



INTUITIVE INDICATORS

THE THROAT

Intuitive Indicators

Some of the many stressed expressions that manifest as intuitive sensations and impressions at the throat chakra:

- **Mirroring**
- **Not Speaking**
- **Tongue Tied/Voice Fluctuations**
- **Tight Jaw/Biting Tongue**
- **Censoring**
- **Excessive Talking**

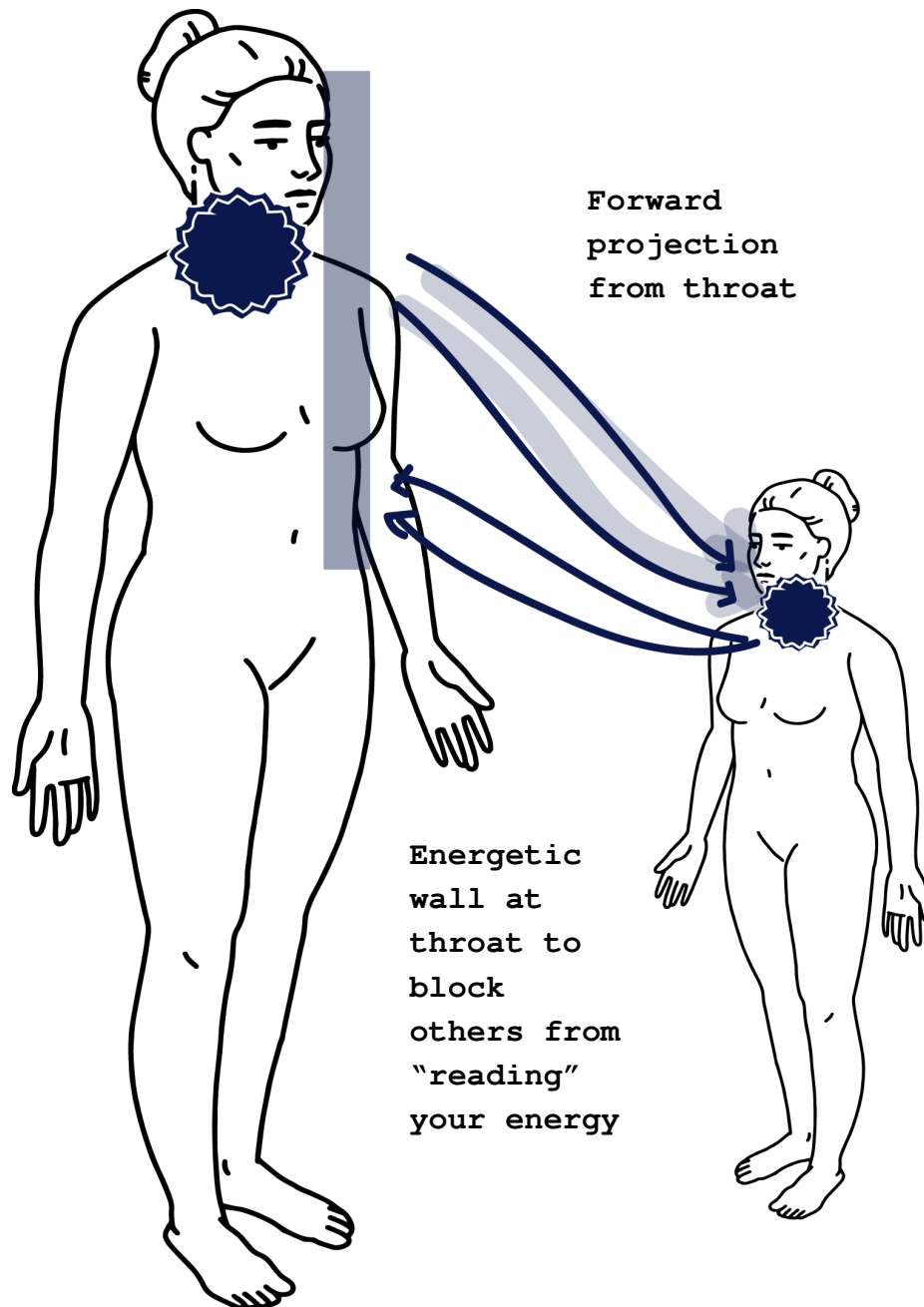
Additional Sensations + Impressions

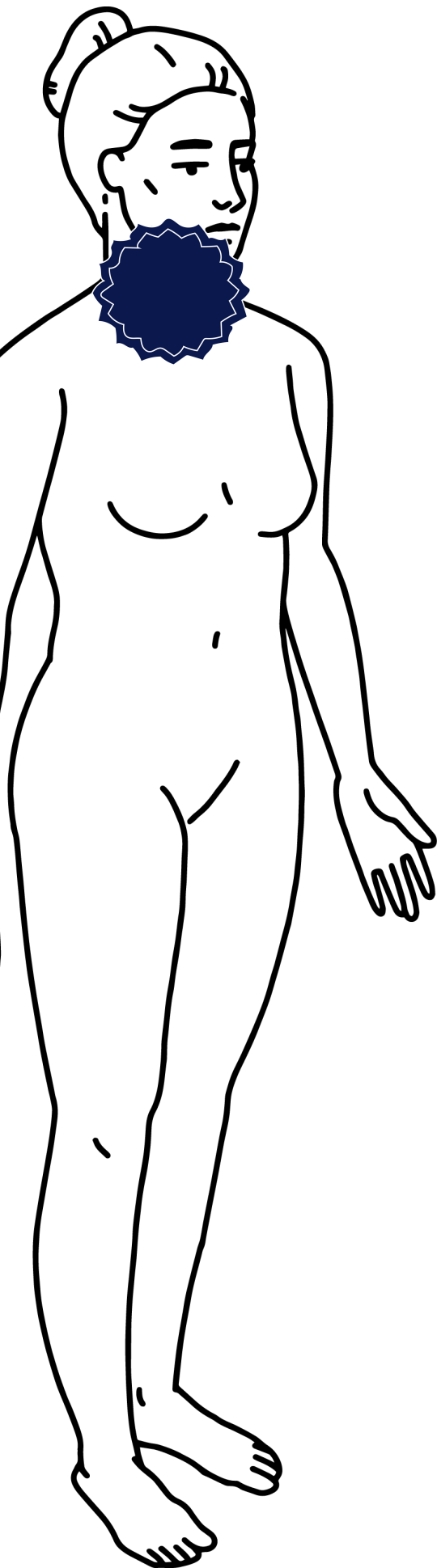
Throat chakra specific sensations and impressions can communicate activation of this energy center and that it is attempting to engage dialogue with you.

- **Turning Red**
- **Lump, Stutter, Shyness**
- **Coughing**
- **Throat Flare/Swollen Throat**

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?

