

## **Crystals for the Throat Chakra**

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The Throat Chakra is the communication center in our energy bodies. Recognized by its pale blue color it is located over the physical throat; for most people this means working on the Throat Chakra will aide with verbal communication. Indeed, it does help with this. Finding the right words to express your thoughts, opinions, wants, needs, or desires can be extremely difficult, especially if you are shy or have trouble finding the right words to describe what you are trying to express. It becomes even more challenging when you consider the impact of tone and inflection; trying to communicate clearly so that you are not misunderstood or do not accidentally hurt someone can be very difficult.

However, verbal communication alone is a very limiting view of the Throat Chakra. The Throat Chakra governs our ability to communicate on a variety of levels; not just the physical, but mental, emotional, and spiritual as well. Communication is between two or more parties so it involves a certain degree of observation and listening (this is why the Throat Chakra also covers the physical ears). Additionally, communication can come in the forms of body language, written words, and symbolism. It is more than possible to communicate without spoken words as written language, Deaf culture, spiritual communication, and animal communication all prove.

Overall, communication is a complex process deserving far more attention and respect than it usually receives. It requires thoughtfulness and clarity to choose the words, symbols, or actions which will accurately express the idea you want to convey without misunderstandings. The crystals below will gently aid your communications in whatever form you choose.

### **Aquamarine**

Like its name suggests, Aquamarine shares some qualities with water. It is best known for cooling heated emotions and gently clearing energy blockages in the Throat Chakra, but it also encourages truthfulness in all communications (with yourself and others).

### **Blue Calcite**

Blue Calcite is more helpful with spiritual communication than others. It slowly opens you up to your higher self so that you can receive insights and inspiration from the higher realms.

### **Blue Chalcedony**

A very soft crystal energetically speaking, Blue Chalcedony is wonderful for communicating emotions. It works on the subconscious levels to help you release pent up emotions and find inner peace.

### **Blue Fluorite**

As with other Fluorite crystals, Blue Fluorite is excellent for mental clarity and organization which in turn translates into clear communication. For some people this crystal also helps with spiritual communication.

### **Blue Lace Agate**

Quite possibly the best known crystal for the Throat Chakra, Blue Lace Agate improves communication on all levels (physical, mental, emotional, and spiritual). Its gentle energy balances the Throat Chakra so you communicate to your best ability when you need it.

### Blue Quartz

As with all Quartz crystals, Blue Quartz is a strong all-around Throat Chakra crystal. Particularly noted for its use in spiritual communication, it also helps your inner truth and wisdom shine through all of your communications.

### Celestite

Celestite is a wonderful stone for spiritual communication. Its connection to the upper chakras allows you to give, receive, and understand complex spiritual information more easily.

### Blue Kyanite

The striations on Kyanite crystals represent how Kyanite works really well. It acts as a roadway connecting the Heart, Throat, and Third Eye Chakras so that energy can flow easily between them. An energy conductor, it aligns the chakras and bolsters inner peace and perseverance within the user.

### Sapphire

Also considered a crystal for the Third Eye Chakra, Sapphire is wonderful for opening the three upper chakras (Throat, Third Eye, and Crown). In doing so it paves the way for clear and honest communications.

## **Bibliography**

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