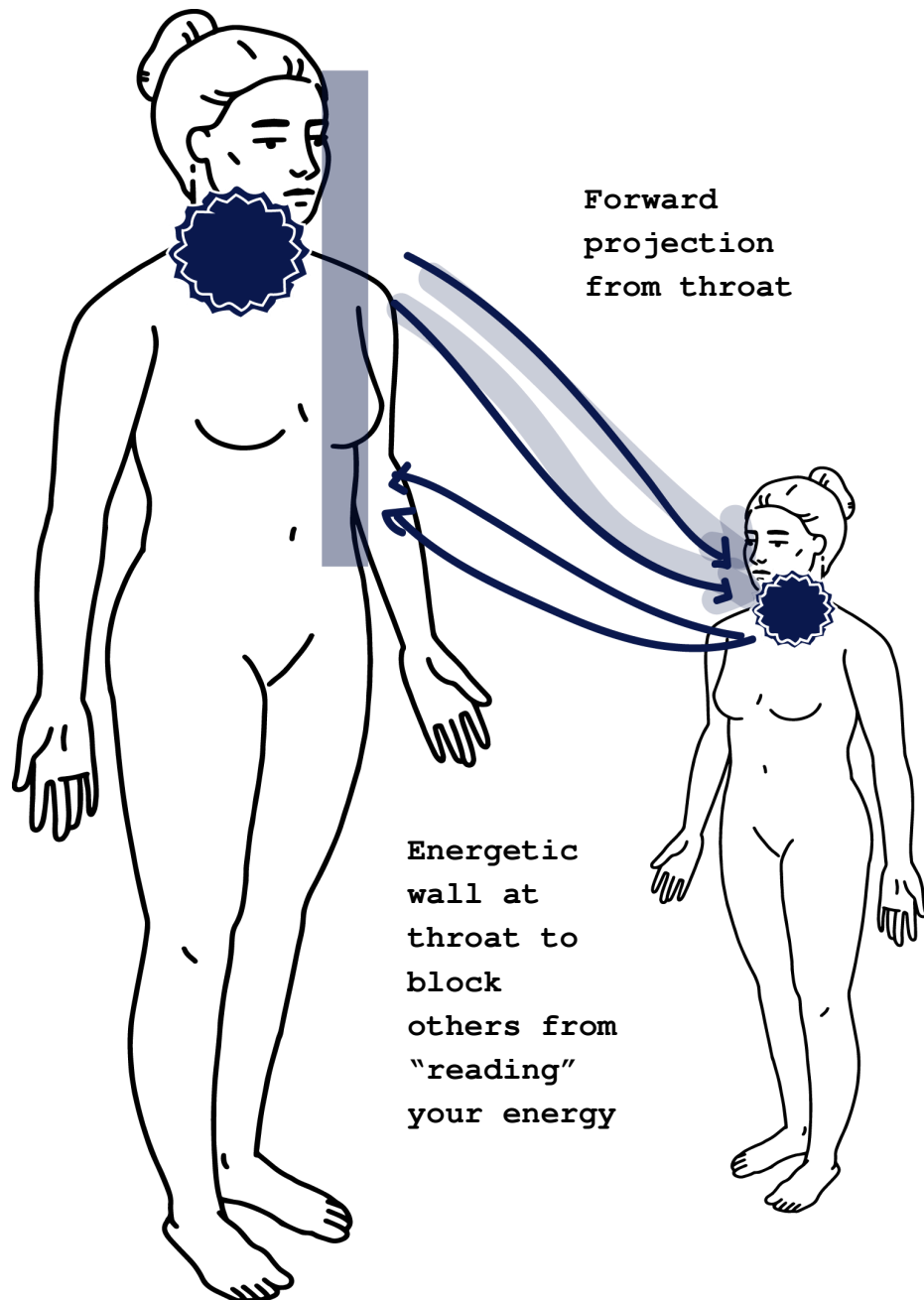
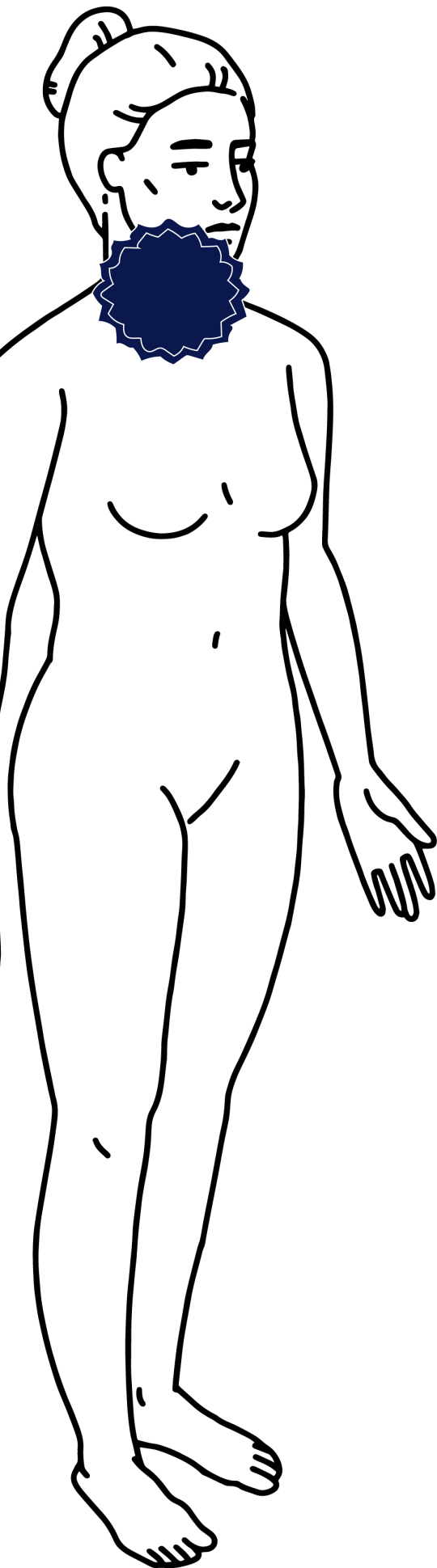


