



*Throat
Chakra
Activation
Session
Outline
and Card
Deck*



Penelope Rose

Throat Chakra Activation Session Outline and Card Deck

The Throat Chakra Activation Session Outline and Card Deck will assist you in providing group sessions to explore sound and vocal channeling, and free the throat chakra.

Many people are not comfortable with speaking and singing. These sessions can assist participants to become progressively more confident with being heard and expressing themselves vocally.

The session outline can be used for each session, and cards can be chosen each time to vary the sessions.

Cards can be divided into warmup cards and channeling cards, so cards can be used during the Opening Circle or during the body of the session if you wish.

Ask participants to “Sing pink” or “Sing green”, to “Sing peace” or “Sing love”, or to “Sing mermaids” or “Sing unicorns”. Each participant will be free to vocalise according to his or her imagination or intuition. Prompts have been provided on the cards to assist.

Affirmations have been included on each card to assist with clarifying intentions and strengthening self-concept and confidence.

I hope you enjoy the Throat Chakra Activation Cards and Session Outline,

Penelope Rose

Throat Chakra Activation Sessions



Intention

Confidence in singing, speaking, and making sound.
Emotional expression, integration & release.

Opening Circle

Welcome and briefing.

Gentle warmups and breathing.

Throat chakra activation cards.

Closing Circle

Sound meditation on the floor to relax and integrate the experience.

Join circle to share thoughts.

Session Outline

Find a space.

Reflect on your intention.

Find your meditative mode.

Channel with sound:

Colours

Emotions

Frequencies

Nature

The elements

Elementals

Animals

Disclaimer

Each participant is responsible for her own safety. Ensure sound-making is safe for your throat and voice.

At Home

Singing along with the radio, CD, YouTube or Spotify.
Karaoke on YouTube, with lyrics.

PRIMAL

For rawness in
sound

Making raw, primal sounds helps us to
activate a full, embodied voice

I am embodied



SOBBING

For depth in sound

Sobbing enables us to add
emotional depth to our
sound

I am emotionally connected

YAWNING

Yawning helps us
to relax and open
the back of the
throat

For an open
throat

*My throat
chakra is open*

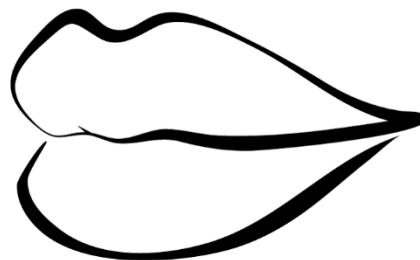


LIP TRILLS

Lip trills help us to
relax and loosen the
lips and jaw

To release lip and
jaw tension

I am relaxed

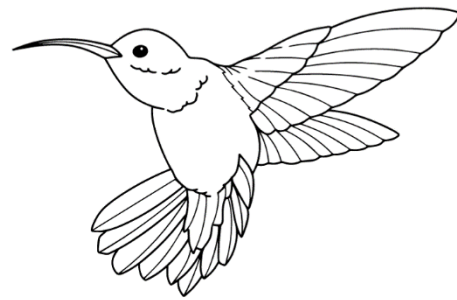


Humming helps us to warm up the back of the throat and the voice in a relaxed way

My voice is warm

HUMMING

To warm up the vocal chords



My throat chakra is activated



TONGUE TRILLS

To relax and loosen the tongue

Tongue trills help to warm up the voice, while the tongue stays relaxed

I am content



AH

To tone on the ah
vowel

Toning on the vowel
sound - ah - warms up
the voice

*I am
energised*



EE

To tone on the ee
vowel

Toning on the vowel
sound - ee - warms up
the voice

*I am
curious*



OH

To tone on the oh
vowel

Toning on the vowel
sound - oh - warms up
the voice

*I am
interested*



OO

To tone on the oo
vowel

Toning on the vowel
sound - oo - warms up
the voice

I am focused

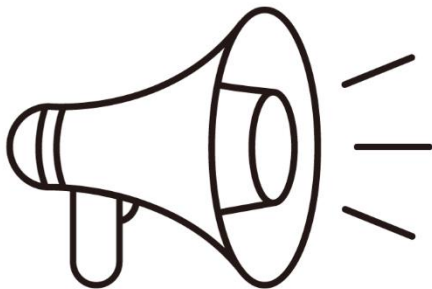


LA

To vocalise with
the la sound

Adding the L consonant
while toning on the ah vowel
helps to focus the sound
using the tongue

I am powerful



SIRENS

For connected
tone

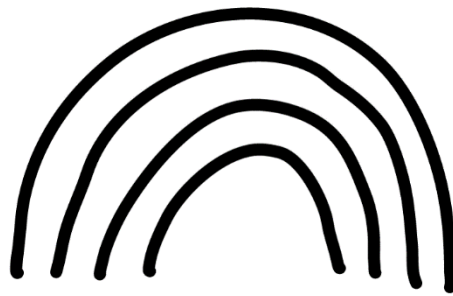
Vocalising sirens up and
down the octaves
connects the breath and
the tone

Visualising various
colours when we
vocalise, colours the
tone to assist with
intention

*I am
multifaceted*

COLOURS

To produce sound
reminiscent of
colours



Adding emotional
intent when we
vocalise, modifies
the tone of the
sound

I am expressed

EMOTIONS

To produce sound
that conveys
emotions



*I am
balanced*



CHAKRAS

To balance
chakras with
sound

Placing sound in various
chakras brings healing
energy to various areas of
the body

*I am
subtle*



WHISPERING

For texture in sound

Whispering adds texture
to sound and enables us
to paint with sound and
words

*I command
attention*



HEY!

