange information.

Exchanging information creates the foundations for transformation, which is the natural process of evolution. The material world is the outward manifestation of an underlying energy field of consciousness. The chakra system is an example of several energy fields expressing consciousness through the unique shape, form and structure of a human body. When something materialises it is called a 'form' or a 'formation'. Anything that can be named is a form. All forms are symbolic communicators of the underlying energetic consciousness organising them. Therefore, interpreting the organisation of matter is to be in-formed of the underlying consciousness creating them. This is how the material world provides us with information. To exchange information is to fuse forms together to create new formations. Forms that are opposite in nature strongly pull toward each other to share their information. Opposites attract which causes friction and heat. Heat is essential in the process of transformation, a process also known as alchemy. When enough heat has generated the opposite forms can fuse together creating a common union, commonly called communication. When communication is complete a new form immerses. This process is only possible through the consciousness of the heart chakra which allows for open and receptive exchange of information. If the heart is closed opposing forces create conflict rather than transformation.

It is for this reason authentic communication is by nature confronting. When we speak our truth, which is to express the current consciousness, the current forms are at risk of changing. The ego, (the identity with form) resists new information because new formations are 'change agent's' purpose built to transform old formations. Change is death and rebirth. If a form changes the ego dies. The resistance to this process is due to death holding one of our greatest fears - the fear of unknown.

A classic and historical example of this process occurred 1968 led by Dr. Martin Luther King. His story demonstrates the power of words to inspire radical actions, which resulted in change. His message of change through the vessel of non-violence and disobedience created the right amount of friction and heat to ensure a transformation of consciousness occurred across an entire country and across the globe. The 'form' in which society assumed prior to Dr. King's injection of higher consciousness, was to separate black and white people to ensure the black people did not 'infect' and therefore change the 'pure' and 'superior' white race. Dr. King's purpose, which is everybody's purpose, was to bring light to this egoic separation and inspire change by imparting the truth. The 'truth' provides the heat. The heat dissolves the egoic boundaries by touching the heart, which creates an opening for the opposing energies to come together in common union (communication).

The beginning stages of this process can be horrific. Dr. King's movement resulted in brutal assaults on black people, including physical abuse, false imprisonment and death. As always, these reactions of fear only play into the hands of consciousness. These senseless acts of violence sparked the truth fire in the belly of an entire nation. A significant sign of a change in consciousness was demonstrated by half a million people, black and white, marching on Washington in common union to share in Dr. King's dream. This change was further demonstrated in 1964, when Congress passed the landmark Civil Rights Act, eliminating legalised racial segregation in the United States.

This a momentous example of wide spread transformation, but this process is happening all the time.

For example, when making a soup we must first choose the ingredients. Each ingredient has its own identity and therefore an energetic formation. In order for the ingredients to share and receive each other's information heat must be added. Before long the ingredients are exchanging information and coming into communion. Once the exchange is complete all the ingredients have transformed and become a soup.

When two people are attracted to each other they communicate this through gestures (body language), words and various other forms of communication. Reciprocated attraction creates a spark. If you have experienced this you will have noticed your body heat up when you come into contact with this special person. With intimate relationships this spark expresses itself in a variety of ways. The desire for sexual contact is often at the top of the list. Sexual communion is a multi layered communication vessel that ultimately exchanges information. At the base chakra level, information is shared when the sperm and egg connect. They fuse together and transform into something new. The new manifestation, the foetus, is the current consciousness emerging.

No matter what we do we are communicating information into the environment and the environment is constantly reacting to this information, ultimately for the purpose of awakening consciousness.

For example, I had a client Heather who identified strongly with being a quiet, gentle and reserved person who keeps to herself. This attitude and belief showed throughout

her body, particularly at her solar plexus which presented as withdrawn and narrow in comparison to her shoulders and hips. Heather's nose was red and she had dry irritated skin on both elbows, which indicated suppressed anger and frustration. She also mentioned having difficulty digesting food. Heather explained that she feels like she doesn't fit in with regular people and finds it really hard to confront situations. She came to me to resolve an issue she was having with a person at work who was invading her personal space and bullying her. I asked how she felt about it. She explained it reminded her of when she was younger and her brothers would pick on her. They were very boisterous and domineering and I felt powerless to do anything. I explained that she had not yet learnt her lesson with her brothers and instead she had shut herself down. The work colleague was triggering her suppressed anger which was giving her the opportunity to release and use the energy in order to grow.

