

The True Voice Activation

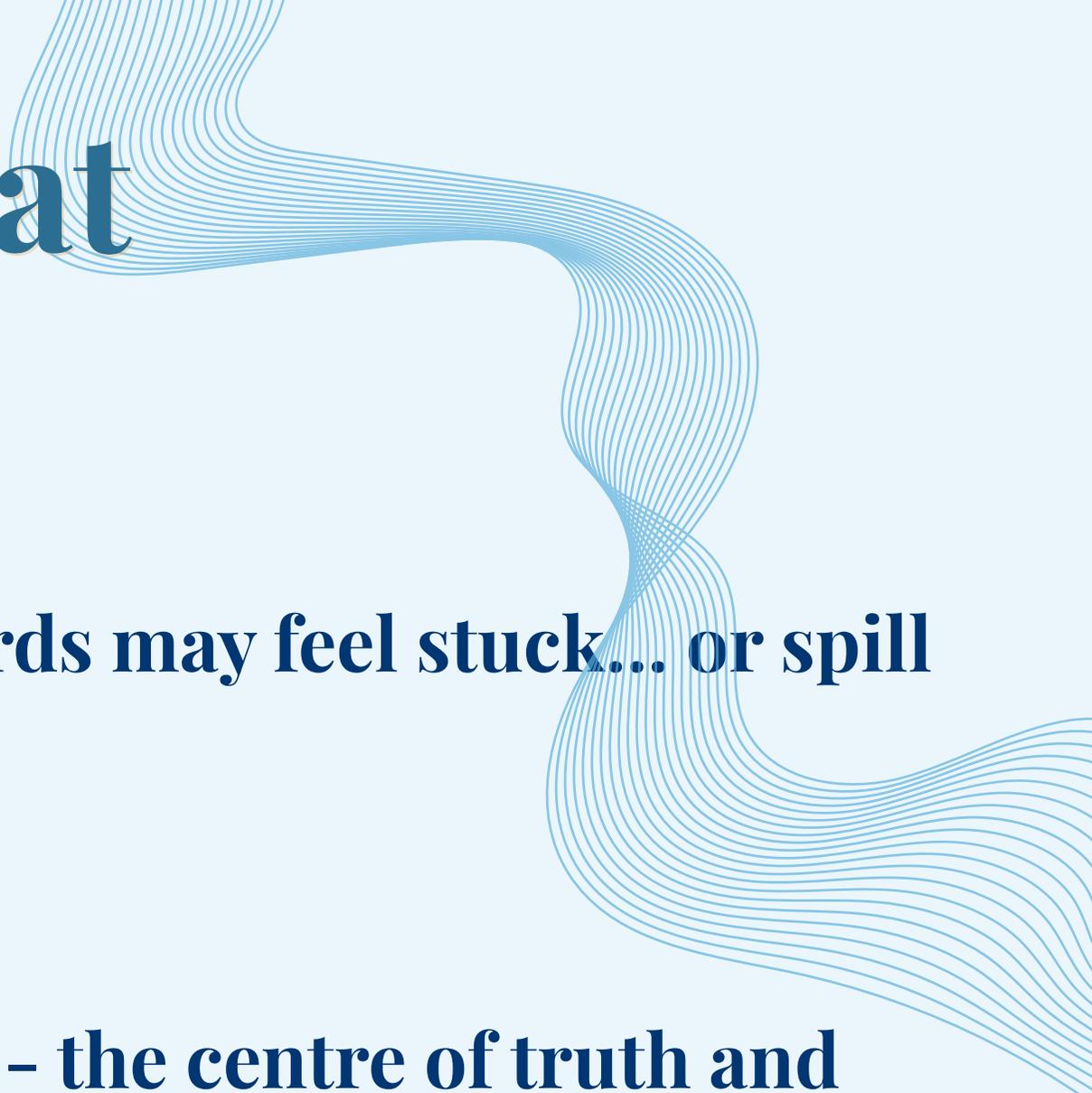
Listening to Your Throat Chakra Voice™



Speak. Express. Be heard.

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Your Throat Chakra



There's a reason words may feel stuck... or spill out too fast.

