



THROAT CHAKRA

INTENTIONS

INTENTIONS FOR CLEARING:

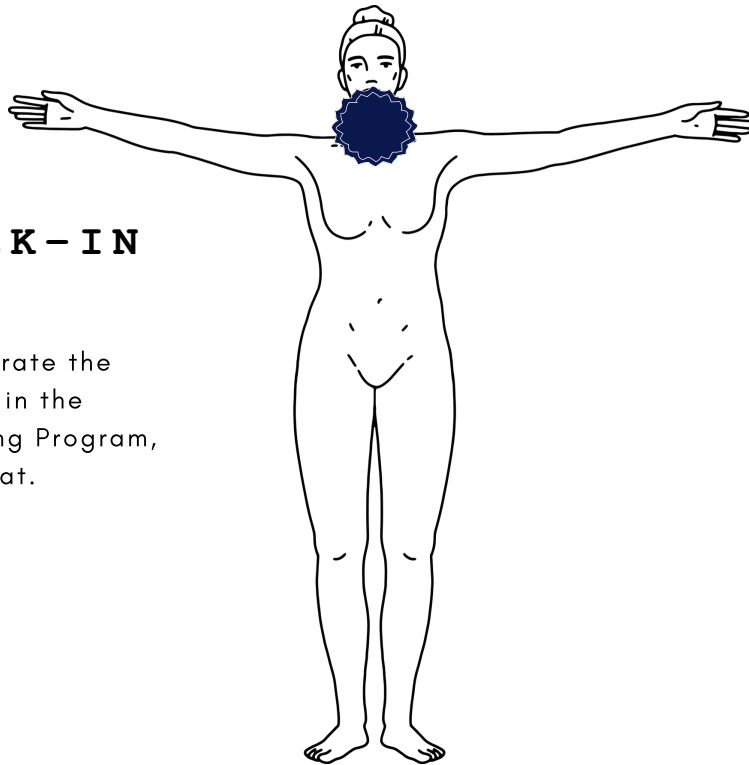
What would you like to let go of at the throat center?

INTENTIONS FOR REPATTERNING:

What would you like to reclaim and repattern at the throat?

THROAT

SELF ASSESSMENT



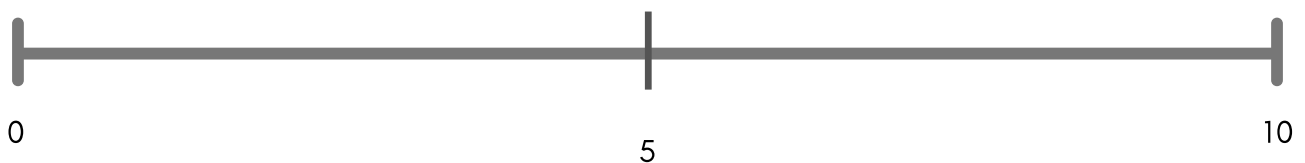
PRE CHECK-IN

Before you incorporate the concepts explored in the Chakredy® Mirroring Program, mark where you're at.

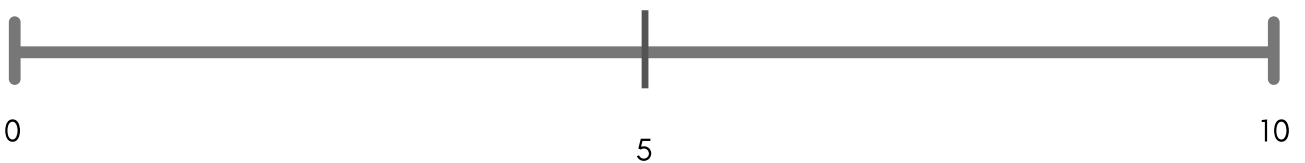
SCALE

0=Least/Never

10=Greatest/Always



I openly express myself



I am aware of my energetic output at the throat chakra



I stand clear in my truth when my personal truth does not match another person's

THROAT CHAKRA DOMINANCE

WHAT DOES IT MEAN?

This is a surprisingly intuitive and highly sensitive energy center. When you test as a throat chakra dominant, it is easy for others to see the truth in your response (which may be frustrating for you at times because you feel too transparent). **You have a heightened ability to perceive energy at the throat. You are throat chakra intuitive!** 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.

STRENGTH = HIGHLY SENSITIVE 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 ASPECTS

Some energetic aspects connected with the throat chakra include:

- Truth
- Communication
- Surrender
- Listening
- Speaking
- Expression

STRENGTHS

What are some of your strengths at the throat level?

CHALLENGES

What are some of your challenges at the throat level?

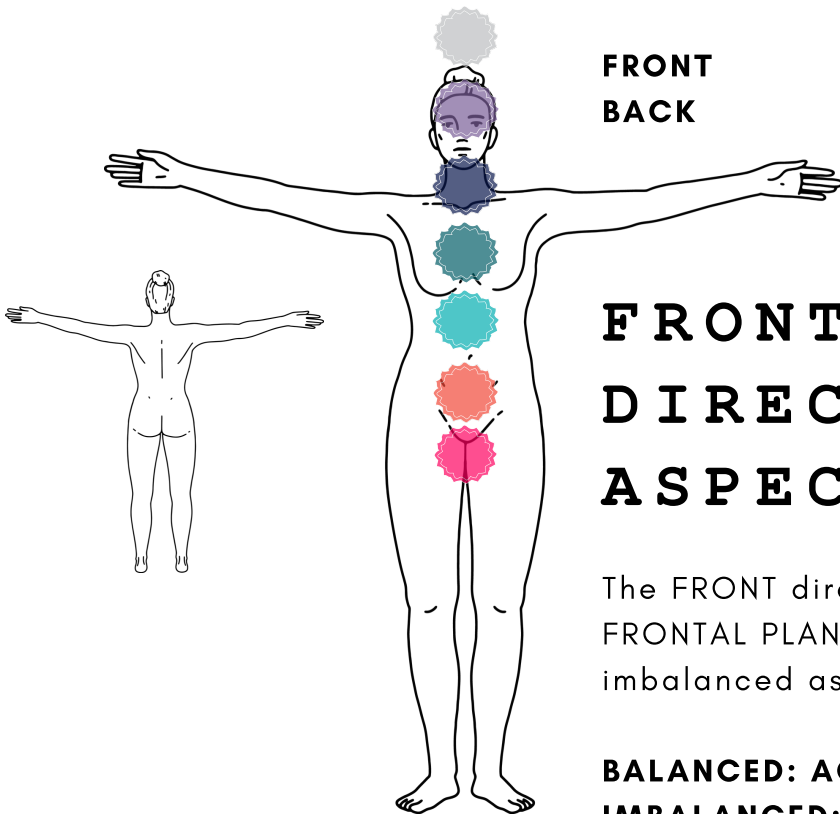
FRONTAL PLANE

DIRECTIONAL ASPECT: THE FRONT

FRONTAL PLANE

This plane divides the body into:

FRONT
BACK



FRONT DIRECTIONAL ASPECT

The FRONT directional aspect of the FRONTAL PLANE has balanced and imbalanced associations.

BALANCED: ACTION
IMBALANCED: PROJECTION

THROAT CHAKRA PROJECTION= MIRRORING

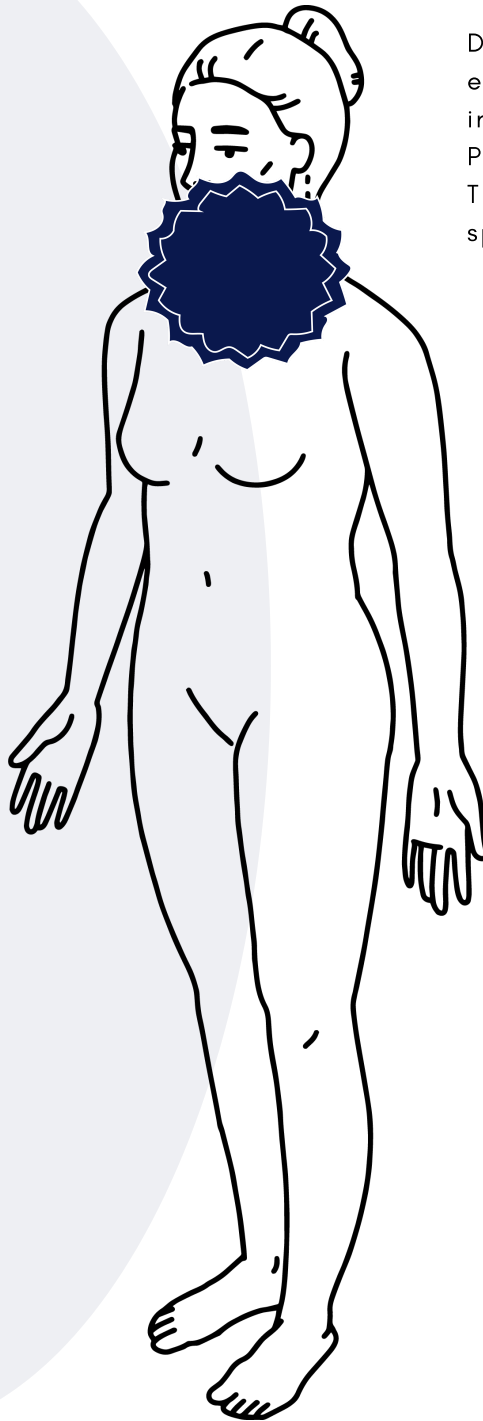
Projection suggests there is a diving forward at the front of the energy. When this happens at the throat chakra level it is associated with Mirroring.

FRONT

SENSATIONS + IMPRESSIONS

INTUITIVE IMPRESSIONS

Document any sensations, energetic qualities and information associated with PROJECTION/MIRRORING AT THE THROAT CHAKRA. Get as specific as possible.