Heather found this notion crazy asking "How could my work colleague know about my brothers? I don't tell anyone anything! I do my best to keep my life private!" I explained that her body language, including voice tone and posture is communicating and informing everyone around her who she is. The details of her story are not required. Heather asked, "What am I supposed to do, scream and yell at my colleague because that is what I feel like doing". I explained I would help her dissipate some of the suppressed anger through emotional release body work. Then I will work with her on how to confront this person and create the appropriate boundaries by being authentic and assertive. She replied, "I don't want to confront anyone, I hate it! I just can't do it!" I said you have two choices, learn to confront people or make plans to live in a cave on your own – I am available if you choose the former.

Communication V's Expression

Communication is to exchange information, which can also be viewed as the exchange of energy. Expression is the release of information or energy. If your hand was slammed in a door this stimulates sensory information telling your brain you are in pain. The expression of this information is to scream, jump up and down, shake the hand and so forth. If your partner sat you down and said the relationship is over this information may be received as quite a shock. The expression of this may be the heart rate going up, tears welling in the eyes and a flood of thoughts that require words to express the feelings and emotions may need to be verbalised.

The ego seeks to hide the expression of information in order to appear unaffected or unmoved. The ego believes it can hide and control energy. But the truth is unexpressed energy is internalised and will manifest in toxic ways at a later date. One of the best times to observe this is when people are under the influence of alcohol. All of a sudden their ability to hold back expression is gone and the toxic unexpressed emotions are released in a variety of ways such as physical violence, destructive behavior, perverse sexual behavior or infidelity, blatant honesty, expressing love and affection in radically honest ways, and so forth.

In order to heal from our wounds we must communicate and express the energy we are holding onto. If we do not the energy manifests in the form of disease. We are so eager to find the cause of disease by studying the form itself without realising the form is merely symbolising an energetic dysfunction essentially created by the fear of letting go.

For example, often young children who have experienced sexual abuse have great difficulty communicating or confessing what has happened. The child is confused and afraid and fears they may get in trouble if they were to say anything. They may feel guilty about what has occurred and blame themselves, or worse still, they may fear being humiliated which would cause shame and isolation. But the fact is the violation has generated energy within the child's body that must be expressed as sounds, tremors, contractions, bodily excretions; and confessed as words. Energy is never lost, it is only transformed. If the child suppresses the energy caused by the abuse the energy will deposit in the body-mind to be expressed at a later date. If the energy remains unexpressed it will transform as physical or mental illness, dysfunction or dis-ease.

A caretaker, i.e. parent or teacher, may pick up on the behavioral changes of the child or sense something has happened. The caretaker's role is to trigger the suppressed energy by asking probing questions while giving eye contact. Eye contact and probing questions will awaken the suppressed energy making it very difficult for the child to hold the suppressed energy at bay. If the caretaker's energy field is coming from a fearless and loving state the child will have little hope of holding on. This is because love creates space and the suppressed energy in the child is being vacuumed into that space, similar to osmosis. If the caretaker is coming from fear their energy field is contracted which creates resistance. Fear enables the child to suppress their energy because the caretaker's fear creates resistance which polarizes and pushes the child's suppressed energy deeper inside. Fear reactions create more body-mind issues than the events themselves. A fear reaction by a caretaker can come in many forms such as denial, anger, manipulation or extreme worry.

But even when a caretaker creates space for the child the child still must choose to surrender the suppressed energy. Given the right environment this choice is almost made automatically. When the suppressed energy is released the energy expresses itself through the body as repeated contractions with sound and also discharge of fluids i.e. sweat, tears, mucus and, in extreme cases, vomit. This is a highly vulnerable state that takes a lot of courage.

Again if there is fear, the caretaker will try to suppress the release of energy by calming the child prematurely. The child's release may trigger suppressed energy in the caretaker and so the caretaker may interrupt the release process to keep their own emotions at bay. This is where a professional is required to facilitate the full release.

