

THROAT CHAKRA INTUITION

LOCATION + ASPECTS

--THROAT--

TRUTH-EXPRESSION-SURRENDER-VOICE-CHOICE-
COMMUNICATION-VALIDATION-LISTENING



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6.1a Throat Chakra Intuition



THROAT DOMINANCE

WHAT DOES IT MEAN?

As a throat chakra dominant, it is easy for others to see the truth in your response to things (which may be frustrating for you at times because you feel too transparent). Your intuitive barometer may reveal itself in the form of voice fluctuations, censoring and shyness. If you begin to pay attention to your response to different people and environments, you will notice that the throat is speaking volumes about what you are really sensing all around. Shifts in the way you express yourself and how you react physically at the throat are all markers of intuitive guidance.

STRENGTH = HIGHLY SENSITIZED TO PHYSICAL SENSATIONS AT THROAT

You have the incredible ability to pick up on energetic shifts in others and your environment by how your throat may respond on a physical level. Heat, physical sensations at the throat and voice fluctuations all serve as sensitized intuitive indicators here.

CHALLENGE = COMMUNICATION + EXPRESSION

Your challenge is to remain clear at this center. When this energy center picks up on energetic pings you may feel tongue tied, experience voice fluctuations and the need to censor what you say and how you say it.



THROAT CHAKRA REFERENCE

PRACTICE

List out everything you associate with the throat chakra, create your comprehensive throat chakra reference

Your Throat Chakra Strengths

Write them out

Your Throat Chakra Challenges

What are they?

notes