FRONT

ENERGETIC DYNAMICS OF THE FRONT

FRONT FOCUSED QUALITIES

- Output
- Future oriented, where you're going

FRONT : ACTION / PROJECTION

- Balanced: Action
- Imbalanced: Projection
- Projection at Throat Chakra
= Mirroring

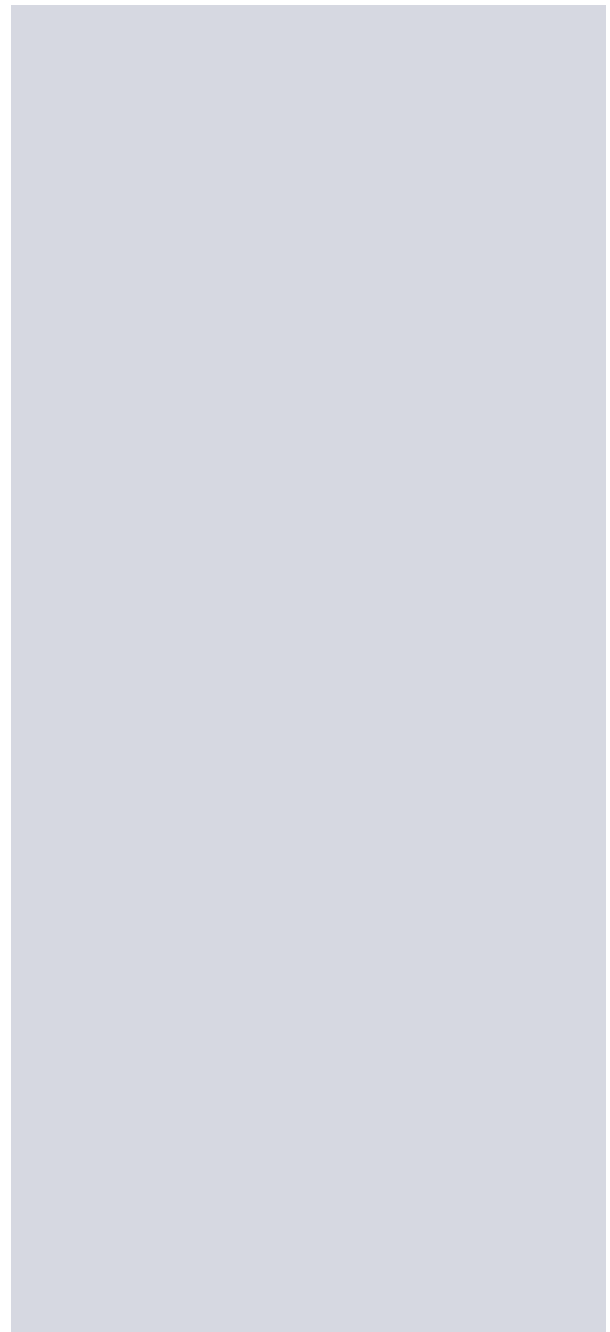
ENERGETIC DYNAMICS OF ACTION :

- Direct
- Clear
- Cohesive

ENERGETIC DYNAMICS OF PROJECTION :

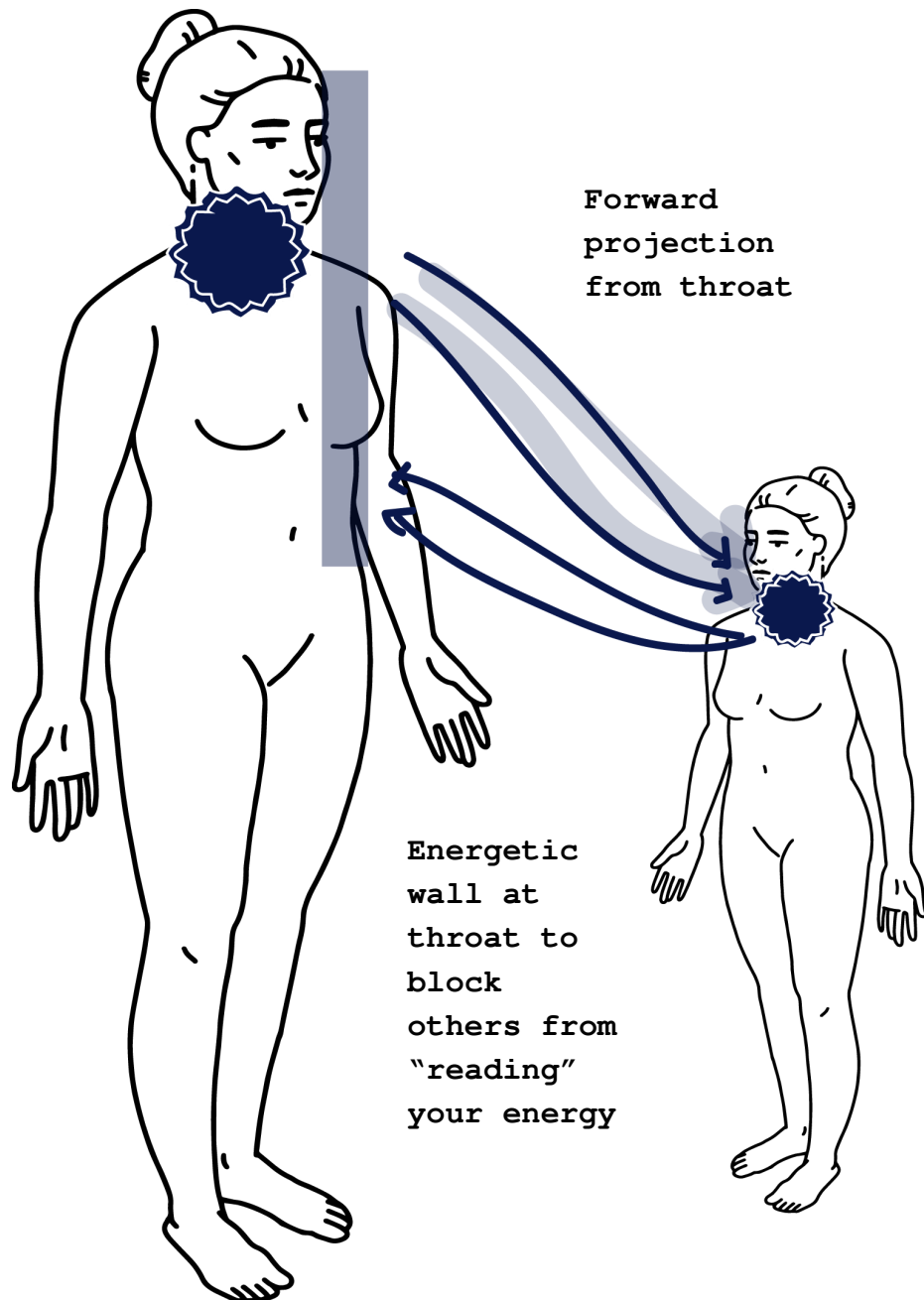
- Forward diving
- Graspy

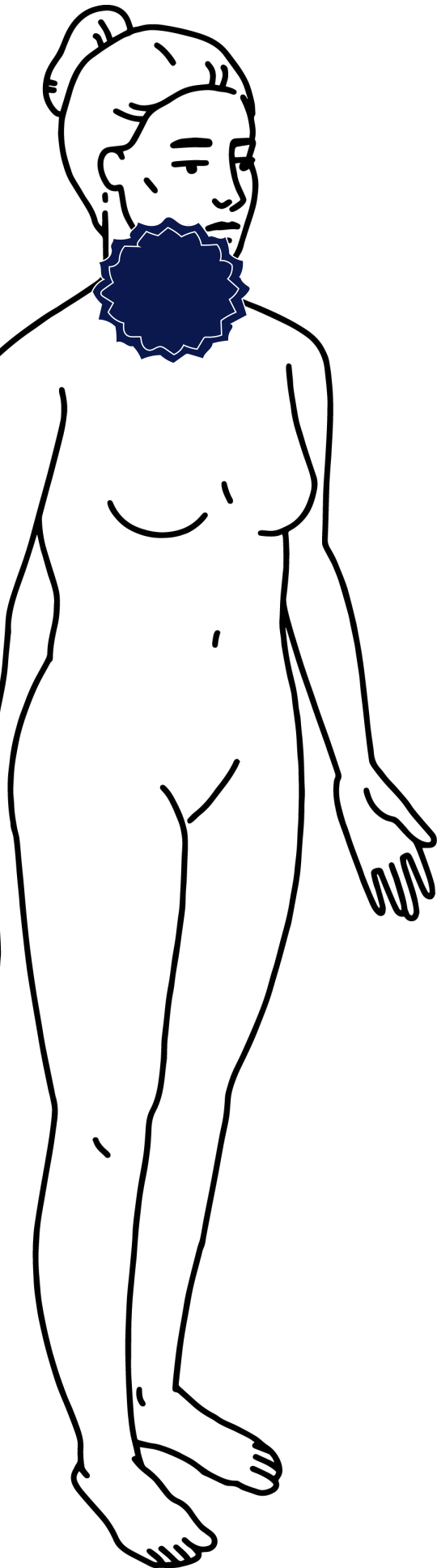
YOUR CONNECTIONS, INSPIRATIONS AND INSIGHTS



MIRRORING

ENERGETIC QUALITIES OVERVIEW





THROAT: FRONT

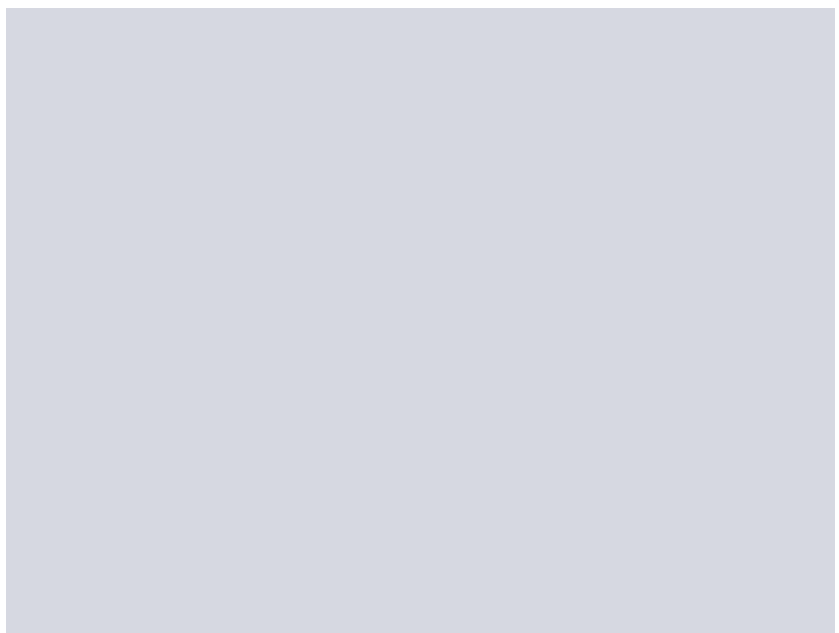
INTUITIVE INDICATOR: MIRRORING

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?