THROAT: FRONT

INDICATOR: MIRRORING





THROAT: FRONT

INTUITIVE INDICATOR:
MIRRORING

ASSOCIATIONS

Plane: Frontal

Directional Aspect: Front

Front Association: Projection

Projection: Diving forward, graspy

ENERGETIC QUALITIES

- Forward projection from throat
- Energetic wall at throat to block others from “reading” your energy
- Energetic wall deflects other people’s energy
- Anticipation of what will resonate with another person
- Altering how you present yourself and how you speak to “match” another person
- Impulsive decision making
- Very concerned with appearance and what others think of you/what will people say?

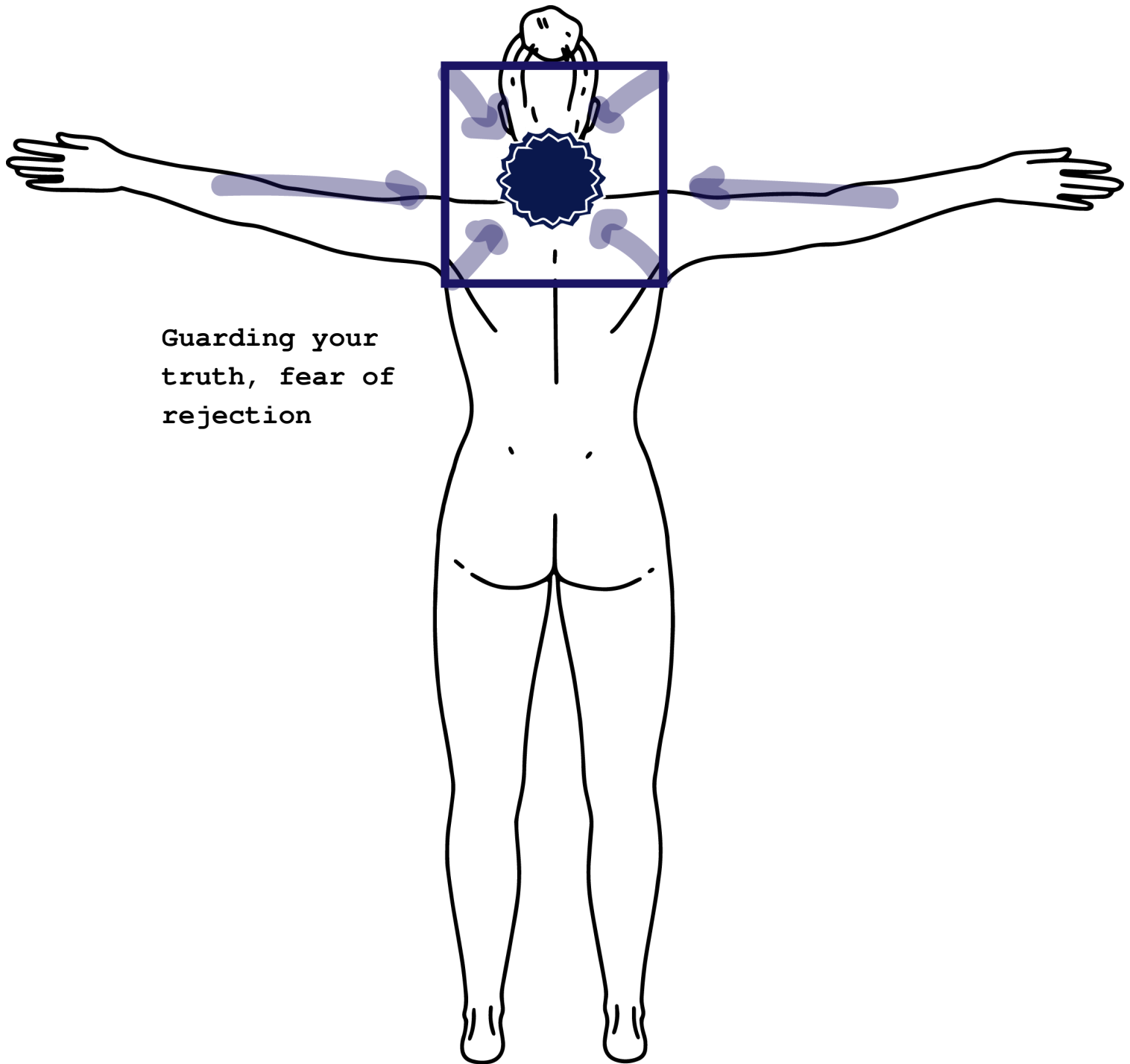
NOTES

Your Connections:

“I embrace my truth and allow it to flow through me”