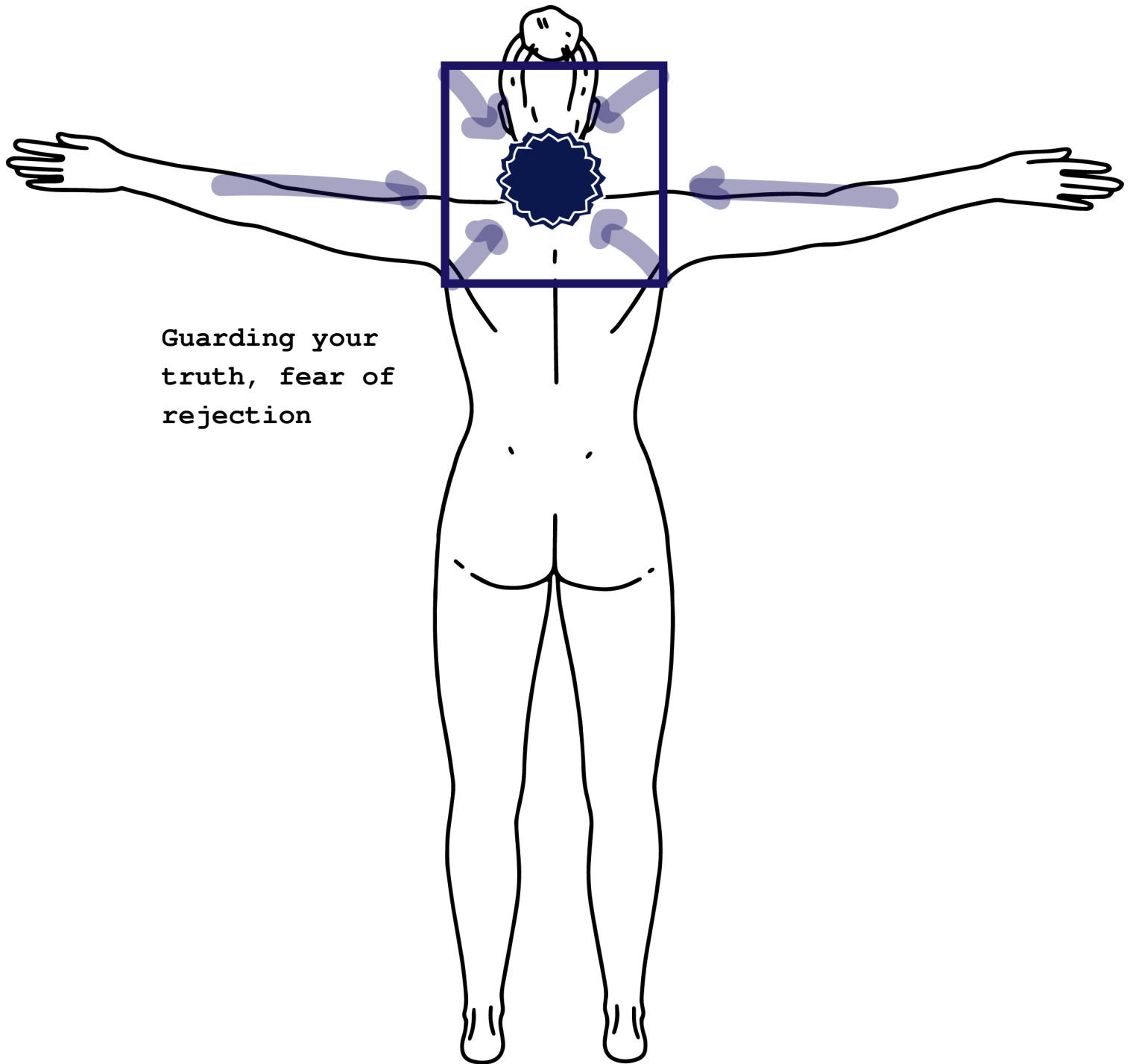
NOTES

Your Connections:

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

THROAT: BACK

