



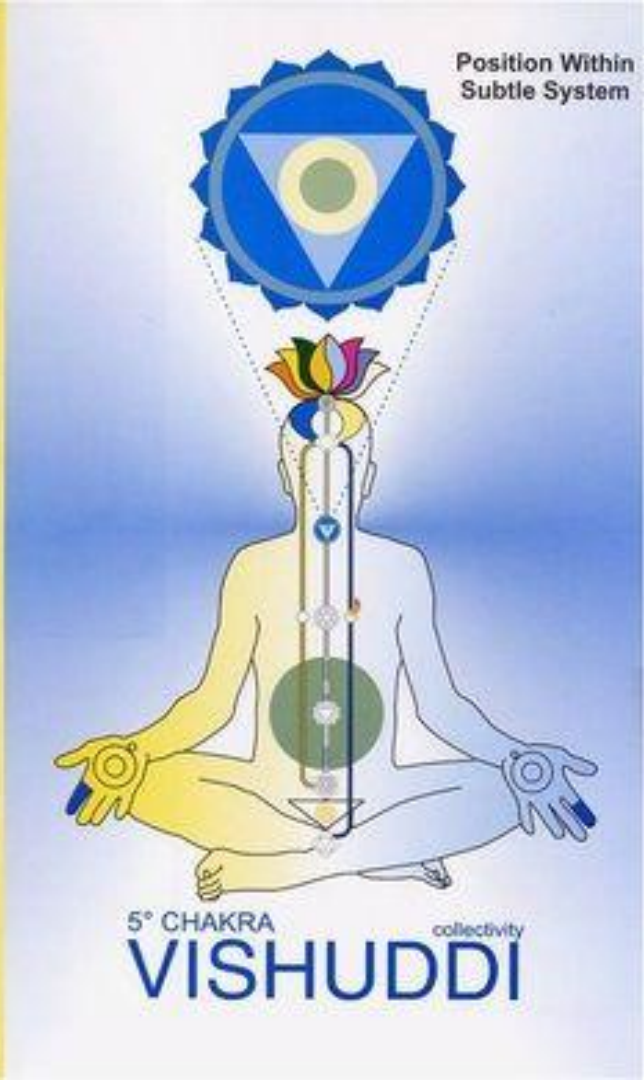
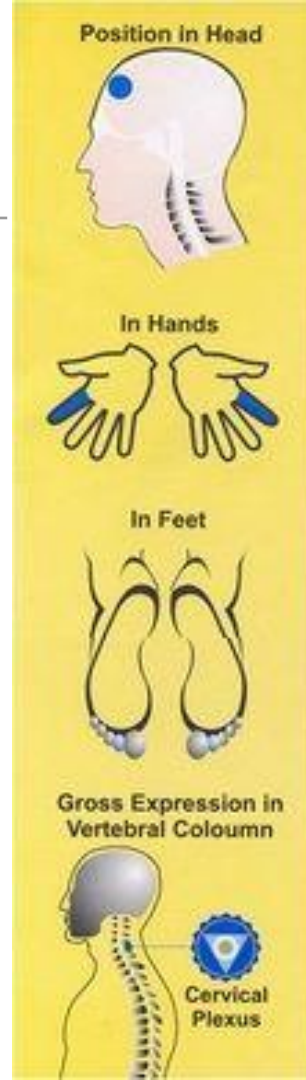
Communication &  
Expression

The Vishuddhi Chakra



# Vishuddhi Chakra

- Looks after, throat, arms, face, mouth, teeth
- **Thyroid gland** governs your heartbeat, body temperature, emotions, and digestion
- Number of petals /sub-plexuses: 16
- Communication & expression
- Vibratory awareness







# Tips for good communication

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- Sweetness
- Diplomacy
- Respect for others:
  - a) Humility
  - b) Mastering one's anger
  - c) Mastering others anger
  - d) Humour



# Humour

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“But mostly I’ve seen, people have humour if somebody cannot walk straight, if a physical problem is there, they’ll laugh. If he has, say, not properly made his hair, then they will laugh. On some sort of very superficial thing, they laugh. This is not humorous. This is some sort of a criticism in laughter. Or some people have a humour like this, that they say sarcastic things. That’s no good. If you say one word to somebody sarcastic you think you are very brilliant, but you are lost forever for that person. That person will remember : “He said such-and-such things to me.”

So sarcasm is against you completely, against Sahaja Yoga. If you have to say something, say it in such a manner that it doesn’t hurt the person and the person enjoys that subtle humour and understands also that this is the problem with me.

Now, humorous way is, say, if I have to tell something to you, I need not tell you directly you are like this, you are that, but I say: “There was one, you see, crow which came to my house and like that I can transfer all your qualities to that crow and describe to you. I’ll say that: “this crow did like this and did that.” Immediately, you’ll start thinking : “Is it about me that Mother was saying or about the crow?”

So transfer it to somebody else. Transfer it somebody else. That’s the best way.”

**Shri Mataji Nirmala Devi**

# Qualities

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# Vishuddhi

## Left

- Self-respect
- Pure relationships

## Center

- The witness
- Detachment
- Collectivity

## Right

- Diplomacy
- Tactfulness
- Sweetness
- Respect for others



# Vishuddhi problems

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## **Left**

- Feeling guilty
- Low self-esteem
- Not talking when needed, not expressing feelings

## **Center**

- Attachment
- Individualism

## **Right**

- Reacting
- Feeling superior to others
- Being aggressive
- Harshness
- Talking too much



Witness: what does  
that mean for you?

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*“All the world’s a stage,  
And all the men and women  
merely players; they have their  
exits and their entrances;  
And one man in his time plays  
many parts...”*

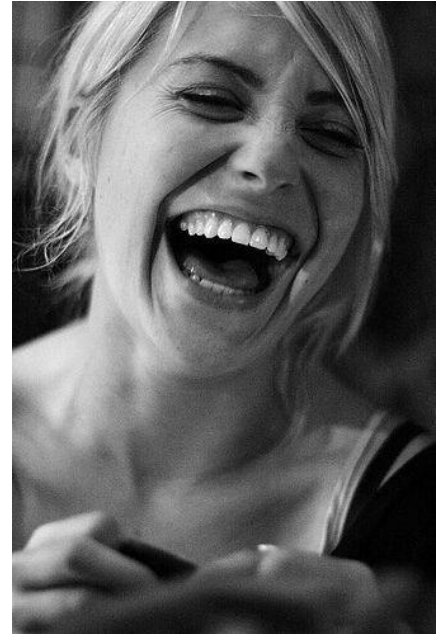
William Shakespeare



# Smile and the whole world smiles with you

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- Moods are contagious
- Choosing positivity vs negativity
- The feel good neurotransmitters – dopamine, endorphins and serotonin- are all released when you smile
- Does wonders against stress



# Expression

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*“Express the love! When you speak to someone, find out what they need, so you can help them. Speak in a way that you won’t hurt them.”*

Shri Mataji Nirmala Devi



