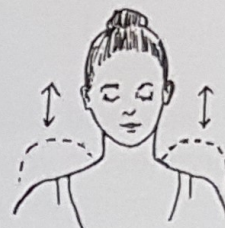


Throat Chakra — Express, Claim Your Voice

Shoulder Shrugs: Inhale, bring shoulders up; exhale, relax them down. Continue rhythmically for 1-2 minutes and then relax the shoulders down and let go of tension. Brush off your shoulders feeling yourself releasing burdens and stress. 1-2 minutes.

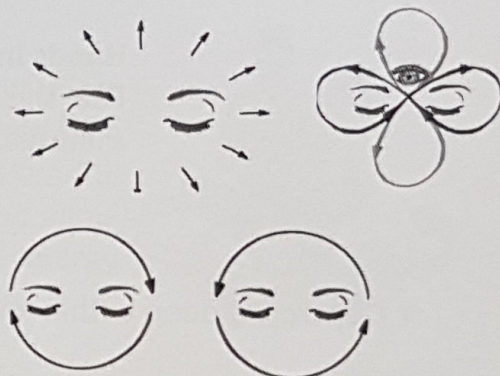


Neck Lock: Position head slightly back, pulling up on the spine, tucking chin to open throat and elongate spine.

Neck Rolls: Sitting on knees or in Easy Pose, slowly tilt the head from side to side. Then roll the head gently in small circles, ironing out kinks as you go. Then reverse directions and continue. Keep the spine straight with the diaphragm pulled up. Pull up on the neck, elongate the spine, and feel the head floating on the spine. 1 minute each direction.



Eye Exercises: With the eyes closed, look up and down several times; look to the right and then to the left several times; look diagonally (10:30 to 4:30 on the clock) several times; look diagonally (7:30 and 1:30) several times. Then make figure eights up and down and then switch directions; make figure eights right to left and then switch directions; do them diagonally and then switch directions. Make counterclockwise circles and then clockwise circles. 2-5 minutes.



Do Neck Rolls Again

Chant SAAAAT NAM

Open your throat. Relax mouth, tongue, neck, and shoulders.

SAT NAM: Call upon the truth and identify with this experience. 2-5 minutes.

♥ **Vibration:** Feel sound and breath in the throat.

Third Eye, Ajna — Neutral Observer

Bow to the Infinite: Sit on the heels, palms on the floor in front of the knees, spine and arms straight. Bend forward and touch your forehead to the ground as you say GURU. As you rise up, say WAHE. Continue at a moderate rhythmic pace for 2-3 minutes. To end, sit up, pull up on the spine from the diaphragm and neck, inhale deeply, suspend the breath, and deeply listen to the mantra within. Exhale. Listen within to the mantra chant back to you.