Choice

All dis-ease is a product of choice. When our choices are unconscious or when our consciousness is externalized, we are reactive and irresponsible (unable to respond) to life, which leads to chronic dysfunction, dis-ease and suffering. Dysfunction and disease causes pain. Pain is perceived as a negative occurrence but in truth it is a message which empowers us to wake up and see what is going on. Pain is therefore a natural aspect of our evolutionary process. Suffering is the result of resisting evolution, which is to resist change and growth.

In order to choose what is best for us, we must first come to know ourselves. In the heart chakra, we learn to feel and connect with what really matters to us and what we really want in life. In order to experience what we feel we must choose. The word 'choose' or 'choice' implies there were more than one option. For those who are resisting evolution having choices is becoming a huge stress resulting in dysfunction and dis-ease. It is clear through technology and various other advancements in society we are choice making machines. This is because we are awakening to our unique purposes in life and therefore we must be able to create and express our lives in alignment with our higher selves. The way we eat, exercise, socialize, medicate, and work in the world is no longer satisfied by logic or tradition. The information we now have available tells us that there is no 'answer' because if we are open enough to look at all the information we quickly realise there is no answer, and yet, paradoxically in this very moment there is one.

The ego wants this answer to be consistent but the fact of the 'matter' is everything material, including information, is changing and is therefore inconsistent. Matter is formatted by frequency and since frequency is governed by the ever changing evolutionary process of consciousness, all information is relative, temporary, inconsistent, and to the mind, contradictory. What is in-form today will be out-of-form tomorrow and another 'form' will take its place to express the new consciousness.

It is our throat chakra that holds the consciousness and sensitivity to perceive the energetic nature of form reality. Once perceived a choice (throat chakra) is required in order to respond (heart chakra) to the formation presented. Action (Solar plexus chakra) immediately proceeds a decision or choice. Action ensures the experience (sacral chakra), which are creative processes. Experiences are vessels for self reflective learning for those who are becoming conscious. When experiences are integrated into the present moment it is expressed through the physical body (base chakra) as a change in form, shape and structure as reflected through the entire chakra system.

Sending the right message

Every interaction with life is a communication to the universe of who we are and what we want. We are communicating a message to the universe in every moment and some messages are stronger than others. When messages are received the universe puts the cogs in motion to manifest and mirror back to us what it is we are

communicating. When we complain about our life we are shooting the messenger, the universe. The universe responds by creating more situations to show us we are complaining. We have only to examine our own lives to understand what we are communicating. Realising this truth is a significant part of the awakening process.

Our innate impulses guide us to flow with the evolutionary impulses of the universe. When we align with these impulses and express them we are in communion with the universes naturally unfolding process. When we deny, judge, suppress or try to extinguish our innate impulses the universe reflects this back to us as our life circumstances. In order to interpret the messages the universe is sending us we must learn to see the material world in a symbol nature. Only then will we truly learn our life lessons.

Symbolic Sight

As a therapist I teach people to see their life circumstances in a symbolic way. Symbolism connects us with feeling and truth and it makes us realise that we are the common denominator in everything that is going on in our lives. It is the throat chakra that holds the consciousness for symbolic sight because symbolism is the universes way of communicating with us. If we lack the ability to see life in a symbolic way we are limited to the details, which is the ego's limited version of communication. Symbolic sight enables us to see patterns in our lives. The universe sends us messages in a variety of ways to ensure we wake up to what is going on but if we are stuck on the details we will miss the point completely.

For example, money can symbolize personal self-worth. For the person struggling with money, and is also caught up in the details, they are likely to point the blame on the money system or the government or the lack of demand in the market for their service and so on. While these concerns are relatively true what is ultimately true is the person's self-worth is symbolically tied up in money, therefore if they have low self-worth money will likely be a challenge. There are many people who have low self-worth and who have plenty of money, for these people money may be an over compensation for low self-worth or money for them does not symbolize self-worth at all.

A metaphor is a story in which a string of symbols are put together in order to communicate higher message. A metaphor allows communication to occur between lower and higher consciousness. It is rare to find a spiritual teacher who does not communicate in metaphor and symbolism as a mechanism to pass down higher consciousness.