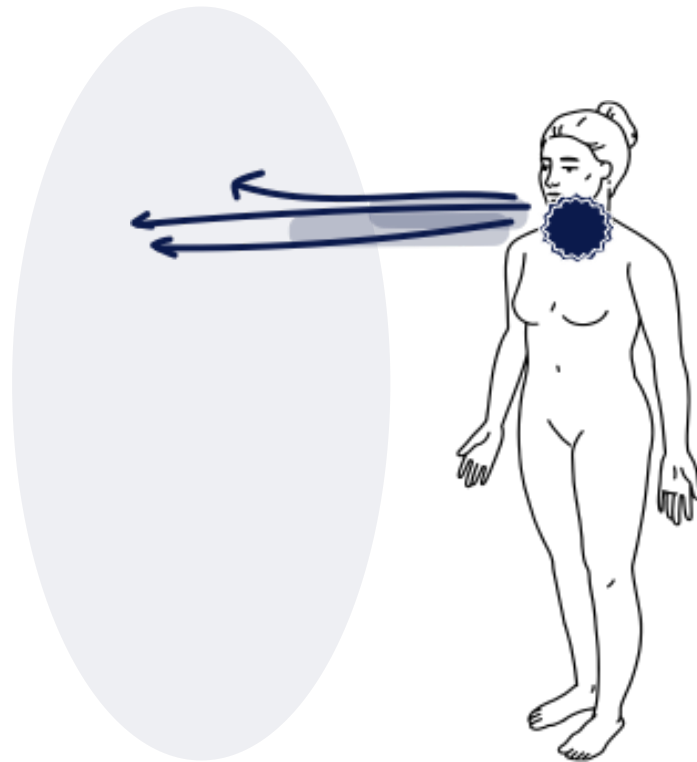
NOTES

Your Connections:



MIRRORING

PROJECTION DYNAMICS

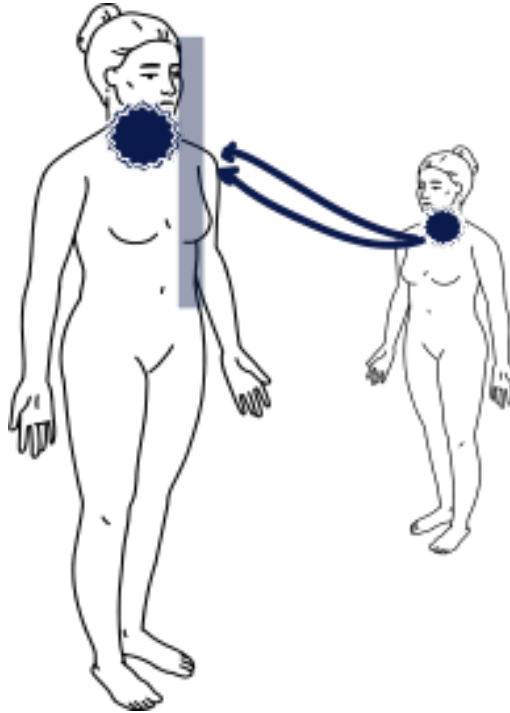


PROJECTION DYNAMICS

- Energy projects out from the front of the throat chakra and tries to gather information outside of self to inform about energetic dynamics, person, environment, etc.
- Energy leaves body
- Spills forward and out from the throat
- Forward dive from throat
- Fires out and projects with intensity from the throat
- Energy grasps at outer energetics to gather intel

MIRRORING

WALL DYNAMICS

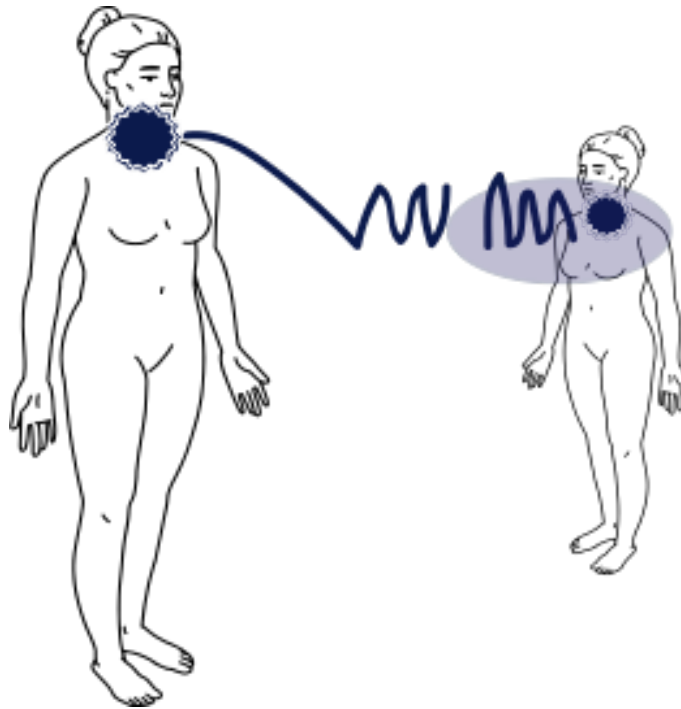


WALL DYNAMICS

- Put up barrier to guard/shield throat chakra from being 'read' or attacked
- Walls deflect energy (not sustainable from my perspective)
- Difference between protection (which supports sustainability and is grounded and anchored in self) and guarding/shielding (typically a fear related reflex).
- Wall interferes with both incoming and outgoing energy (meaning this interferes with what you may be taking in from your environment and outside you and also what you may be able to release and share from within you)
- Creates blocks around expressing voice and receiving intuitive information at the front of the throat

MIRRORING

MATCHING DYNAMICS

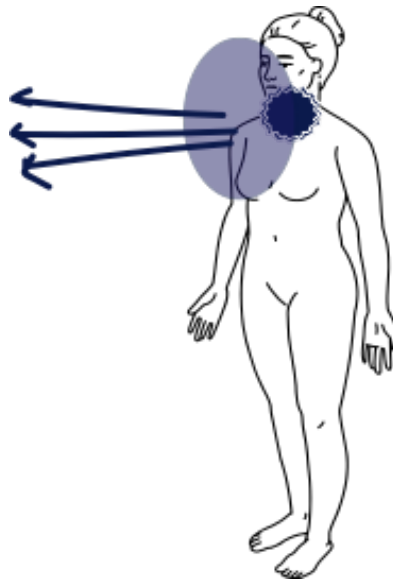


MATCHING DYNAMICS

- Matching pulls you out of being centered in your truth. It alters how you show up and what you say. When you match, communication is based on dynamics outside of you, not within you.
- There is anticipation associated with matching
- This is where you may find yourself trying to 'read' another person's energy so that you can respond accordingly
- Increased energy output on your end when you try to match
- Striving energy associated with matching

MIRRORING

IMPULSIVE DECISION MAKING

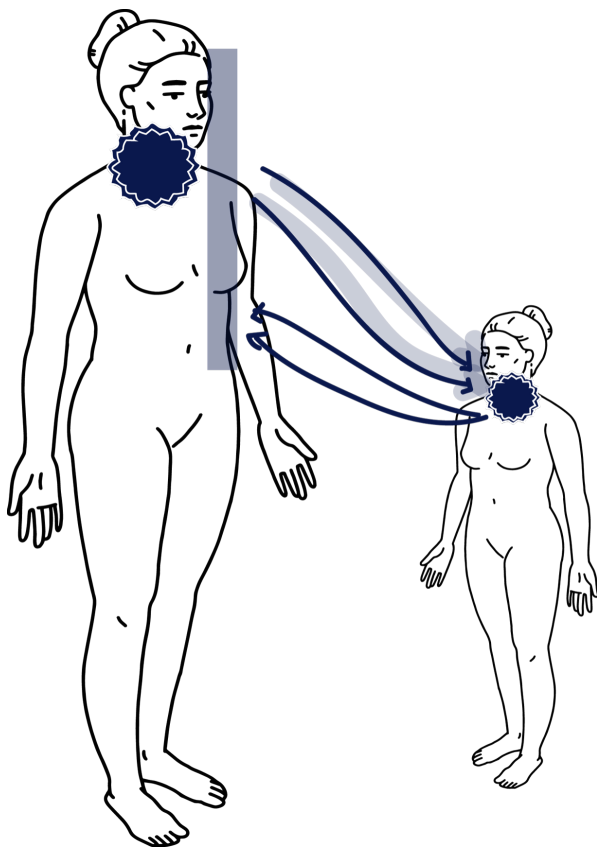


IMPULSIVE DECISION MAKING DYNAMICS

- Projectile throat dynamics
- Like a directed outburst at the throat (different from lash out or throat chakra explosion-that's for another program)
- Just need to suddenly do something, say something (choice/decisions connected with throat)
- This impulsive response can be a way of discharging unclear energy at the throat
- It gets directed forward
- All of these qualities can serve at times, impulsive decisions are sometimes very intuitive decisions, you just know and you act on it, sometimes, however, impulsive decisions can lead to a throat chakra hangover
- Blurting something out when you feel uncomfortable can fall into this category
- It's a way your throat chakra may be responding to inner OR incoming energy
- Remember power is in the response