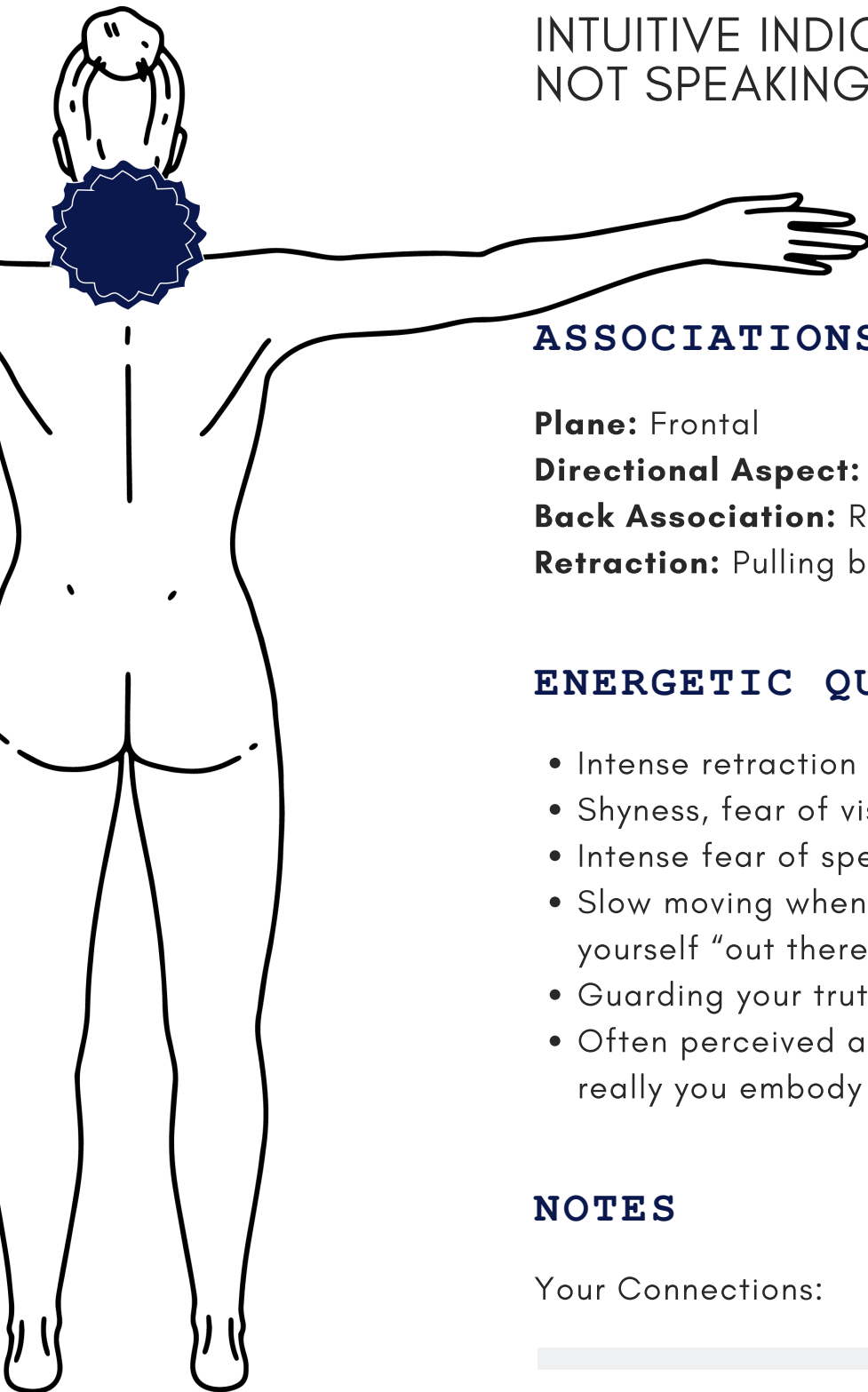
THROAT: BACK

INDICATOR: NOT SPEAKING



THROAT: BACK

INTUITIVE INDICATOR:
NOT SPEAKING



ASSOCIATIONS

Plane: Frontal

Directional Aspect: Back

Back Association: Retraction

Retraction: Pulling back, shielding, guarding

ENERGETIC QUALITIES

- Intense retraction at throat and mouth
- Shyness, fear of visibility, tendency to hide
- Intense fear of speaking in front of groups
- Slow moving when it comes to putting yourself "out there"
- Guarding your truth, fear of rejection
- Often perceived as "good listener" when really you embody a sense of holding back

