

Voice: Throat Chakra Blue Lotus Meditation

Original “slow art” by Kristen Palana

Throat Chakra Blue Lotus – Vishuddha

This artwork was created to support **self-expression, creativity, and confidence**. The fifth chakra, located in the throat, is associated with the color blue and governs communication, truth, and the ability to express one’s authentic voice.

Depicted as a **blue lotus flower**, this chakra works closely with the sacral chakra to help channel creativity and share it with confidence. Blue represents clarity of thought, stillness, and truthful communication — encouraging you to **speak your truth** and be heard with honesty and grace.

This painting from my Malawian Chakra Series was inspired by my time living in “The Warm Heart of Africa.” It features local chitenje textile patterns in the background.

Suggested Placement:

Hang this piece in meditation rooms, yoga studios, classrooms, creative spaces, or bedrooms — anywhere that could benefit from calm, truth, and powerful self-expression.

✨ *May this artwork fill its space and its recipient with clarity, honesty, and the courage to express their authentic voice.*



A handwritten signature in blue ink that reads "K Palana".

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www.makalulustudio.com

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A Gift of Intention

This artwork was chosen as a heartfelt gift, meant to invite clarity, truth, and the confidence to express your authentic voice.

A GIFT

from me to you

To:

From:

Message:



K Palana

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