FOOD + BODY

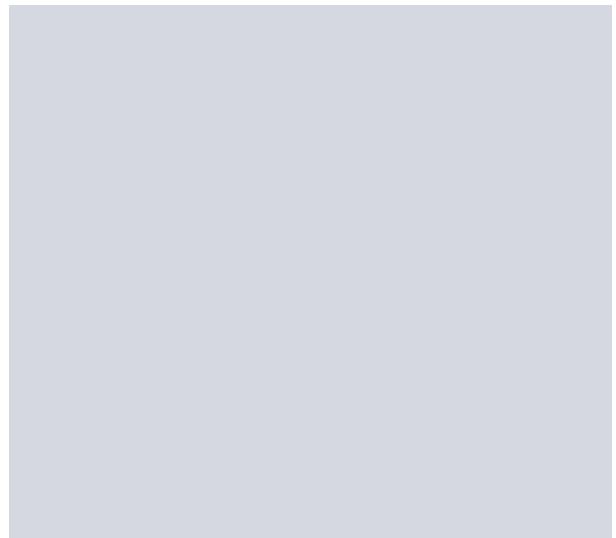
HOW MIRRORING TRANSLATES INTO NOURISHMENT



Nourishment:

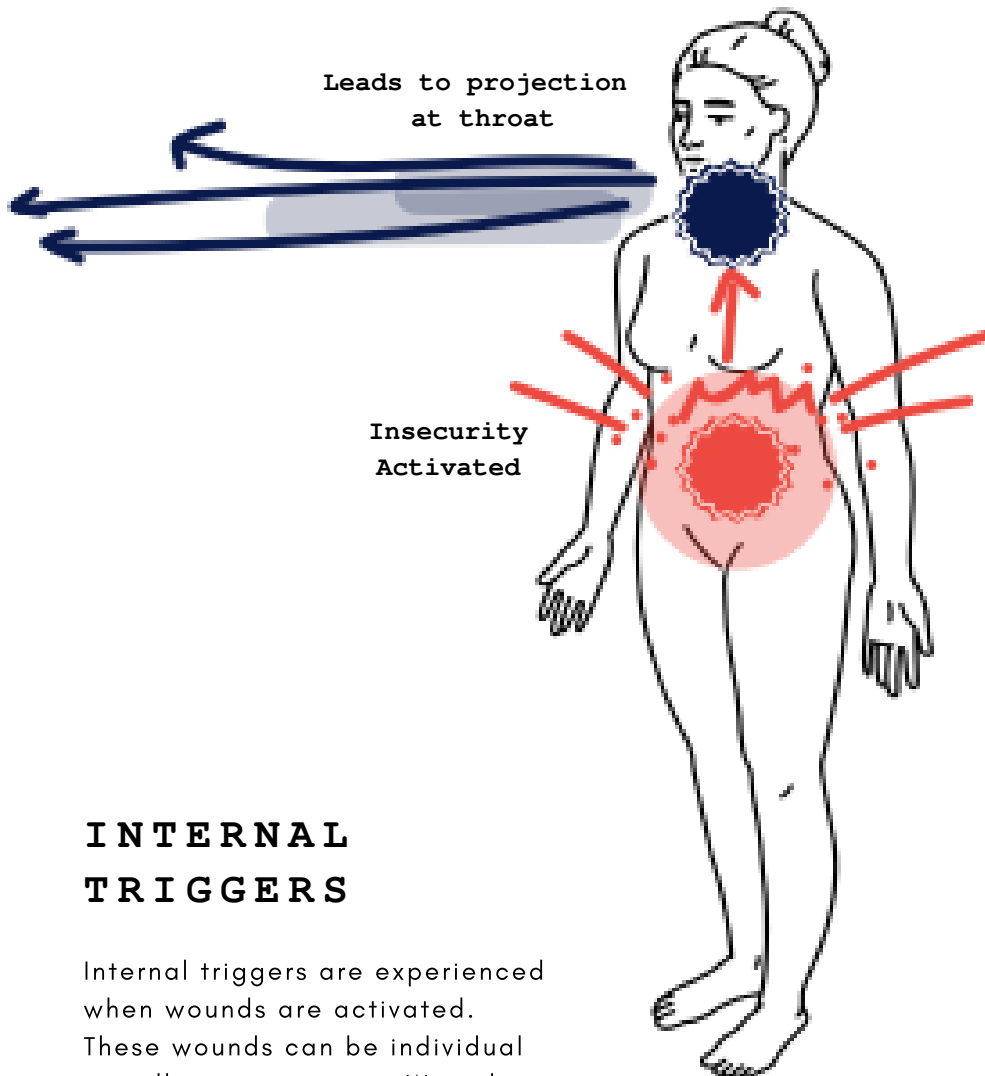
- You mirror other people's food choices
- Alter the way you eat when in company with others/specific people
- Impulsive choices and practices
- Concerned with your physical body appearance
- Try to "look good" for other people

Your Connections:



TRIGGERS

INTERNAL TRIGGER EXAMPLE



INTERNAL TRIGGERS

Internal triggers are experienced when wounds are activated. These wounds can be individual or collective energies. Wounds are energetic patterning held in the body as unresolved energy. They can be old trauma, stories, memories, experiences that resurface for our attention and healing.

Look for the underlying energies that initiate the mirroring reflex.

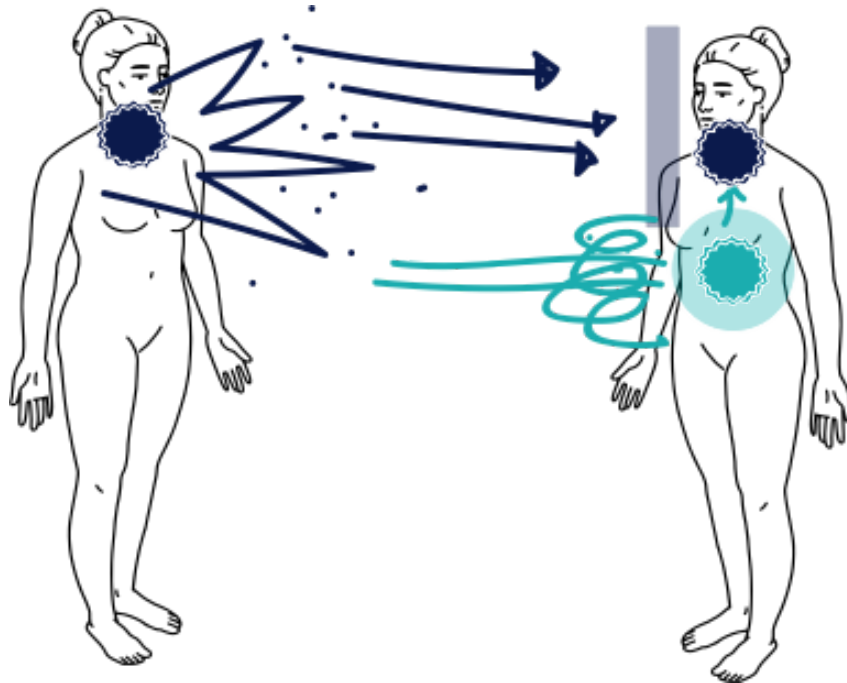
EXAMPLE

This is an example of an internal trigger depicted above:

1. Person is preparing to give a talk and is nervous to share new work findings with a group.
2. A childhood trauma around speaking up in a classroom and being shamed for not knowing the 'right' answer is activated.
3. Suddenly, immense insecurity is experienced around speaking to the group and sharing these findings.
4. When the time comes to present material, person shifts into projection at the throat and attempts to mirror audience to protect vulnerability around personal interpretation of findings.

TRIGGERS

EXTERNAL TRIGGER EXAMPLE



EXTERNAL TRIGGERS

External triggers typically occur as a result of experiencing energy outside of yourself. This can most easily be recognized in encounters with other people and environments that create discomfort. An external trigger can activate the mirroring reflex when you are not aware of what you are experiencing and how to manage your energy.

Can you trace the origin of an external trigger?

EXAMPLE

This is an example of an external trigger depicted above:

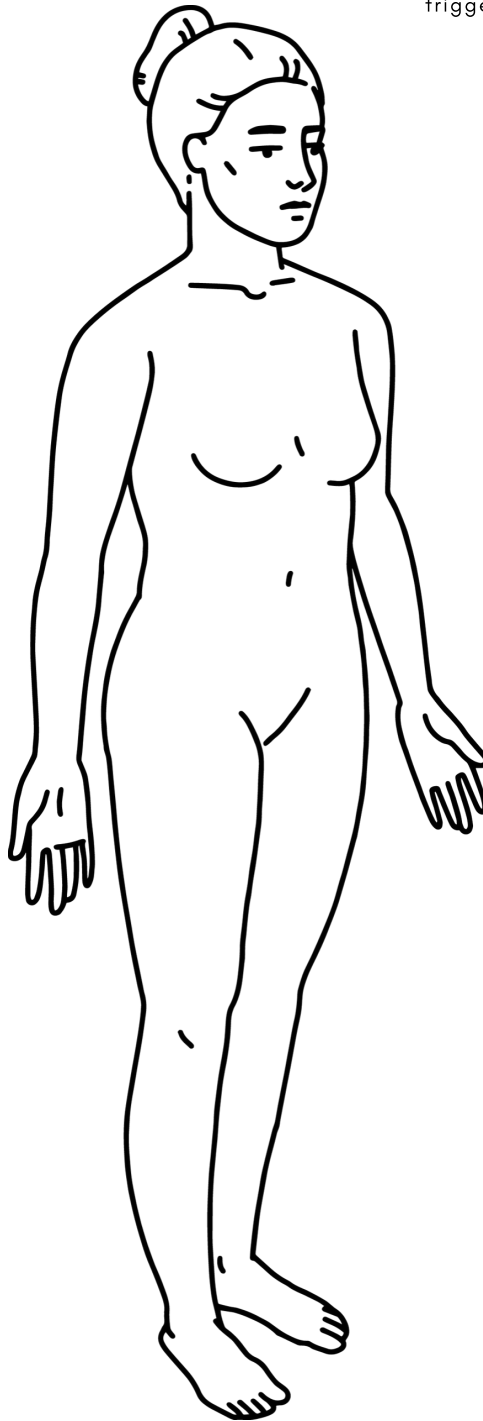
1. You encounter someone who asserts their perspective around a charged topic. The energetic dynamic here is almost verbally aggressive. They want you to know that they are right.
2. You can feel at the gut level the charge this person holds around the topic and it makes you very uncomfortable.
3. Your chaotic energy at the solar plexus stirs up a lack of confidence that you hold around the topic. In order to try and protect your energy, your solar plexus informs the throat chakra of what you're sensing and you begin to mirror with a wall reflex at the throat.

