



Prayers of Honoring Voice

Pixie Lighthouse

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The throat, located just one energy center north of the heart and one chakra south of the mind, is in a precarious position in the body. Play with me for a moment: if you were to consider the mind a machine, say, a telegraph in service to the heart, then the heart gives the first dictation. The mind then translates vital information in the form of language to the speaker system of voice, which will hopefully transmit the communications as the heart intended, if that is the priority. It is a good time to ask yourself what your priorities of communication are. What is motivating you? A short journey from heart to mind and back down to the throat takes mere seconds, but a mighty many detours are taken en route. This may be because the fear residing in the mind is like a highwayman, waylaying our genuine matters of the heart and causing havoc as it tries to make its simple way out of the human body. There are other desperados who lure the vulnerable traveler off-path: insecurity, anxiety, self-consciousness, the fragile ego—but nearly all are unmasked first cousins to fear when flushed out of the shadows. Some fears are linked to primal traumas which may yet be unearthed. These deserve special attention when working with voice. I think the greatest of all distractions between heart and throat might be faithlessness, because reigning religious institutions have effectively redirected the focus from faith to matters of righteousness, wrongness and “policies”. Faith in love, and what it can do, has taken a particularly destructive back seat to the priorities of massive organizations with other things in mind than loving kindness, peaceful communication, fair resolutions, wellness and the expressive voices of living, breathing people. For today’s spiritually traumatized, broken-hearted and soul-wounded, the process of revealing what rests on the heart can be a paralyzing challenge. To clear the path of negative imprint, one must declare the intention to speak to what matters most and set about the task of discerning what that is. One can make a choice now to stand up to the fears that mangle the truth into expressions more palatable for others, cause explosions of rage, freezing up, or cut-and-run behavior. To love the truth more than anything else is a tall order.

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