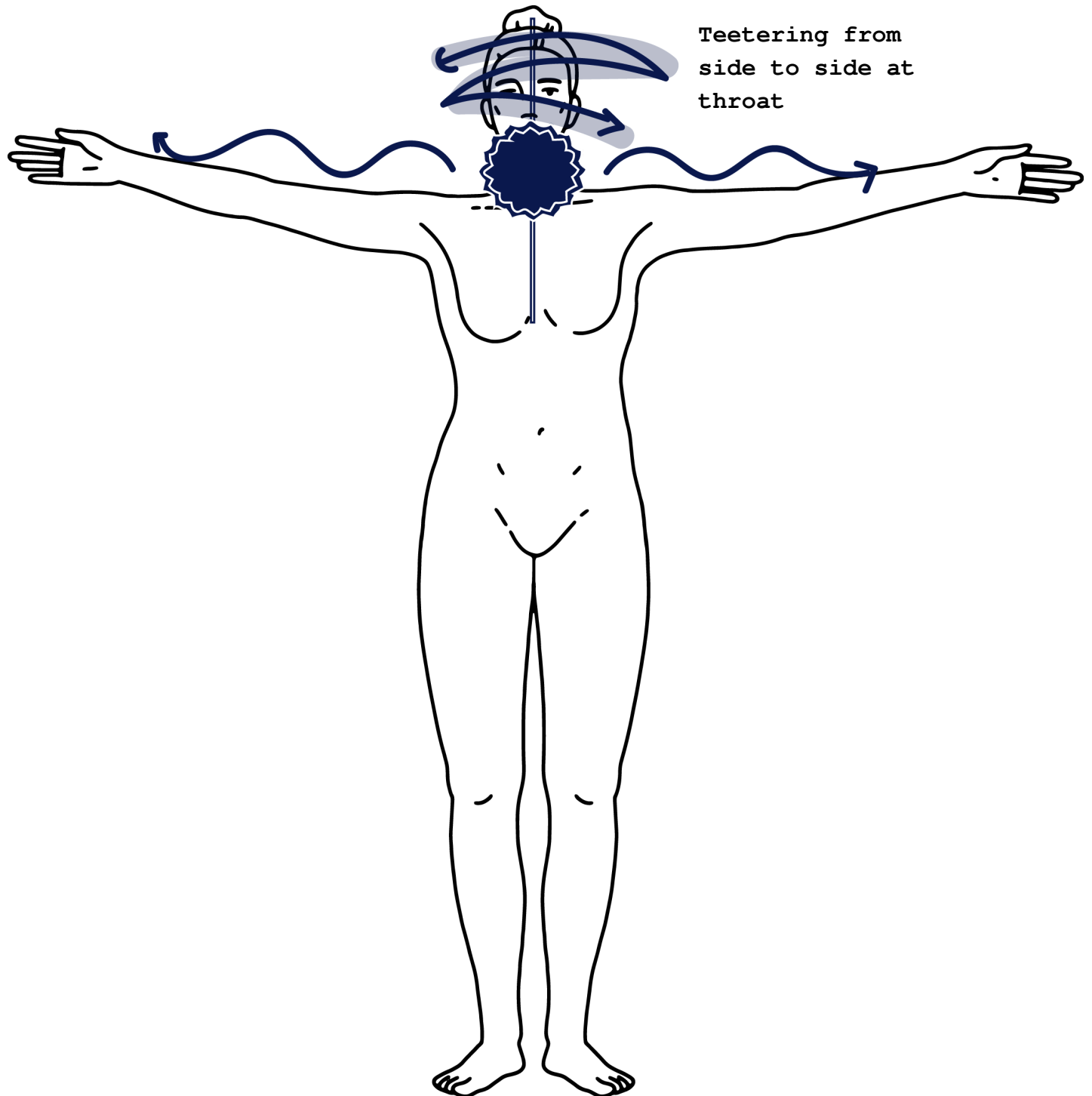
NOTES

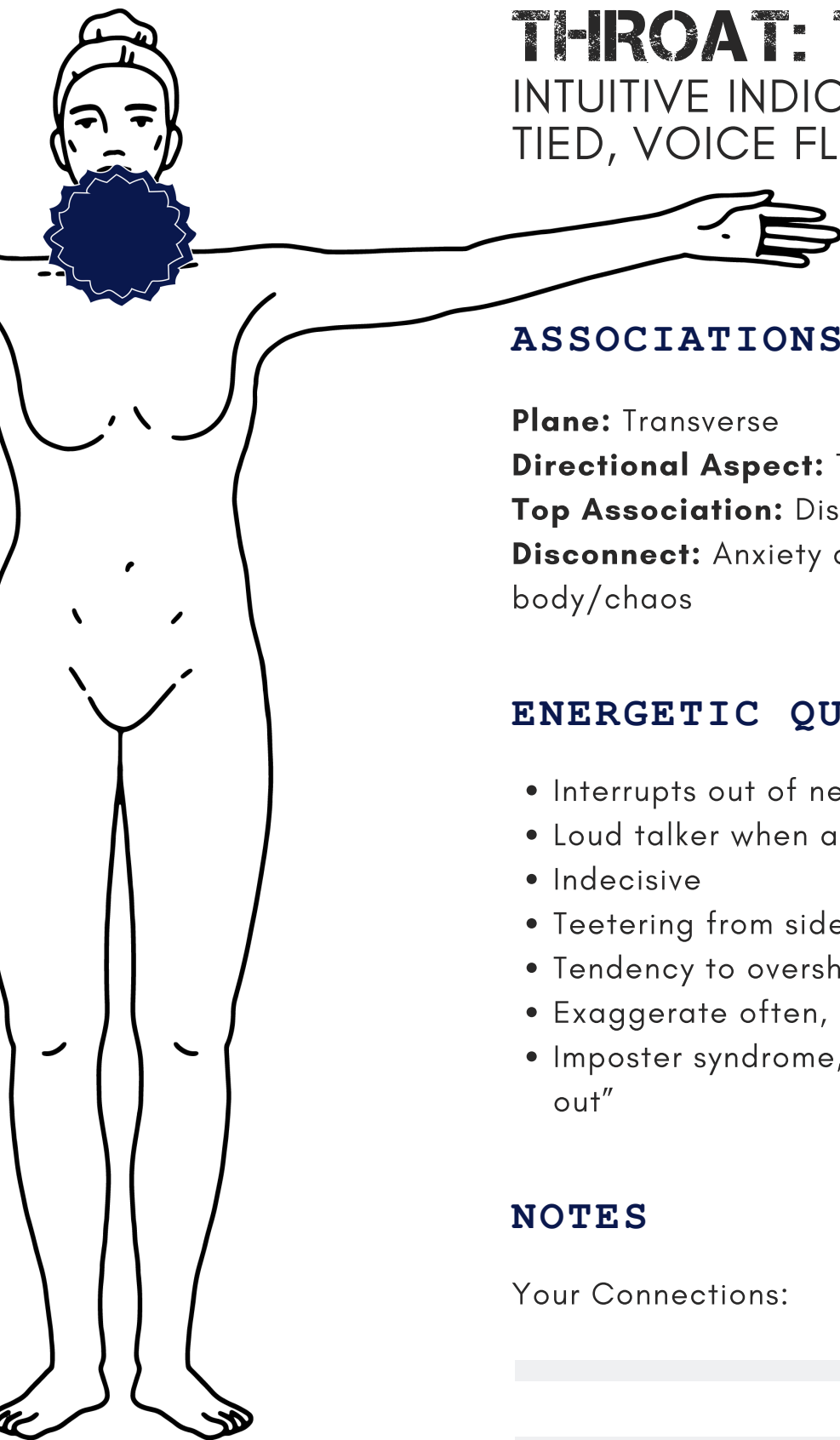
Your Connections:

**"I choose to show up and share
openly."**

THROAT: TOP

INDICATOR: TONGUE TIED, VOICE
FLUCTUATIONS





THROAT: TOP

INTUITIVE INDICATOR: TONGUE
TIED, VOICE FLUCTUATIONS

ASSOCIATIONS

Plane: Transverse

Directional Aspect: Top

Top Association: Disconnect/avoidance

Disconnect: Anxiety at this part of
body/chaos

ENERGETIC QUALITIES

- Interrupts out of nervousness
- Loud talker when anxious
- Indecisive
- Teetering from side to side at throat
- Tendency to overshare, TMI
- Exaggerate often, dramatic expression
- Imposter syndrome, fear of being "found out"

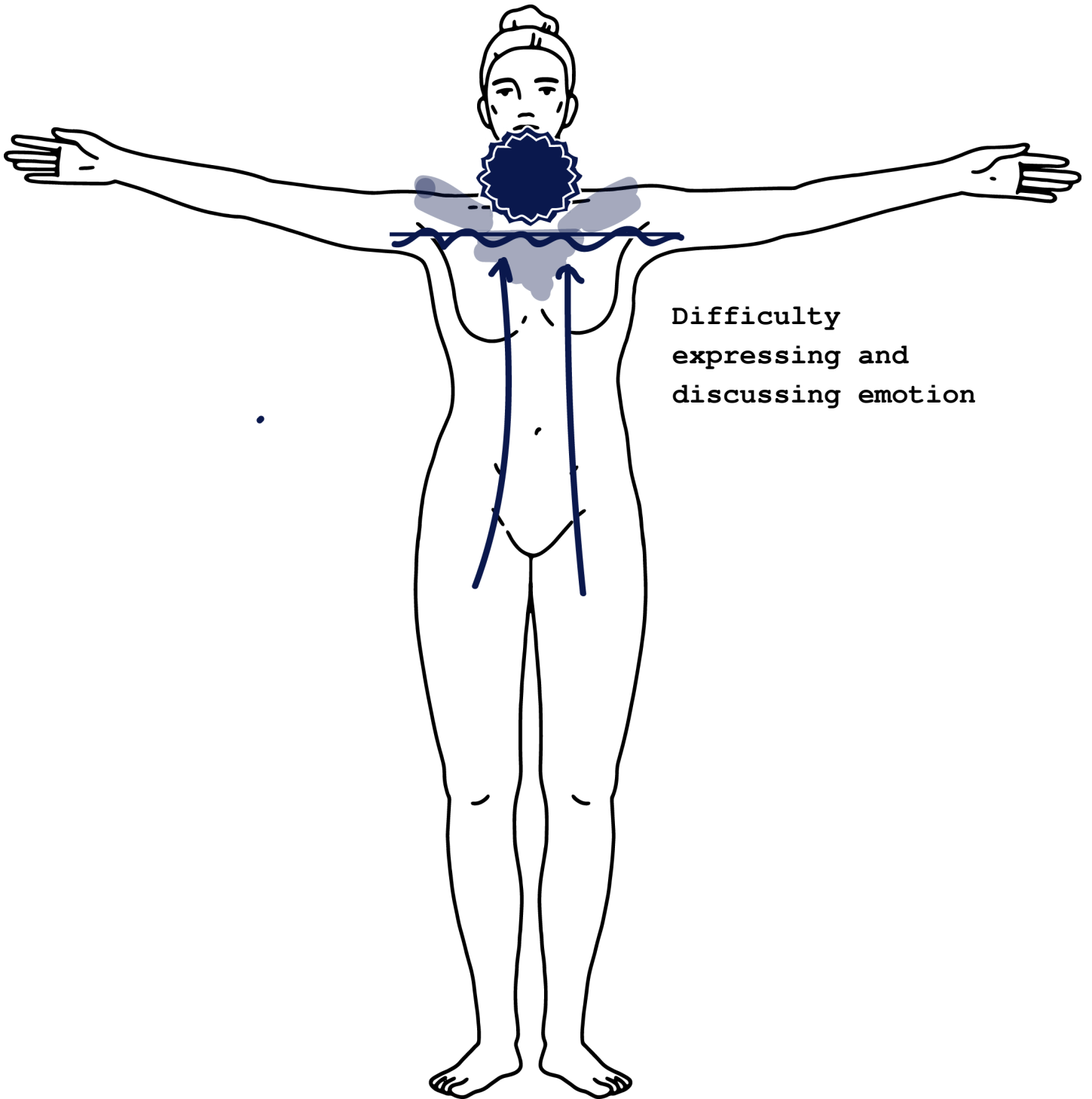
NOTES

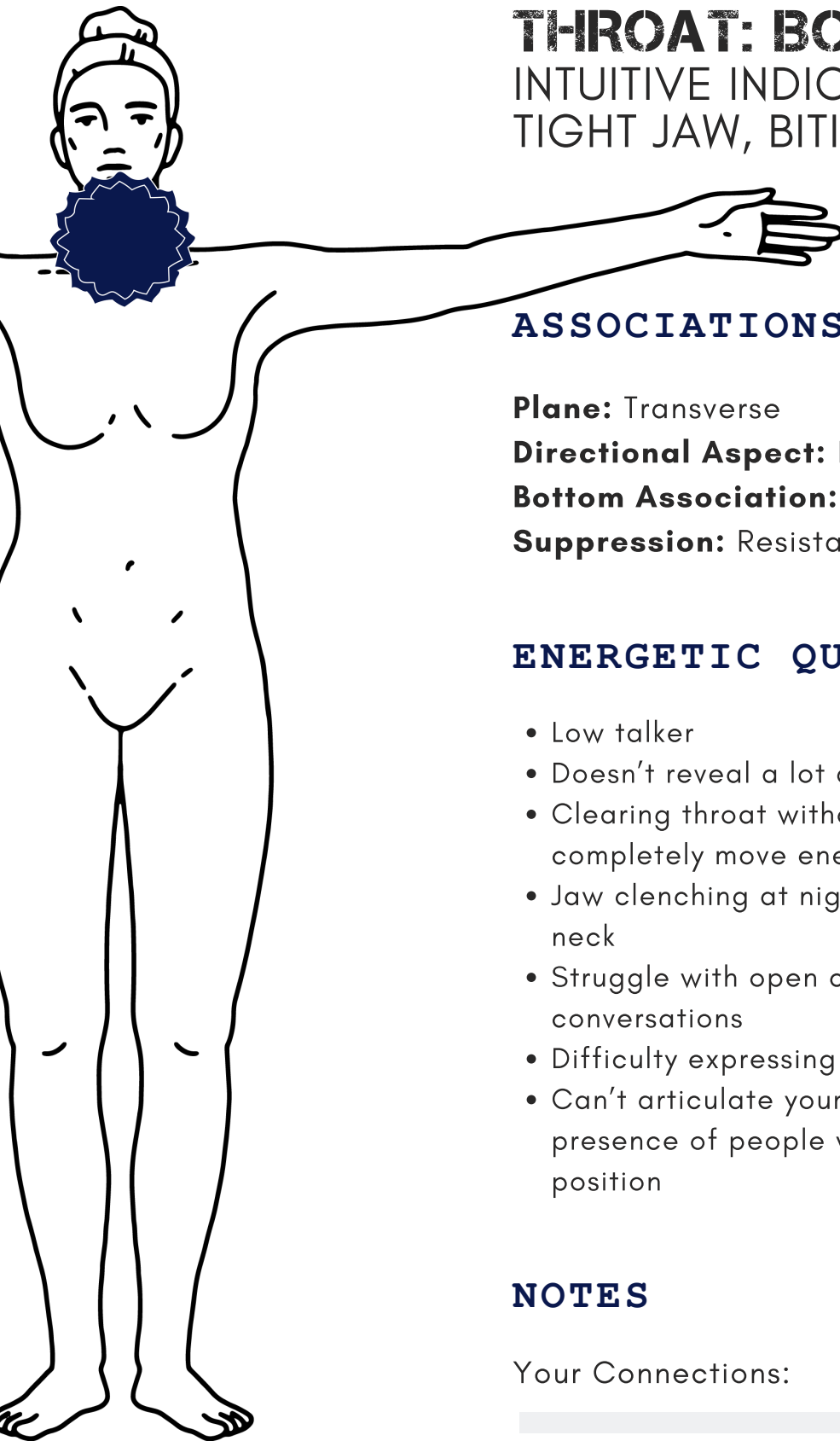
Your Connections:

**"My words and choices come from a place of
clarity and calm."**

THROAT: BOTTOM

INDICATOR: TIGHT JAW, BITING
TONGUE





THROAT: BOTTOM

INTUITIVE INDICATOR:
TIGHT JAW, BITING TONGUE

ASSOCIATIONS

Plane: Transverse

Directional Aspect: Bottom

Bottom Association: Suppression

Suppression: Resistance/pushing down

ENERGETIC QUALITIES

- Low talker
- Doesn't reveal a lot about self, very private
- Clearing throat without being able to completely move energy up and out
- Jaw clenching at night, tightness at jaw and neck
- Struggle with open communication, avoid hard conversations
- Difficulty expressing and discussing emotion
- Can't articulate your personal truths in the presence of people who challenge your position