To project sound

Shouting "Hey!" helps to connect the abdominal muscles and create air pressure to project sound

*I pulse with
the rhythms
of life*

PULSING

To activate
abdominal muscles

Activating abdominal muscles helps us to build sound pressure to create short or sharp sounds



CHANNELING WIND

I am free

To convey wind while
vocalising

Channeling the
elements assists
connection with
nature, for the singer
and for the listener



CHANNELING RAIN

*I am
cleansed*

To convey rain while
vocalising



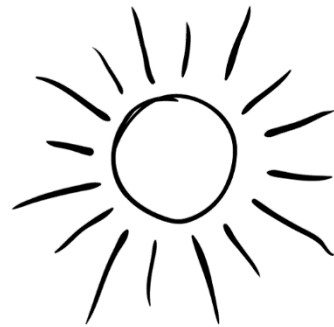
Channeling the elements
assists connection with
nature, for the singer and for
the listener

CHANNELING SUNSHINE

*I exude
positivity*

To convey sunshine
while vocalising

Channeling sunshine
enables us to explore
positivity and lift the
spirits

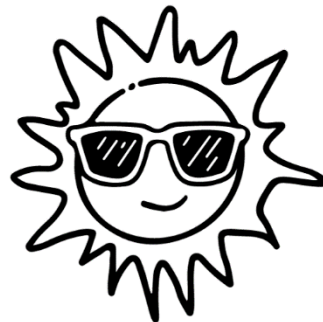


CHANNELING SUMMER

*I am safe
to be seen*

To convey summer
while vocalising

Channeling summer
enables us to
explore confident,
open sounds



*I have
many new
ideas*



CHANNELING SPRING

To convey spring
while vocalising

Channeling spring
enables us to
explore energetic,
lively sounds

*I process
emotions*



CHANNELING AUTUMN

To convey autumn
while vocalising

Channeling autumn
enables us to
explore warm,
emotive sounds

*I am
clear*

CHANNELING WINTER

To convey winter
while vocalising



Channeling winter
enables us to
explore cool, clear
sounds

*I am
supported*

CHANNELING THE OCEAN

To convey the ocean
while vocalising

Channeling the
ocean enables us to
explore powerful,
swelling sounds



*I am
strong*

CHANNELING MOUNTAINS

To convey mountains
while vocalising

Channeling
mountains enables
us to explore strong,
solid sounds



*I am
always
growing*

CHANNELING FORESTS

To convey forests
while vocalising

Channeling forests
enables us to
explore rich,
expansive sounds



*I am
peaceful*



CHANNELING PEACE

To convey peace
while vocalising

Channeling peace
enables us to
explore calm,
soothing sounds



*All is
connected*

CHANNELING HARMONY

To convey harmony
while vocalising

Channeling harmony
enables us to
explore broad,
smooth sounds

*I am
loving*



CHANNELING LOVE

To convey love while
vocalising

Channeling love
enables us to
explore tender,
enveloping sounds

*I am
untamed*



CHANNELING FREEDOM

To convey freedom
while vocalising

Channeling freedom
enables us to
explore light,
uncontrolled sounds

*I am
joyful*

CHANNELING JOY

To convey joy while
vocalising



Channeling joy
enables us to
explore bright, round
sounds

*I am
enchanted*

CHANNELING FAIRIES

To convey fairies
while vocalising



Channeling fairies
enables us to
explore delicate,
mysterious sounds

*I am
fiery*



CHANNELING DRAGONS

To convey dragons
while vocalising

Channeling dragons
enables us to
explore fiery,
passionate sounds

*I am
grounded*



CHANNELING GIANTS

To convey giants
while vocalising

Channeling giants
enables us to
explore deep, earthy
sounds

*I am
sensual*



CHANNELING MERMAIDS

To convey mermaids
while vocalising

Channeling
mermaids enables us
to explore clean,
graceful sounds

*I am
magical*



CHANNELING UNICORNS

To convey unicorns
while vocalising

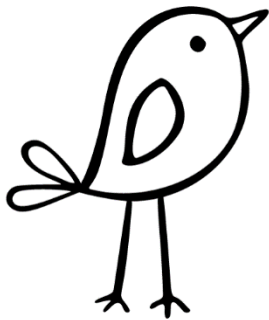
Channeling unicorns
enables us to
explore pure,
sparkling sounds

*I am
creative*

CHANNELING ANIMALS

To convey animals
while vocalising

Channeling animals
enables us to
activate our
creativity to produce
a variety of sounds



CHANNELING BIRDS

To convey birds while
vocalising

Channeling birds
enables us to colour
our voices to replicate
birdlike song

*I am a
natural
vocalist*