

Position in Head



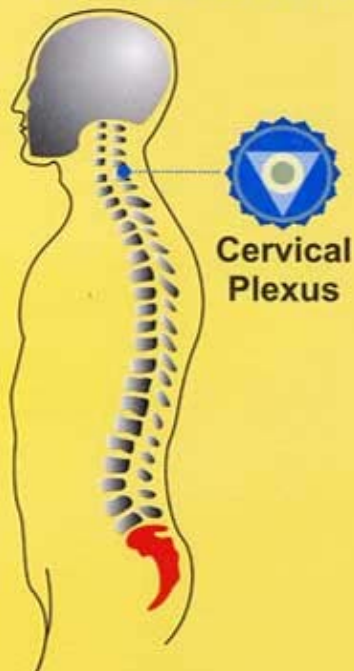
In Hands



In Feet

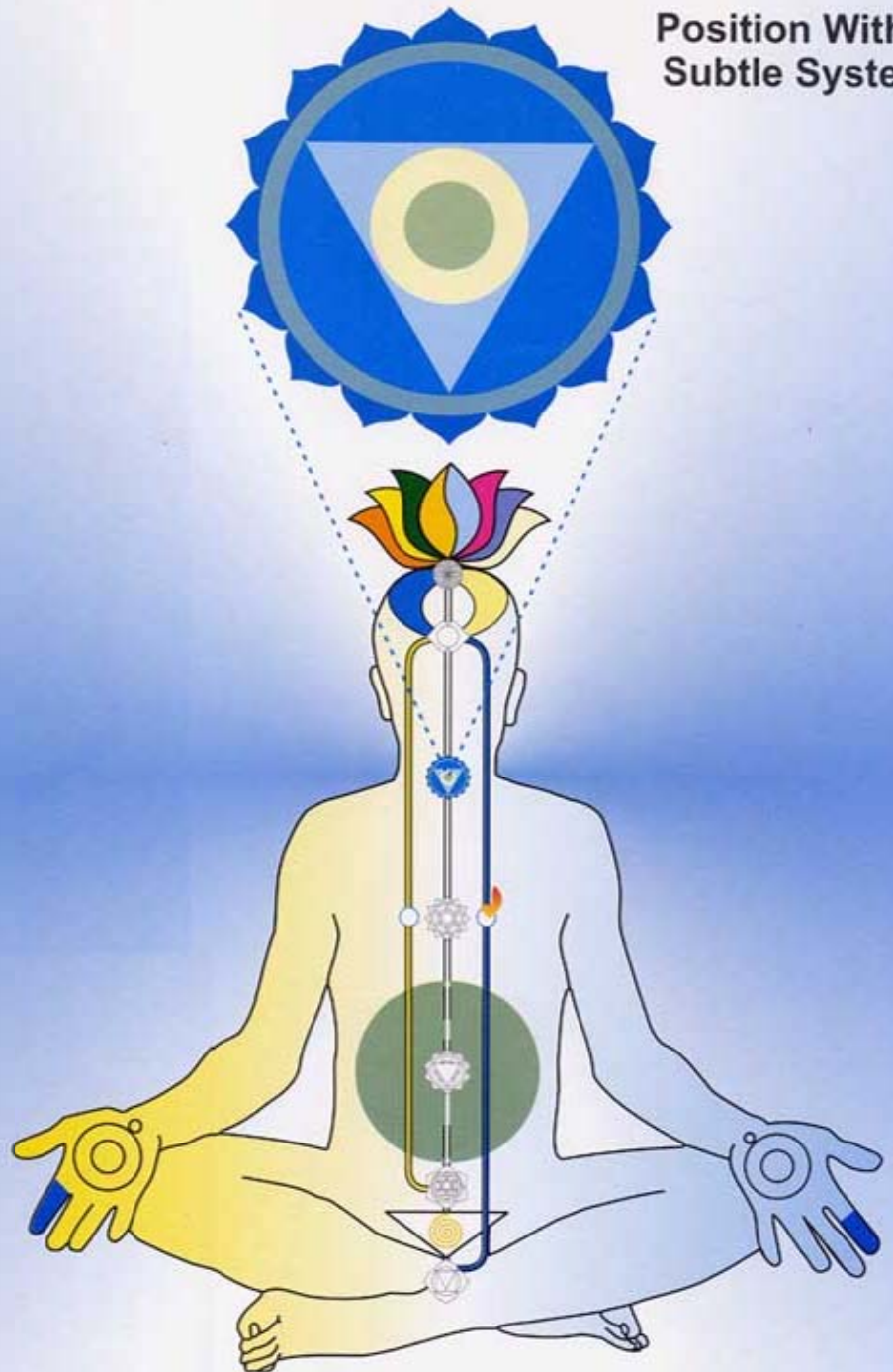


Gross Expression in Vertebral Coloumn



Cervical Plexus

Position Within Subtle System



5° CHAKRA VISHUDDHI collectivity

This Sixteen petalled centre is called the Vishuddhi and is placed in the neck region of the spinal cord. This centre corresponds to cervical plexus, which regulates the functioning of ears, nose, throat, neck, teeth, tongue, hands, gestures, etc. This centre is responsible for the communication with others, because through these organs we communicate with others.

On the physical level it controls the functions of Thyroid glands. Harsh speech, smoking and artificial behaviour and guilt feeling blocks this centre.

When Kundalini pierces this centre, the person becomes extremely truthful, tactful and sweet in communications and does not indulge in futile arguments. He becomes extremely diplomatic in handling situations without igniting the ego.

Correspondences

Colour	Blue
Element	Ether
Planet	Saturn
Day	Saturday
Stone	Sapphire
Symbol	Time wheel
Quality	Communication Truthful, Tactful Politeness Diplomacy
Organs controlled	Mouth, Ears, Nose, Teeth, Tongue, Face, Throat, Speech

Chakra No. 5: The Vishuddhi

The fifth chakra, the Vishuddhi (Vish-oo-dee) is key to our ability to feel and respond to our own vibrations and those of others. When it is open and clean, the Vishuddhi gives us a sense of oneness with all life (i.e., collectivity). It gives us the sensitivity to know intuitively what words and actions are appropriate at each given moment. If we interfere with the intuitive by using words or actions based on our ego thoughts, or imbalanced aggression, this chakra's vibrations become damaged. Then our perspective about events and relationships in our lives ceases to become objective. We develop ego attachments, and become possessive or overly emotional about people, places and things.