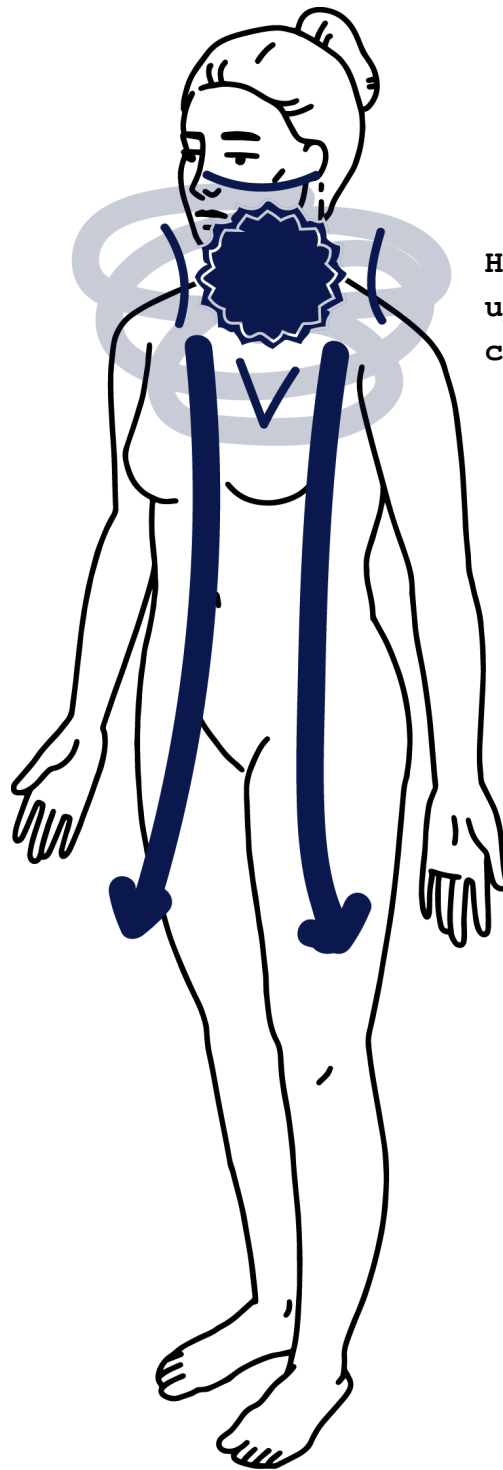
NOTES

Your Connections:

**"I express my emotions and
communicate openly."**

THROAT: LEFT

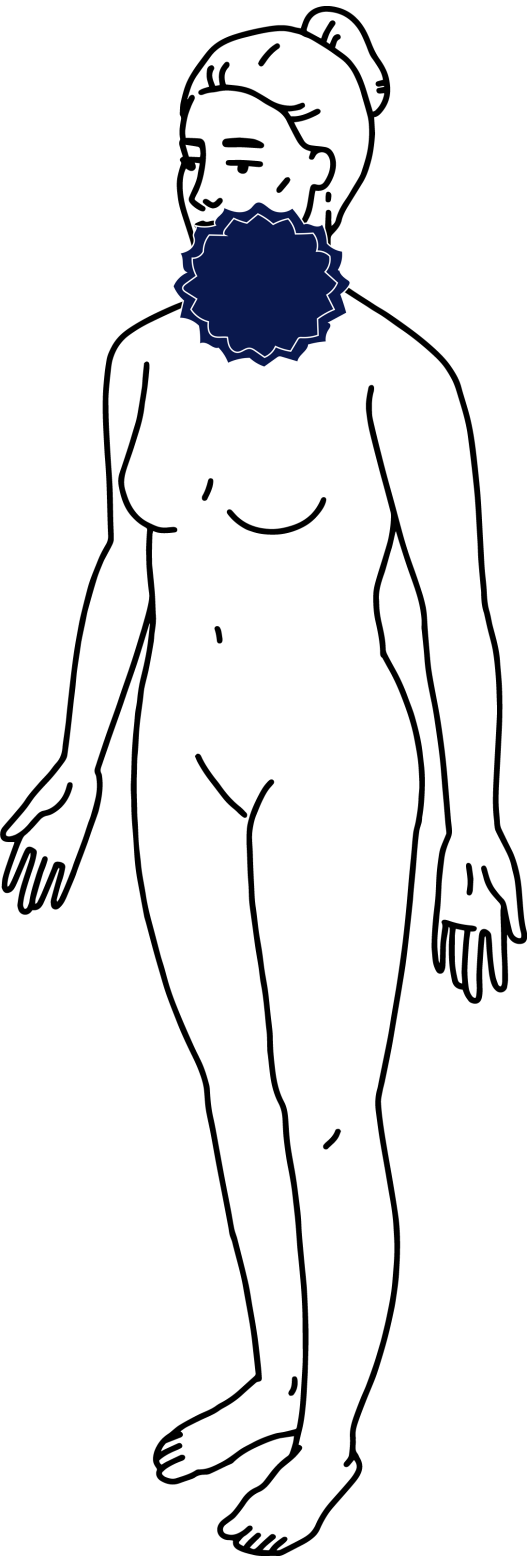
INDICATOR: CENSORING



Hard time speaking
up, terrified of
confrontation

THROAT: LEFT

INTUITIVE INDICATOR:
CENSORING



ASSOCIATIONS

Plane: Sagittal

Directional Aspect: Left

Left Association: Weak

Weak: Collapse/implosion

ENERGETIC QUALITIES

- Hard time speaking up, terrified of confrontation
- Fear of hurting people through what genuine expression and voice
- Feels like people can “see through” you
- Often feel like you don’t have something interesting to offer in conversation, come across as socially awkward
- Flowery language, long winded responses, difficulty getting to the point
- Seek validation from others