PROJECTION

INTERNAL TRIGGER

**SKETCH +
WRITE**

Connect with and document this
trigger in as much detail as possible.

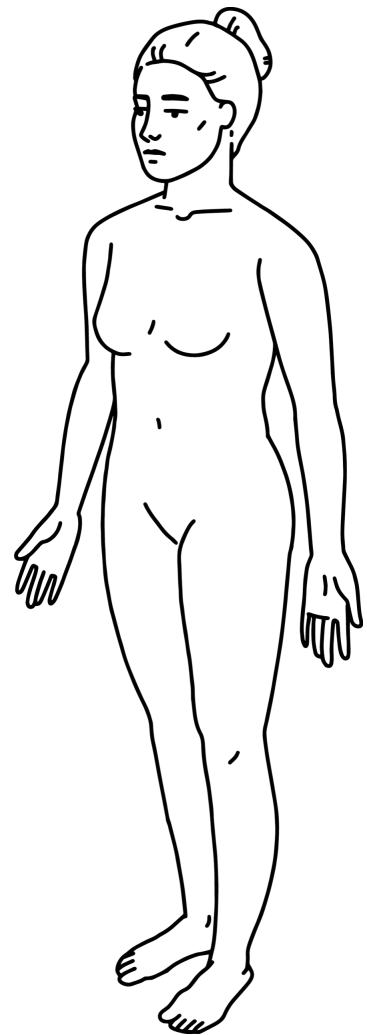
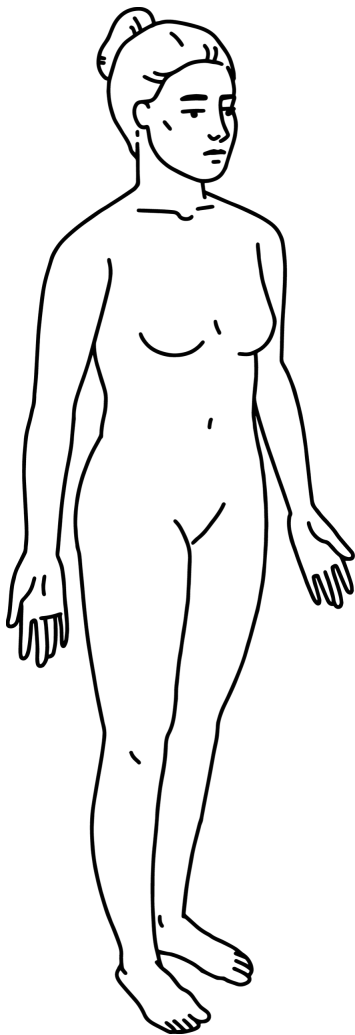


PROJECTION

EXTERNAL TRIGGER

SKETCH + WRITE

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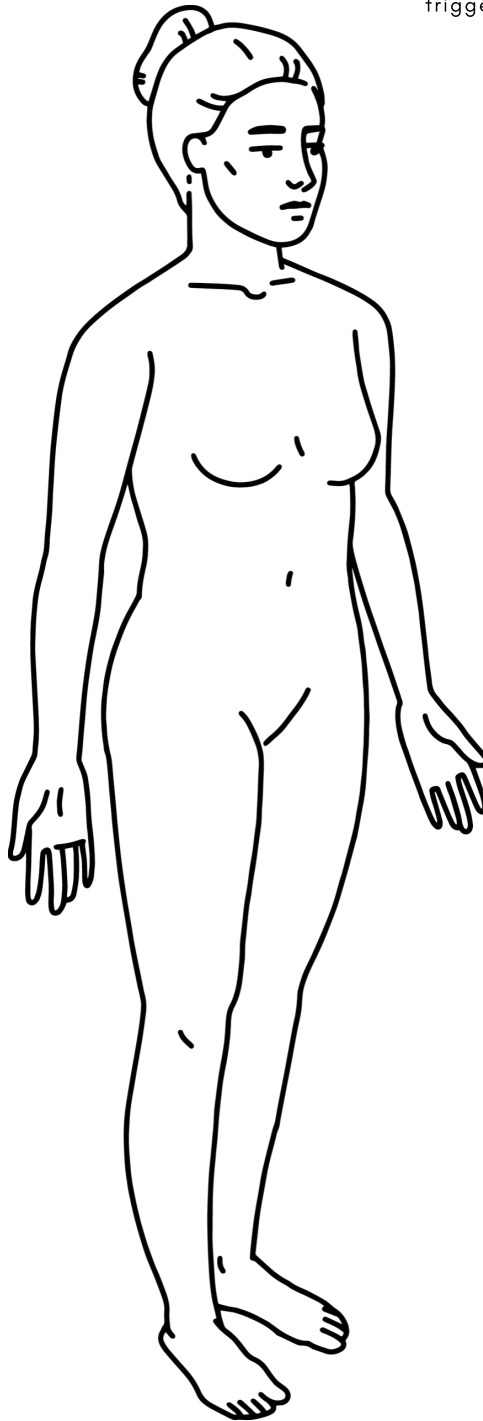


WALL

INTERNAL TRIGGER

SKETCH + WRITE

Connect with and document this
trigger in as much detail as possible.

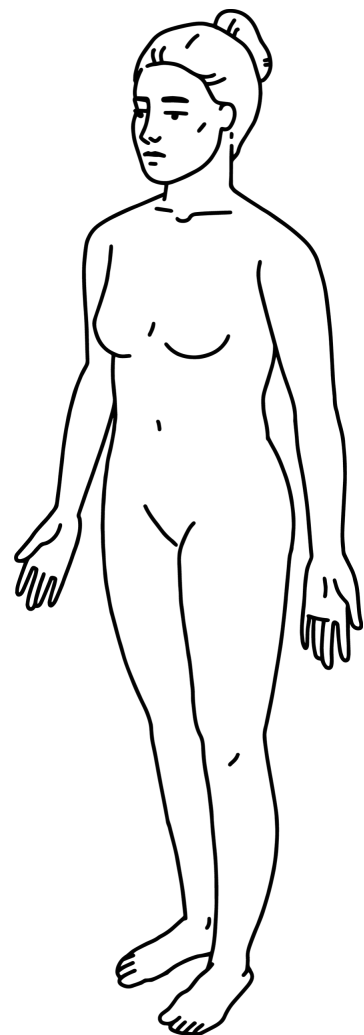
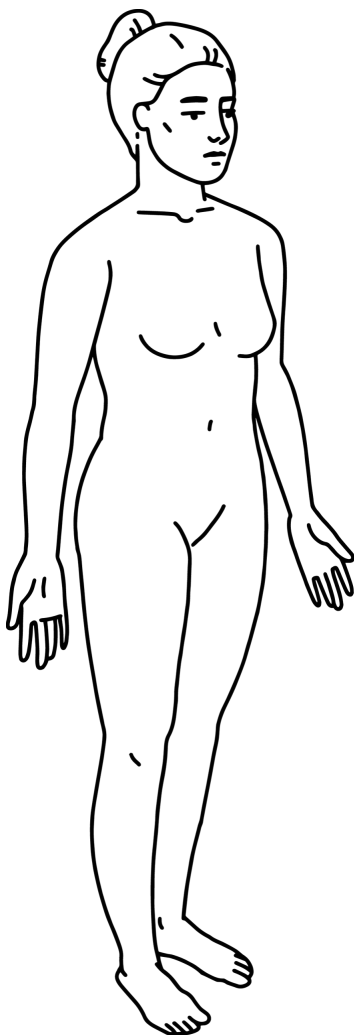


WALL

EXTERNAL TRIGGER

SKETCH + WRITE

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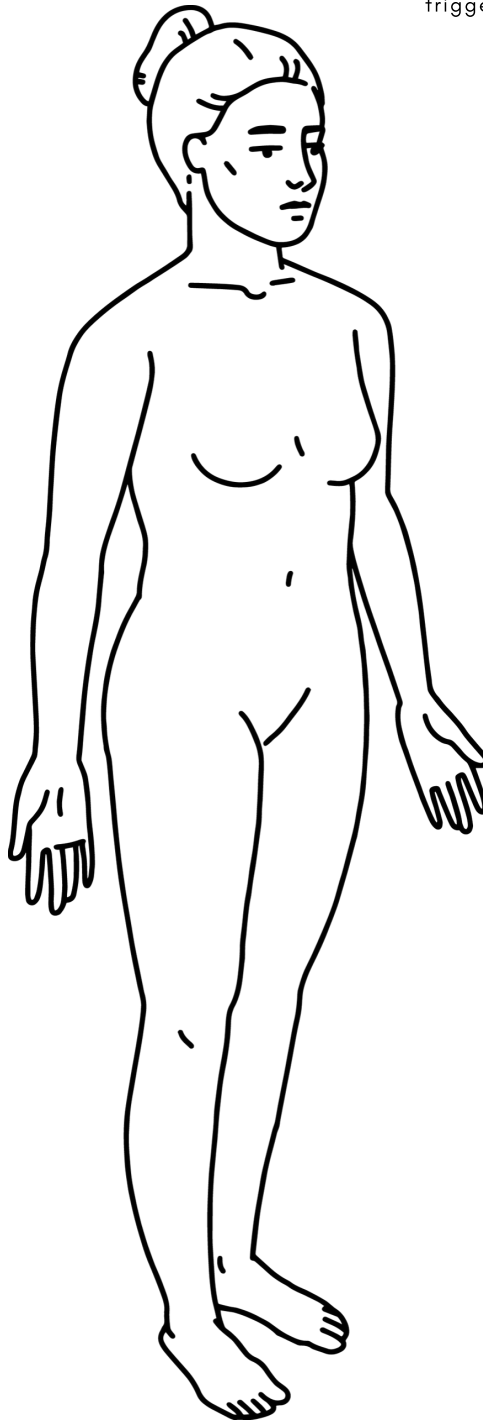


