

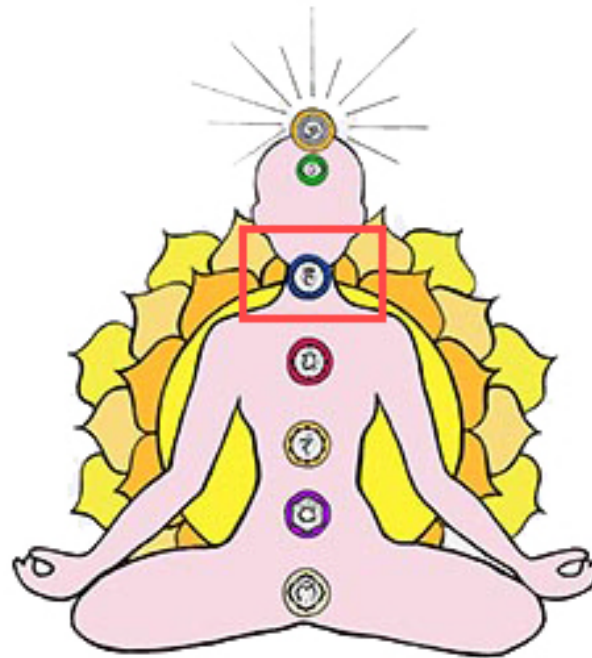
# Throat Chakra Meaning



Personal Power



Speaking



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Self-Expression



Singing



The fifth chakra is the throat chakra or the Vishuddha chakra. In Sanskrit, Vishuddha means “especially pure.” The throat chakra is depicted as having sixteen petals. The throat chakra is connected to creativity and self-expression as well as the actions of speaking, chanting and singing. This chakra is associated with the neck, thyroid, esophagus, teeth, mouth and the ears. The throat and thyroid are where emotions, intentions, praise and criticism are expressed. Visit [Throat Chakra Meaning](#) for detailed information.