NOTES

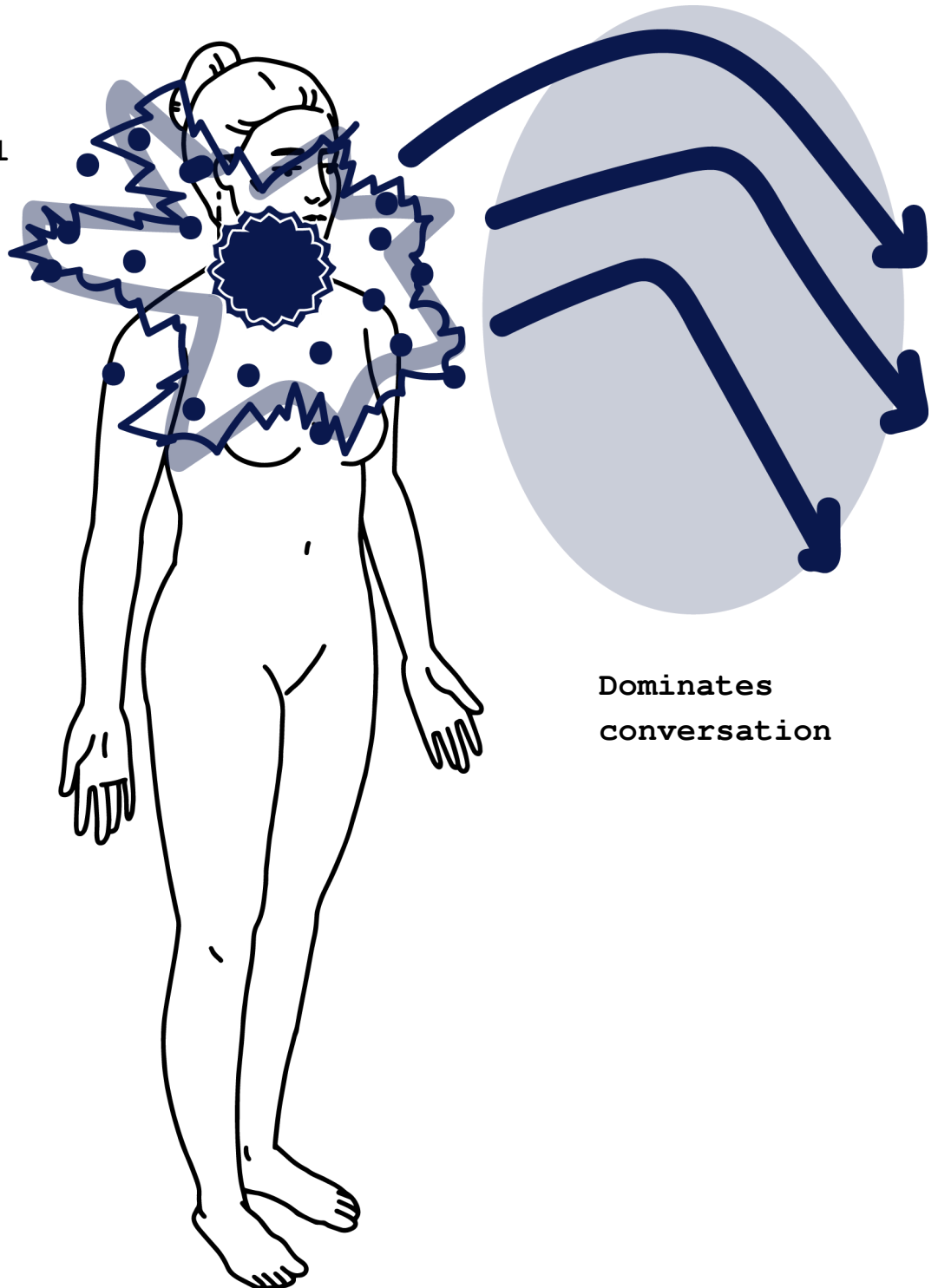
Your Connections:

“I speak directly and honestly.”

THROAT: RIGHT

INDICATOR: EXCESSIVE TALKING

Confrontational



Dominates
conversation

THROAT: RIGHT

INTUITIVE INDICATOR:
EXCESSIVE TALKING

ASSOCIATIONS

Plane: Sagittal

Directional Aspect: Right

Right Association: Forced

Forced: Explosive/aggressive

ENERGETIC QUALITIES

- Often associated with having a strong throat chakra
- Talks over others
- Dominates conversation
- Not considered a good listener
- Conviction overrides needs of others
- Confrontational
- Harsh language, tendency towards yelling
- Not telling the truth out of need to be right

NOTES

Your Connections:

"I listen attentively and speak kindly."

