



Sacred Order of Living Paganism

Lesson Outline

Shanddaramon

Level Two Class Eleven: Throat Chakra Meditation

Preparation

Review the meditation procedure

Review the correspondences to the Throat Chakra

Questions to consider:

What is the Throat (5th) Chakra?

What does it represent?

How does it relate to your life?

Study:

Throat Chakra Meditation

Activity:

Before meditating, focus on the color blue

Do a Throat Chakra meditation through your regular practice

Recommended Reading:

Follow-Up

Submit the answers to the questions above

Report on your meditation

Enter all information in your BoS

Throat Chakra Meditation

begin your normal meditation procedure

Once inside your inner temple:

fill your space with the color blue

do an inner vibration on the sound hoh

concentrate on the region of your body near your throat

experience the chakra opening further

let its vibrations increase

experience the sensation of deep listening

observe what you learn by connecting to this chakra

how does the energy of this chakra relate to you and your life?

how does it relate to your personal forms of communication?

listen and learn to what it teaches you

release the inner sound

close down the chakra so that it vibrates at a healthy normal rate

exit your temple and return