



Throat Chakra

Truth, Voice & Expression -TheTruth & Communication Wound



WHERE THIS LIVES IN THE BODY

Base of the throat, your center of voice and honest expression.

COLOR Blue ELEMENT Ether MANTRA HAM

Money as voice. This is the wound of staying quiet to keep the peace.

THE WOUND & ITS SYMPTOMS

Your throat chakra holds your voice, your truth, your ability to speak honestly. When it's wounded around money, it shows up as avoidance: putting off the raise conversation, sitting on the invoice, not telling your partner the real state of things. This wound convinces you that silence is safer than honesty, even while that silence is quietly costing you.

- Avoiding money conversations altogether, even necessary ones
- Not asking for raises, late payments, or what you're actually owed
- Hiding financial reality from a partner or loved one
- Swallowing anger or hurt about financial unfairness instead of naming it
- Anxiety spiraling around sending invoices, quotes, or contracts

THE STORIES WE TELL OURSELVES

"Talking about money is rude or taboo."

"If I speak up about what I need, I'll be rejected."

"My financial needs are a burden to other people."

"I should just be grateful for whatever I'm offered."

Some of this you learned in one moment you spoke up and got shut down. A lot of it is cultural or familial. So many of us were raised in homes where money simply wasn't discussed out loud, which quietly taught us that silence was the correct response.

WHEN THIS WOUND LIKELY FORMED

AGES 29–35

Your throat chakra developed somewhere between ages 29 and 35, a season often defined by finding your voice professionally and personally, settling into your vocation, your partnership, your public expression. If speaking up during those years met conflict, rejection, or punishment, staying quiet about money can start to feel like the only safe option.



Throat Chakra

Truth, Voice & Expression -TheTruth & Communication Wound

HOW TO HEAL THIS WOUND

PRACTICAL ACTIONS

- Write and practice simple scripts for money conversations before you need them
- Say your rate or your ask out loud: alone first, then to someone you trust, then to the person who needs to hear it
- Have one transparent budget conversation with a partner, even if it's imperfect
- Send the invoice, the quote, or the follow-up the same day you write it, before anxiety has time to build

SPIRITUAL ACTIONS

- Sound work: humming, chanting, singing, anything that vibrates the throat
- Journaling the truths you haven't said out loud yet
- Blue lace agate or aquamarine as anchors for clear communication
- Throat chakra affirmations: "My voice matters. My needs are not too much to name."

WHAT HEALING FEELS LIKE

Healing here feels like clarity. It's asking directly for what you're owed, without a paragraph of apology first. It's telling your partner the real numbers. It's sending the invoice and getting on with your day instead of checking your inbox every ten minutes.

EXAMPLES OF BALANCED, FLOWING ENERGY

- Asking clearly for what you need, once, without over-explaining
- Having honest, low-drama conversations about money with a partner
- Sending invoices, quotes, and follow-ups without a spiral beforehand
- Naming financial unfairness directly instead of swallowing it

A GENTLE REMINDER

The urge to go quiet under pressure may still return, especially in conflict. Healing was never about never losing your voice again. It's about finding your way back to it faster than you used to.



Throat Chakra

Truth, Voice & Expression -TheTruth & Communication Wound

Take a breath before you start. Write quickly and don't edit yourself, there's no right or wrong way to do this.

WHICH SYMPTOMS RESONATE WITH YOU RIGHT NOW?

- ☐ Avoiding money conversations altogether, even necessary ones
- ☐ Swallowing anger or hurt about financial unfairness instead of naming it
- ☐ Not asking for raises, late payments, or what you're actually owed
- ☐ Anxiety spiraling around sending invoices, quotes, or contracts
- ☐ Hiding financial reality from a partner or loved one

Where do I see this wound showing up in my life right now?

Which story feels most familiar? Where might I have learned it?

One practical action I'll try this week:

One spiritual practice I'll try this week:

What would balanced, flowing energy feel like for me here?

Today's date: _____

Healing isn't linear. Be gentle with yourself as you go.



Meet Your Guide

AKA, the author

Jenni Fulton

Holistic Financial Coach & Intuitive Guide

Founder of Untamed Abundance LLC

Hi, I'm Jenni. I'm the founder of Untamed Abundance, a holistic coaching practice based out of the Midwest United States, where I help people build a healthier relationship with money by combining practical strategy with the kind of deep, embodied, spiritual work that actually makes change stick. I also work under Untamed Intuition, offering tarot, astrology, and intuitive mentorship for anyone drawn to a spiritual layer of the work.

This workbook is original content. The frameworks, the language, and the lived experience with clients doing exactly this kind of healing are mine. Every idea, structure, and story here comes from years of real work with real people.

Also, in case you were wondering, in this age of artificial things: I am a whole, real person on the other side of this PDF. If any of this resonates, I'd love to connect, whether that's through a 1:1 coaching session, my membership program, one of my group courses or events or just a quick note to say hello.

Learn more about me and my work at untamedabundance.com or follow us on socials:



Also, if it sings, check the complete money wounds workbook with guides and worksheets for all seven core chakras as well as the companion meditation series recorded by me!