



The Throat Code

Giza, Egypt

Embodiment Kit

Giza Crystal Grid Frequencies

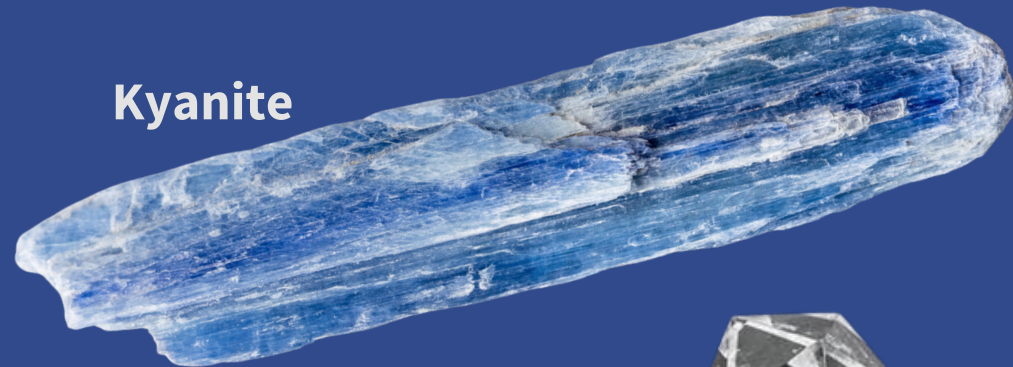
Let the crystal frequencies of Giza accompany you through this time of integration. Keep your chosen stones close, so they may amplify your journey's themes, support the unfolding of energy within you, and ground the wisdom that is awakening.



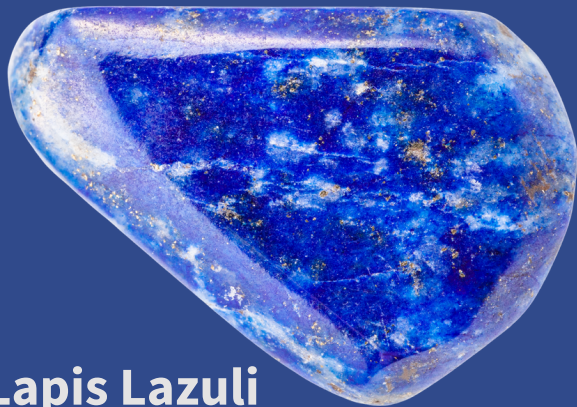
Prophecy Stone



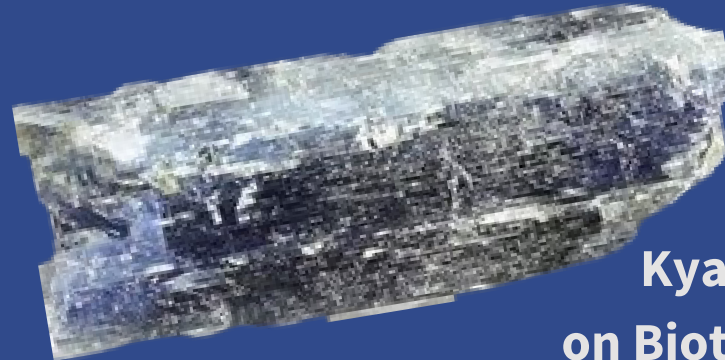
Turquoise



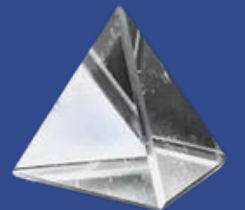
Kyanite



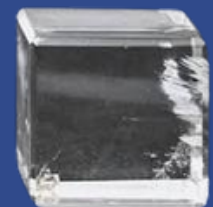
Lapis Lazuli



Kyanite
on Biotite Mica



Platonic Solids



Somatic Embodiment

Somatic Embodiment takes the integration of your Giza shifts to the next level. It's part of the RE-code & RE-align process that anchors the shifts into your nervous system, cellular memory & physical body.

Work with one or two of the following suggestions for 7 days, whilst focusing on the new pattern/code.

These slow movements and breathing practices support you to "anchor the alchemy" gently into your daily body rhythms, rooting the new codes in the physical realm and grounding your shifts into reality.

Somatic Practices 1

The Jaw Release

Purpose: to release unconscious jaw tension and reduce stress holding patterns in the face and throat.

Practice:

- Notice your jaw without changing it, observe your teeth, tongue and facial tension
- Place fingertips on the jaw hinges and make very small, slow open–close movements
- Gently massage the jaw hinges and along the jawline with light, soft pressure
- Allow a natural yawn-like opening and exhale with a relaxed “haaah” sound
- Let the jaw hang slightly open with easy nasal breathing, releasing effort each time you notice clenching.

State: “*Nothing needs to be held right now.*”

Somatic Practices 2

Somatic Voice Flow

Purpose: To connect breath, voice and body for simple flowing expression.