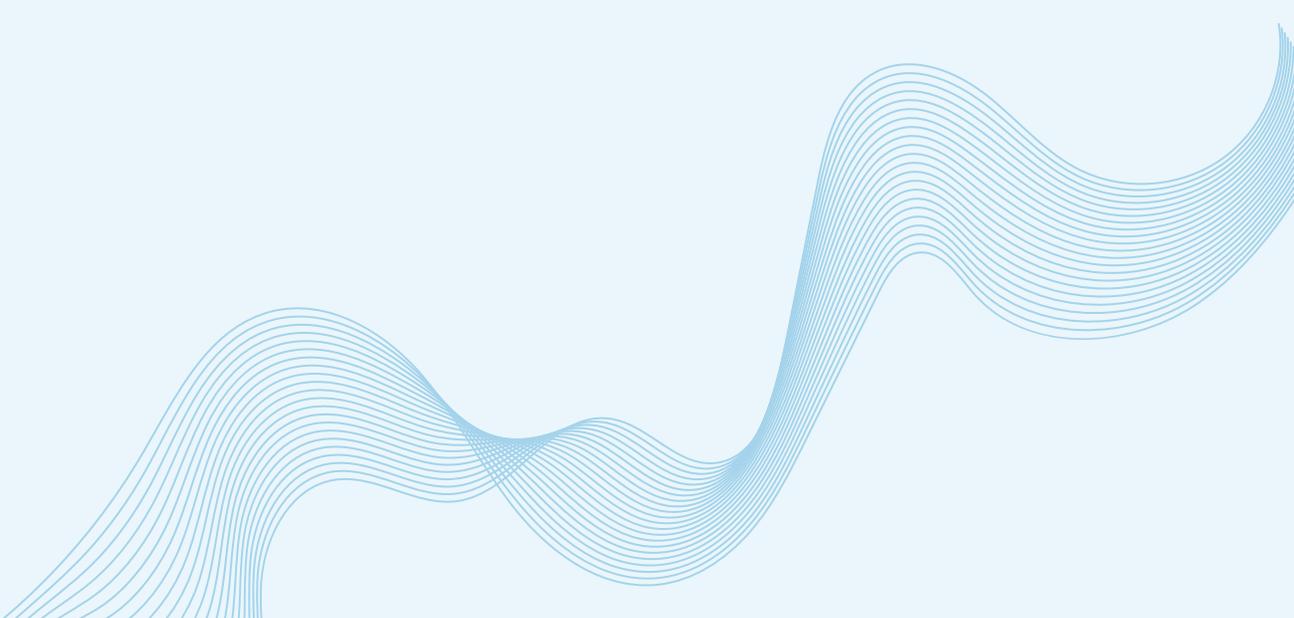
Your Throat Chakra - the centre of truth and expression - may be asking for attention.

When balanced, your voice is clear and calm.

When quiet, you stay silent.

When too loud, you over-explain or push to be heard.

Let's tune in.



Voice Check-In

Do any of these feel familiar?

- I hold back what I really want to say
- I replay conversations in my head
- I over-explain or justify myself
- I avoid difficult conversations
- I feel unheard or misunderstood

If several resonate, your **Throat Chakra Voice™** may be asking for attention.

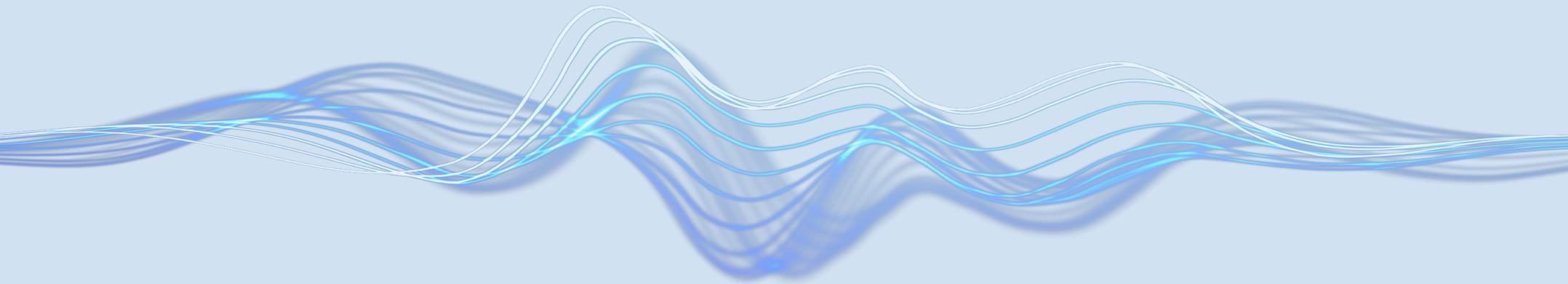


Truth Reflection

Ask yourself:

- **What truth have I been holding back?**
- **Where do I over-explain instead of speaking simply?**
- **What would I say if I trusted my voice?**

Voice Activation Exercise



Place a hand on your throat.

Inhale through your nose, exhale with a gentle sound (ahh or hum).

Visualise a blue light clearing and opening this space.

Repeat:

'My voice is safe. My truth is valid.'

Expression Practices

- Speak one honest sentence today
- Practice saying “no” without explanation
- Journal uncensored for 5 minutes
- Use your voice (sing, hum, speak aloud)

What next for your Throat Chakra?

You've just listened to your Throat Chakra Voice™.

Balanced love is not sacrifice or shutdown – it is flow.

If you're ready to go deeper, I invite you to explore your Chakra Voices™.

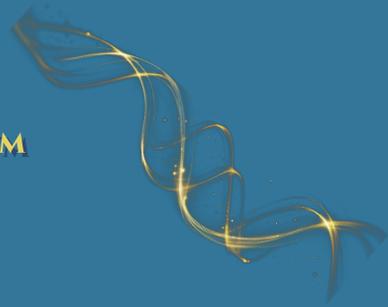
One way is to start by experiencing the Root Chakra Voice™ Taster session – a guided exploration you can access here

This live session introduces the structure of working directly with your Root energy – not to override it, but to understand what it has been communicating.

From there, you may wish to heal or activate all your Chakra Voices™ through the 7 Chakra Voices™ Journey.

Join Chakra Voices™ – Listening Within HERE

CHAKRA VOICES™



The 7 Chakra Voices™ Journey



[Watch The Video](#)

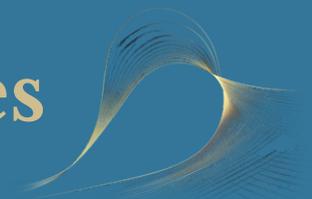
*'Honestly, I don't know what magic you've worked
but something has FINALLY clicked after years!'*

Claire, UK



Jillian Shiers

Inner Voices
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