MATCHING

INTERNAL TRIGGER

SKETCH + WRITE

Connect with and document this
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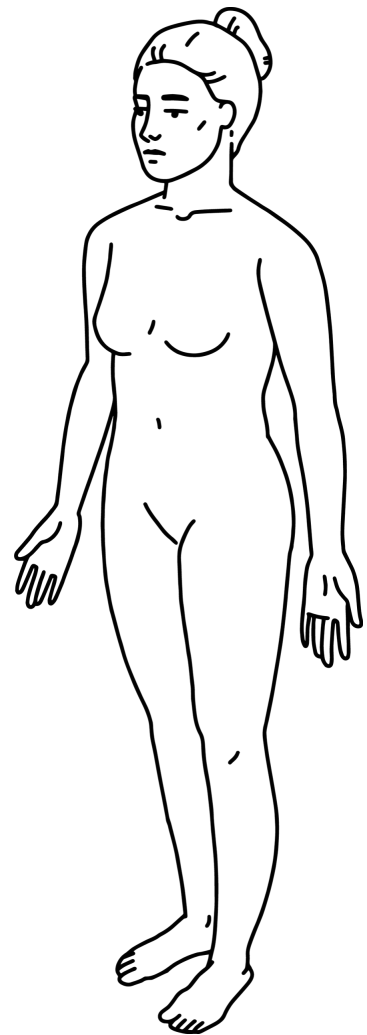
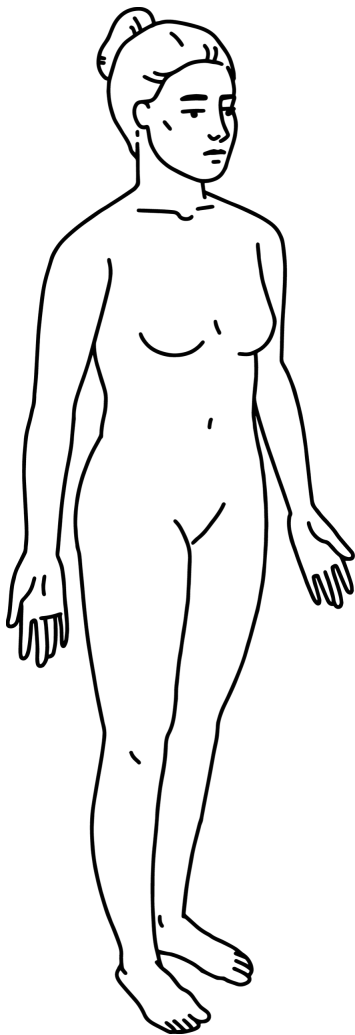


MATCHING

EXTERNAL TRIGGER

SKETCH + WRITE

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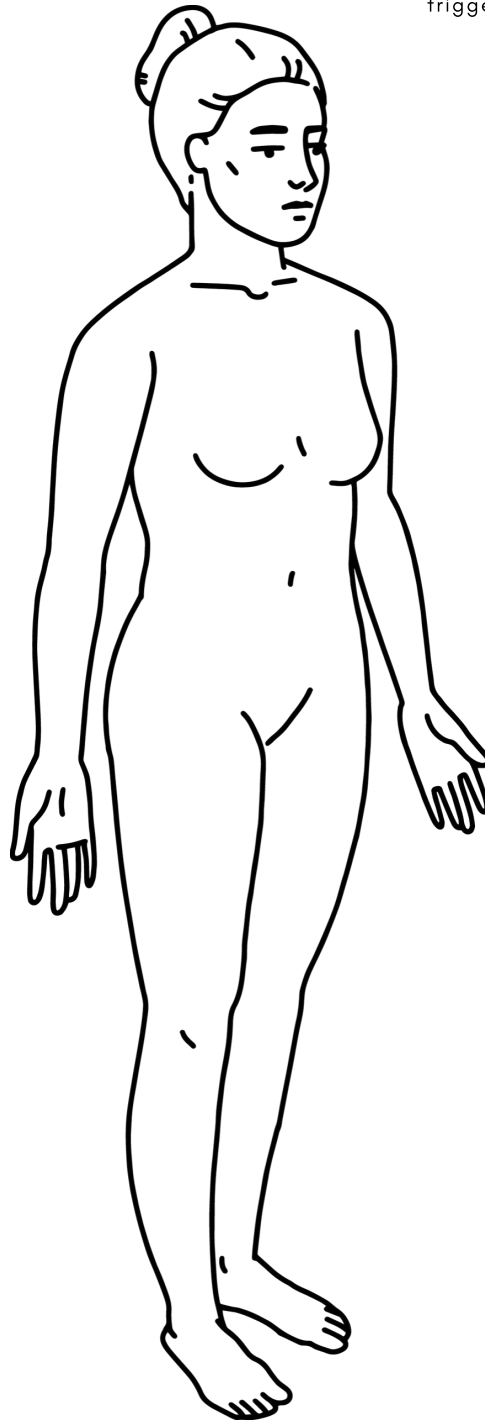


IMPULSIVE DECISION MAKING

INTERNAL TRIGGER

SKETCH + WRITE

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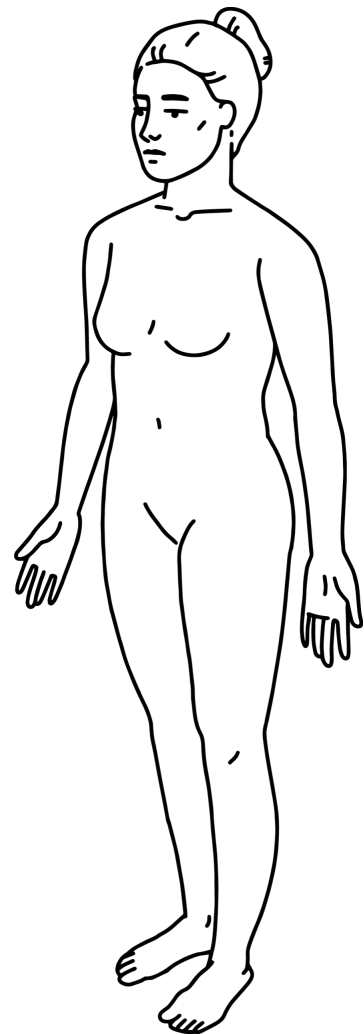
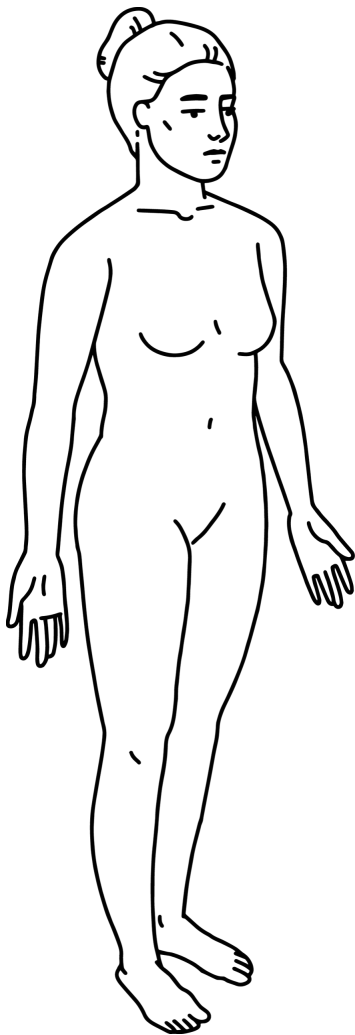