Practice:

- Begin with soft nasal breathing, then transition into a gentle hum on the exhale (“mmm”), feeling vibration in the face, throat and chest - repeat this.
- Slowly shift the hum into a simple chant: “mmm-ahh-mmm-ahh” or “ha-mmm-ha-mmm”, letting sound follow breath rather than rhythm
- Allow the chant to become more expressive if it wants to, adding softness, variation in pitch, or quiet emotional tone without forcing volume
- Let everything dissolve into silence and rest, noticing any change in openness, emotion, or presence in the body

State: *“I allow sound to move through me with ease.”*

Somatic Practices 3

Hands as Creative Flow Practice

Purpose: To release tension in the hands and arms and reconnect them with natural, expressive creative flow

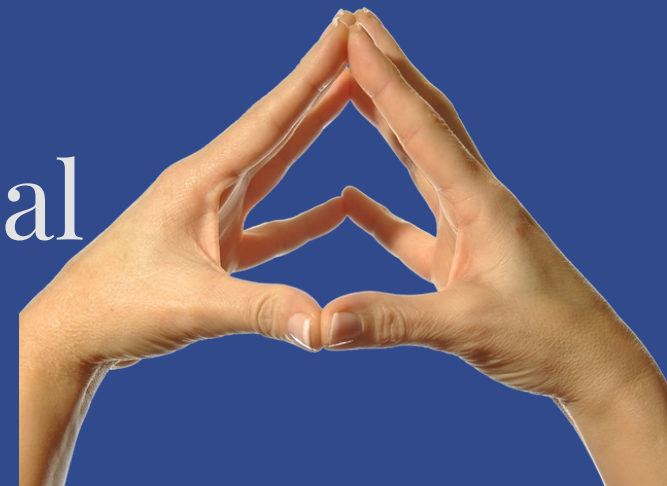
Practice:

- Sit comfortably and slowly begin opening and closing your fingers
- Let your wrists and elbows spiral and move gently, loosening threads of stored tension
- Shake out the hands and arms lightly, letting go of anything they no longer need to carry
- Let your hands begin to “draw in space,” tracing slow, free shapes as if creativity is moving through them directly
- Come to stillness and notice what’s present, warm, tingling, soft, or ready to create

State: *“My hands are a clear channel for my creativity.”*



Throat Chakra Mudra Ritual



To activate voice as a creative channel where sound, breath and meaning emerge together in real time.

- **Sit comfortably** with a tall but relaxed spine and begin by noticing your breath, jaw and throat
- **Bring hands into Hakini Mudra (fingertips lightly touching)** and rest awareness in the centre of the head and throat, breathing slowly through the nose
- **Shift into Gyan Mudra (thumb and index finger touching)** and begin soft humming on the exhale (“mmm”), feeling vibration in lips, face, throat and chest
- Gradually vary the hum: low tones for chest resonance, higher tones for throat and facial vibration, letting sound stay effortless.



Throat Chakra Mudra Ritual part 2



- **Transition hands** to a soft resting position on the upper chest or collarbones and continue humming while gently opening and closing the jaw as needed for release.
- **Move into Shuni Mudra (middle finger and thumb touching)** and softly vocalise simple sounds or words (e.g., “ah,” “no,” “yes”), noticing how it feels to give voice without pressure
- **Let silence follow**, then speak one simple true sentence out loud at a natural pace (something neutral like: “I am here.” or “I feel my breath.”) while staying relaxed in the throat
- **End by resting hands down**, breathing quietly through the nose and noticing any changes in openness, ease, or presence in the throat and chest.

Closing Affirmation:- *“My voice moves through me with ease and truth.”*

Giza: Embodying the Key Themes

Extra resources within the EarthStar Guardians membership..

Work with

- **Awakening Higher Communication Channels** - Clear & expand the energy of your throat chakra.
- **Teacher Within Activation** - Open and align your Throat, Third Eye & Crown Chakras at deeper levels to allow interpretation and expression of your truth
- **Throat Chakra Activation** - Clear & open your throat chakra to enhance your communication & self expression

*****Plus 'The Calling' part 3 - working with the Throat & Higher Throat chakras to amplify your ability to speak your truth with inner power and love.***

Embodiment Prompts

Grab your journal, sketchbook or audio recorder..

What is my voice trying to express right now that I usually override or soften?

- Where in my life am I not speaking at the level of my inner truth?
- What am I afraid would happen if I expressed this clearly and directly?
- Where in my body do I feel this unspoken expression (throat, chest, stomach, jaw)?

Where do I hesitate to speak because I doubt my own clarity or worth?

- What does it feel like in my body when I do trust what I'm about to say?
- Where am I being asked to trust my expression more than my certainty?
- What would I say if I fully trusted my own voice right now?

Embodiment Prompts continued

Where does my voice feel restricted, hesitant, or overly managed?

- What do I tend to hold back even when I know it's true for me?
- What patterns of self-editing show up before I speak?
- Where do I confuse “being understood” with “being approved of”?

What wants to be expressed through me that I haven't given voice to yet?

- Where am I creatively blocked because I'm afraid of how my expression will be received?
- What would I create or say if I knew my voice was safe to explore freely?
- How does my expression change when I stop trying to get it “right”?