

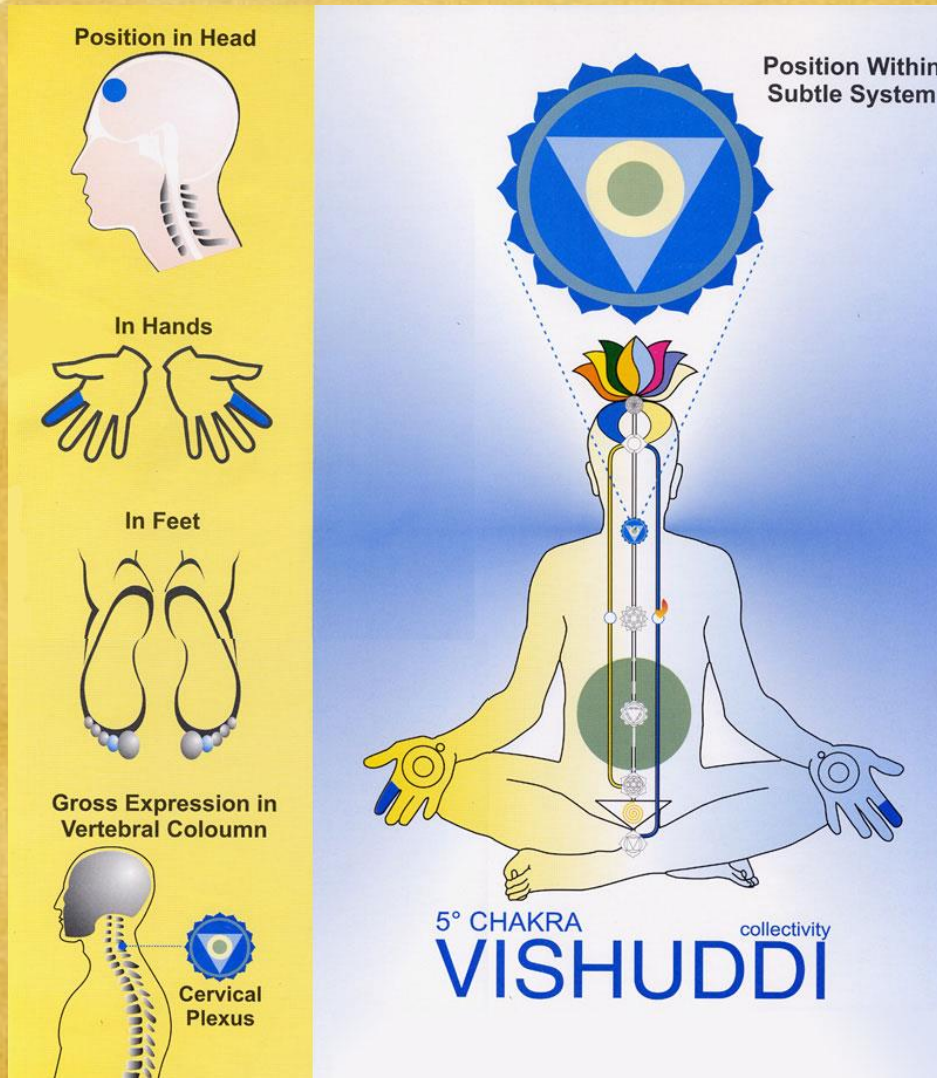
The Vishuddhi Chakra



DAY 14 of 21 Days of Meditation



Vishuddhi Knowledge



- Located at the level of the throat



Vishuddhi Knowledge



Characteristics

- 16 Petals
- Element: Ether
- Color: Light blue
- Physical plexus: Cervical plexus
- Planet: Saturn
- Place on hand: Index finger



Vishuddhi Knowledge



Manifestation

- Cervical Plexus
- Neck, arms, mouth, tongue, teeth, nose, face, speech, inner and outer part of ears, movement of the eyes



Vishuddhi Knowledge



Qualities

- Divine diplomacy
- Communication
- Collective consciousness
- Witness state and detachment
- Sense of fun and humour



Vishuddhi Benefits

- Allows us to **communicate**
- **Charming** personality
- Enables the **five senses**
- Controls the **Hamsa** chakra
- Experience of **Oneness**
- **Detachment**