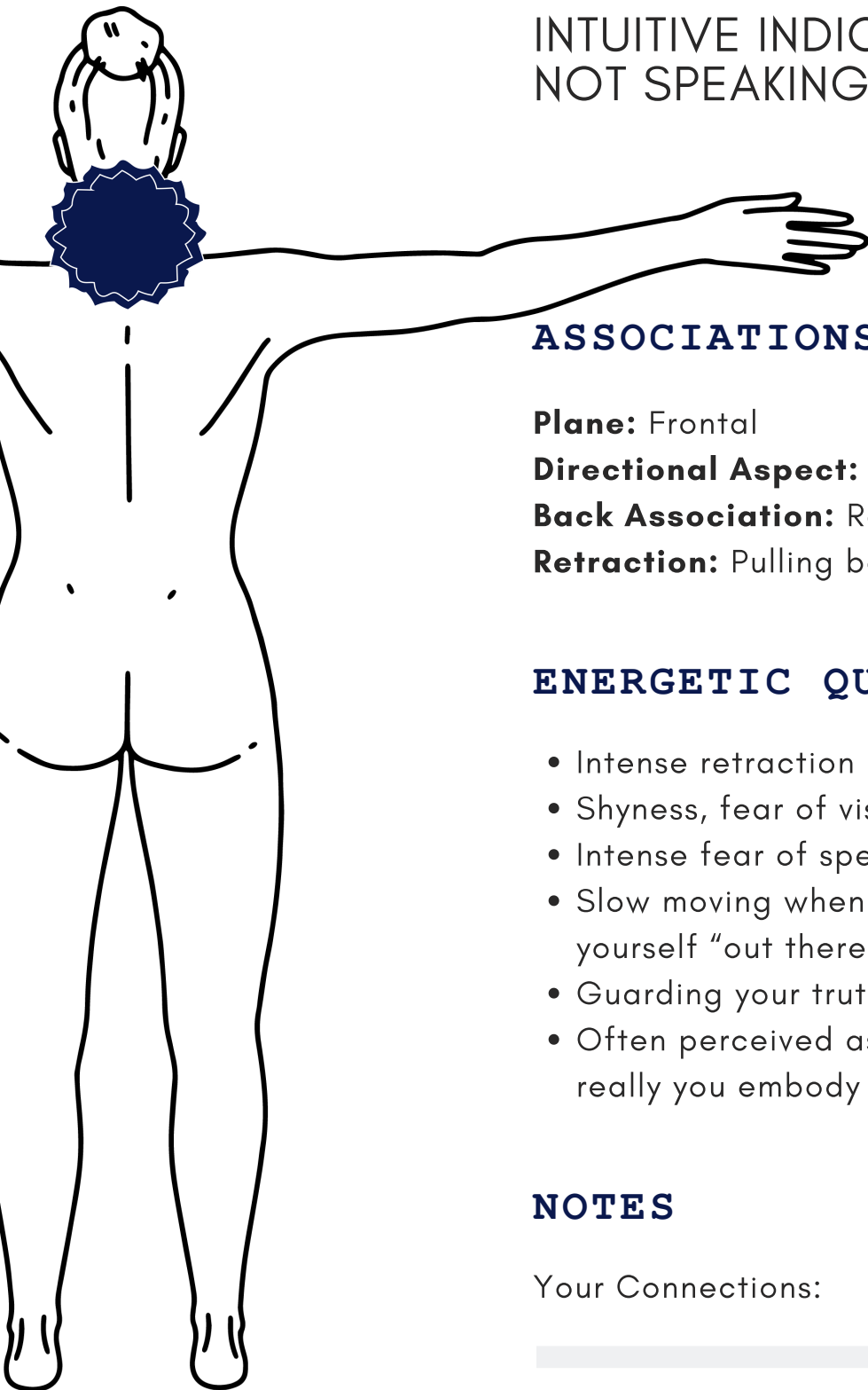
INDICATOR: NOT SPEAKING



Guarding your
truth, fear of
rejection

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."**