IMPULSIVE DECISION MAKING

EXTERNAL TRIGGER

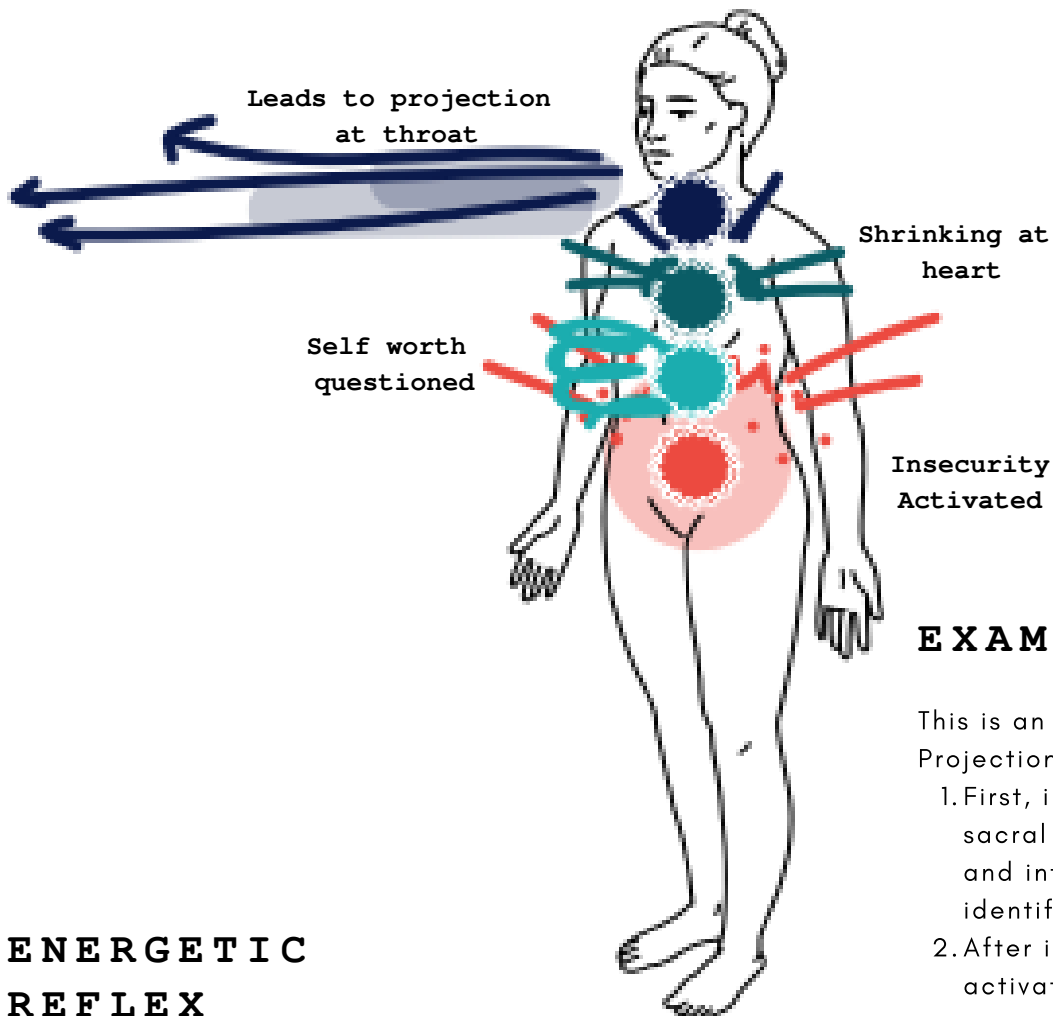
SKETCH + WRITE

Connect with and document this trigger in as much detail as possible.



REFLEX

MIRRORING REFLEX EXAMPLE



EXAMPLE

This is an example of a Projection Reflex:

1. First, insecurity at the sacral chakra as the origin and internal trigger is identified.
2. After insecurity is activated, this chaotic energy at the sacral begins to move up and trigger a lack of confidence and questioning of self worth at the solar plexus.
3. This moves up into the heart chakra where energetic shrinking takes place.
4. This internal upheaval shifts up into the throat where it manifests as mirroring (specifically projection) when energy from the internal is brought to the external.

ENERGETIC REFLEX

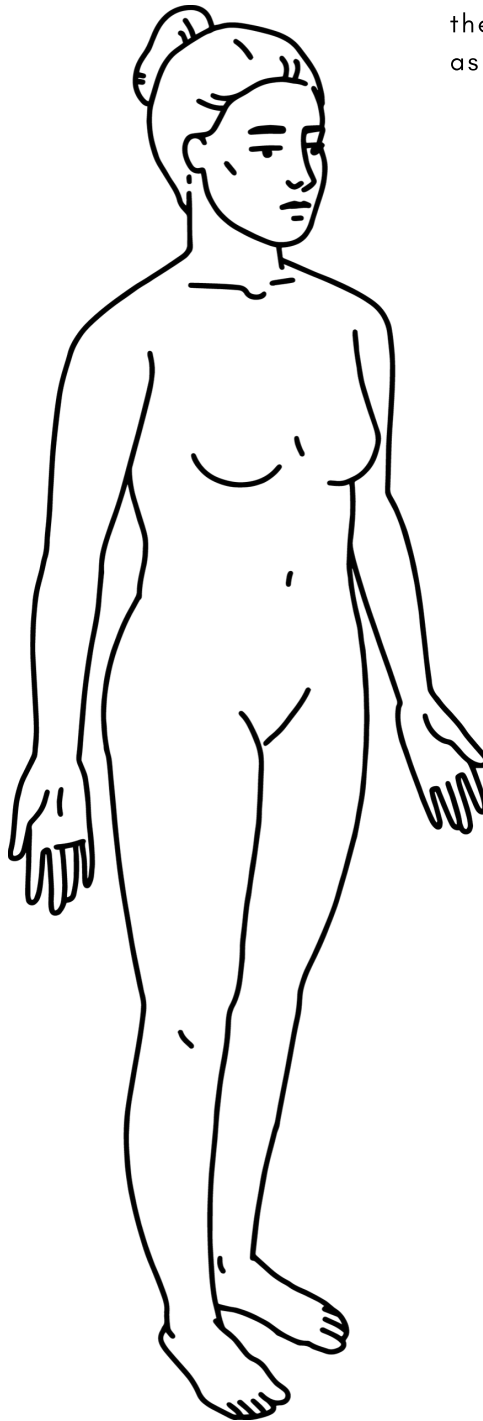
Triggers often initiate the energetic reflex that ultimately leads to mirroring. Once you have identified triggers for mirroring (projection, wall, matching and impulsive decision making), go through the entire sequence from origin (trigger and activation) to end result of mirroring.

PROJECTION

REFLEX

SKETCH + WRITE

Connect with and document
the sequence of this reflex in
as much detail as possible

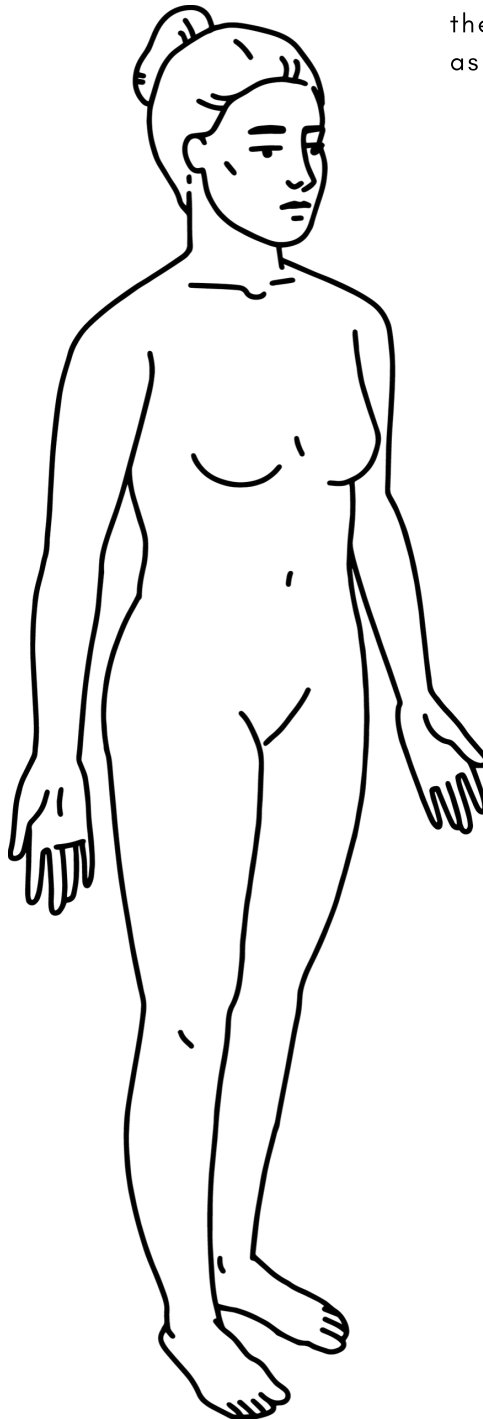


WALL

REFLEX

SKETCH + WRITE

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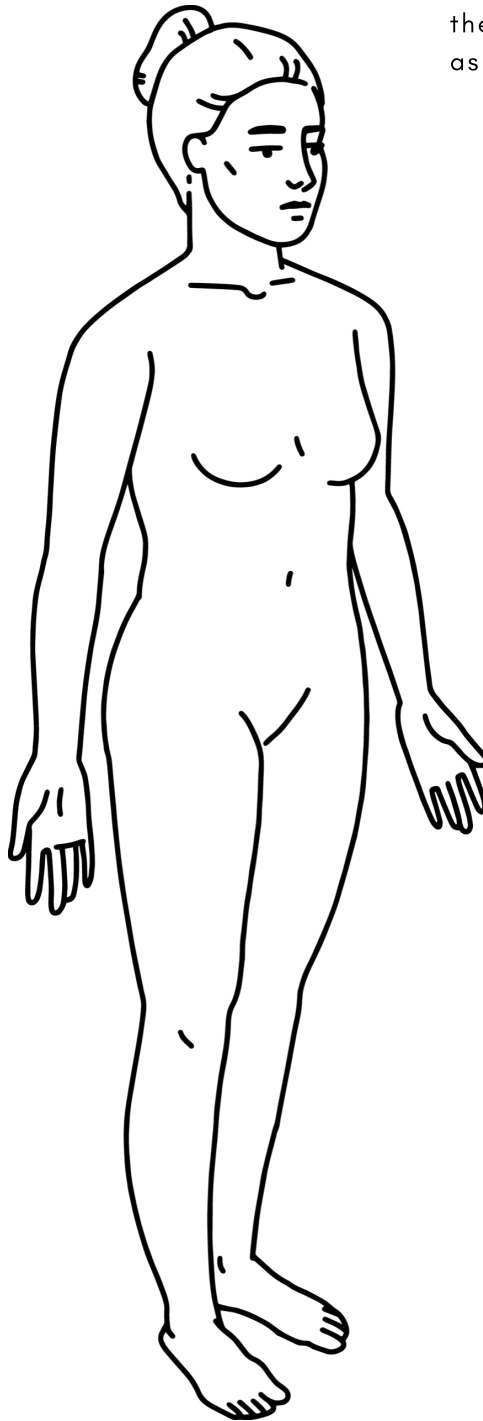


