

## Earth's Chakras: #5 THROAT

Location: Great Pyramid of Giza in Egypt



(Image by [Nader MoHammed](#) from [Pixabay](#))

### Description:

The Great Pyramid is thirty times larger than the Empire State Building and its features are so large they can be seen from the Moon. Its base covers 13.6 acres, each side being greater than five acres in area. It is the oldest structure in existence, having been started over 4,600 years ago. The earth's throat center is also said to include Mount Sinai, Mount of Olives, and Jerusalem.

Known as Vishuddha in Sanskrit, the throat chakra is the powerhouse of communication, self-expression, and how we put our truth out into the world. This energy center is responsible for how we interact with others, make ourselves known, and advocate for our

own needs. In our bodies, it's located right in the center of our neck, in the area known as the "energetic bottleneck". Because of this, it's common for energy to get stuck here.

Our intention: (if you like, place your hands on your throat)

1. To connect in with the energy of the great pyramid and surrounding area
2. To send love and gratitude to Mother Earth for helping us speak our truth
3. To feel at peace with our neighbors and to communicate with respect for ourselves and others.

Music:

[Stargate: Invocation by Steven Halpern.](#)

NOTE: This music was recorded in the King's Chamber of the Great Pyramid. It's only 4 minutes long, so I suggest you play it twice. The second time, sing along with Halpern as he chants OM, the vowels (A, E, I O U), and OM, OM, OM.