Keeping this chakra clear is difficult in Western society as it is the body's filter against external viruses, bacteria, smoke and other pollutants. Internally it is damaged by attitudes of inferiority, guilt, reclusiveness, aggression and superiority. For us to enter into the desired objective or witness state, we must begin by gaining detachment from extreme dependencies, emotions or involvements of any kind. We are not "in charge" of anyone's behavior nor is anyone else "in charge" or "to blame" for our thinking or action.

Raising the Kundalini and taking vibrations in meditations helps us to become aware of our conditionings that cause the loss of a balanced perspective. The vibrations also help to loosen the physical tensions caused by those conditionings and clear them away. When a balanced perspective is achieved, actions to solve problems or improve well-being become more enlightened. We will become more competent in manifesting the wonderful qualities of our subtle system, act as compassionate "mediators" for resolving conflict. We will express a refined sense of discretion and diplomacy.

One of the most pervasive of all attachments is guilt which blocks the left Vishuddhi. While perhaps useful at an earlier stage of evolution, it has now become an obstinate barrier to growth, for we use it to immobilize ourselves against identifying weaknesses and taking corrective action. Instead of having a positive perspective about our mistakes as being the wellsprings of growth, we have become conditioned to believe that mistakes are bad; therefore, we cover them up with a guilt feeling that implies "evil" rather than ignorance. Yet, ignorance is not a sin; in fact, at the root of all "evil" is only gross ignorance. Let us recognize that ignorance is a normal state for those who are open to learning. Let us accept that it is to be overcome.