MATCHING

REFLEX

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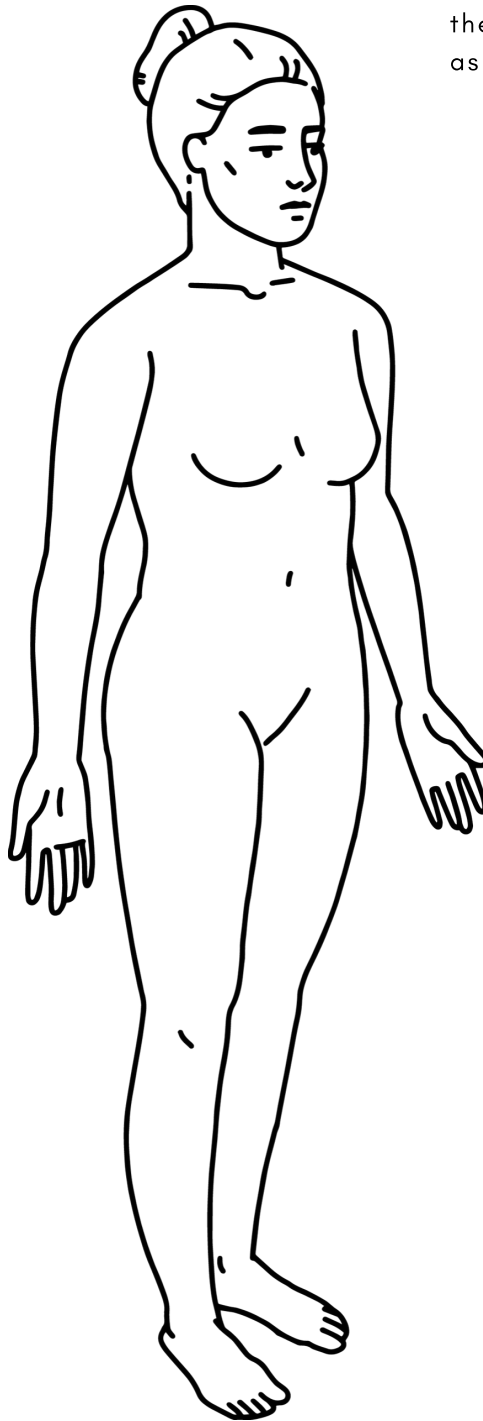


IMPULSIVE DECISION MAKING

REFLEX

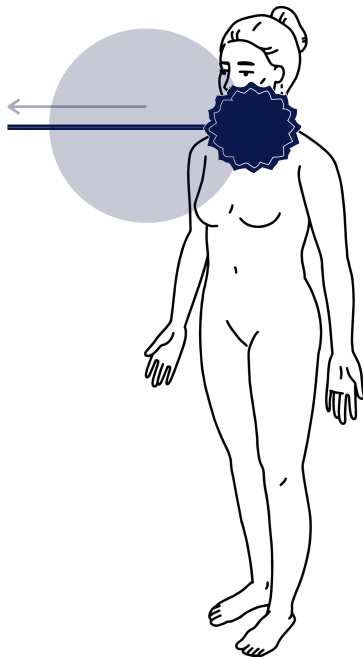
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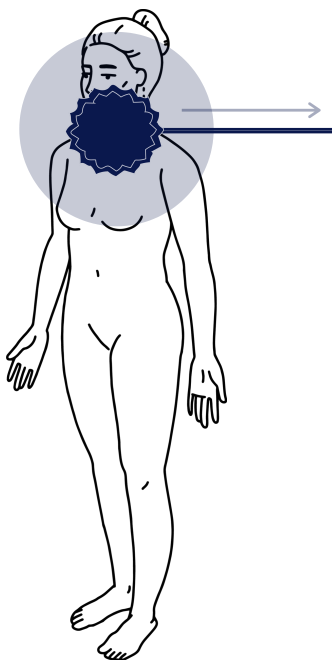
REPATTERNING

OPPOSITIONAL ENGAGEMENT: BACK



FRONT DOMINANCE AT THE THROAT (PROJECTION)

When you project your energy at the front of the throat, the energy will dominate in this part of the field. In order to center yourself, engage the oppositional pull.

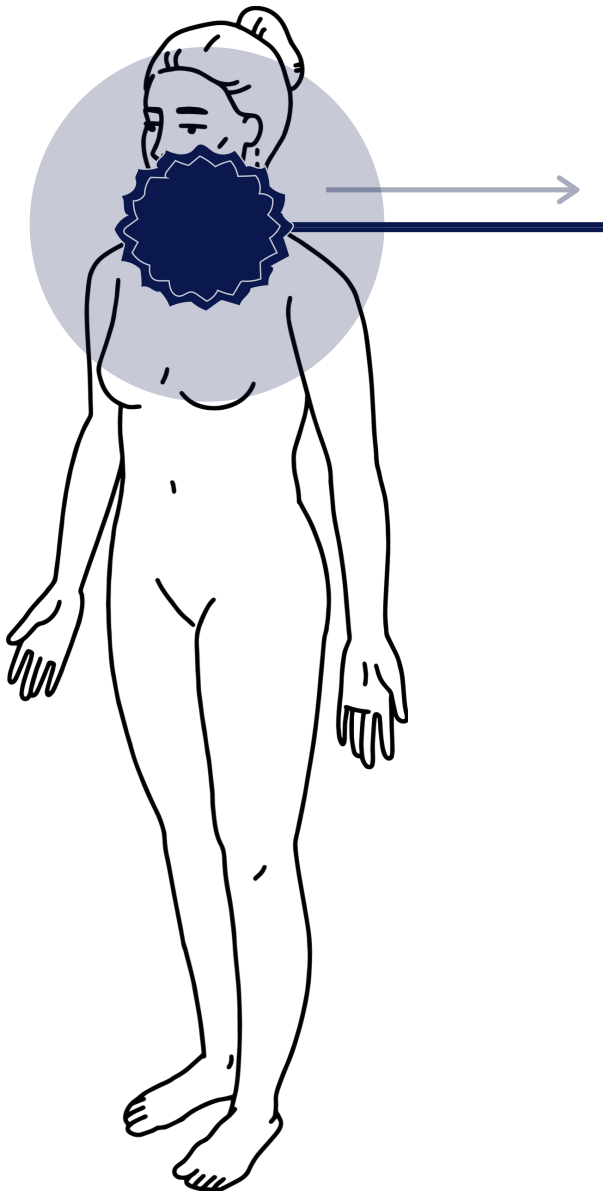


OPPOSITIONAL ENGAGEMENT

Bring your energetic awareness to the back of your throat chakra in order to mediate, neutralize and stabilize your energy. When you activate the back of the throat through awareness and instruction, it will pull the front forward energy in towards the center.

REPATTERNING

ACTIVATE THE BACK



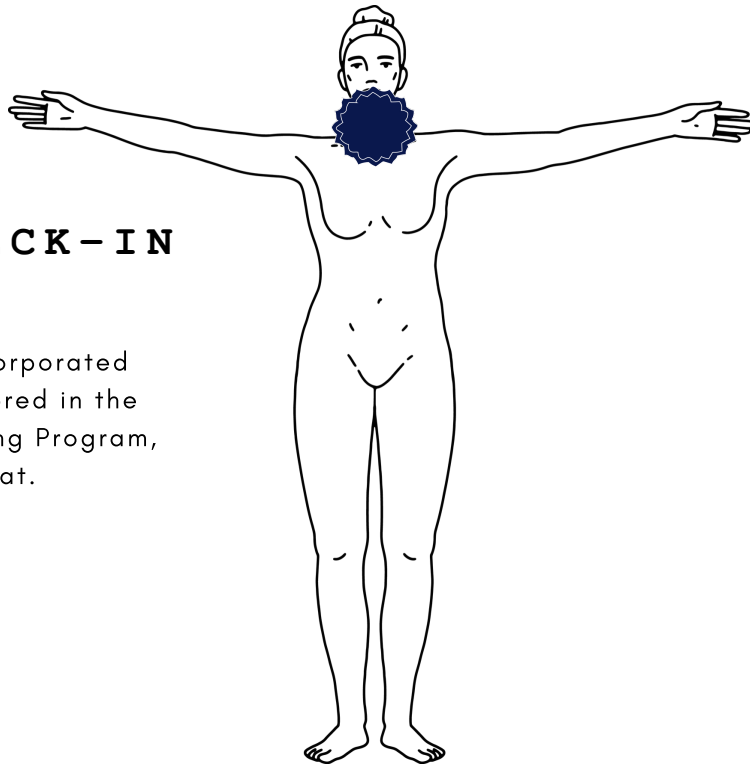
YOUR CONNECTIONS

What are the instructions, impressions, sensations, visualizations that you find most effective to engage the back of this energy center?

If you struggled to connect with an approach that resonates, use this as an opportunity to develop your intuitive muscle. Invite the information forward and go with the insight that presents itself.

THROAT

SELF ASSESSMENT



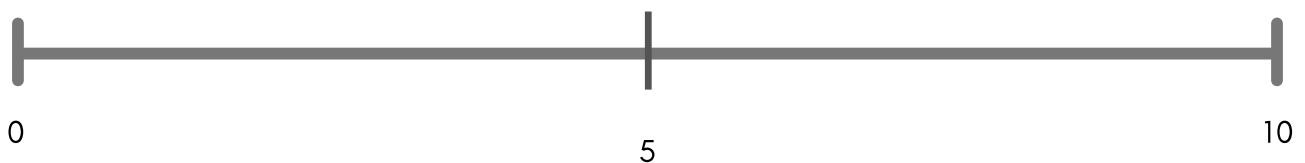
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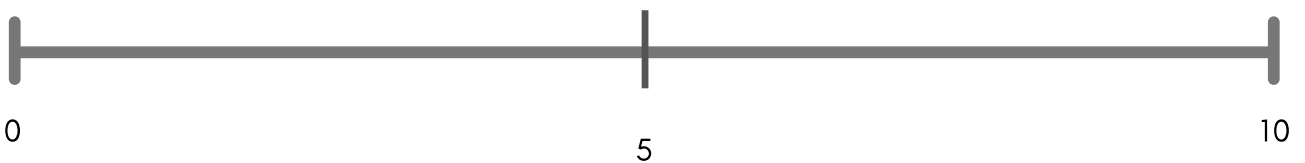
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