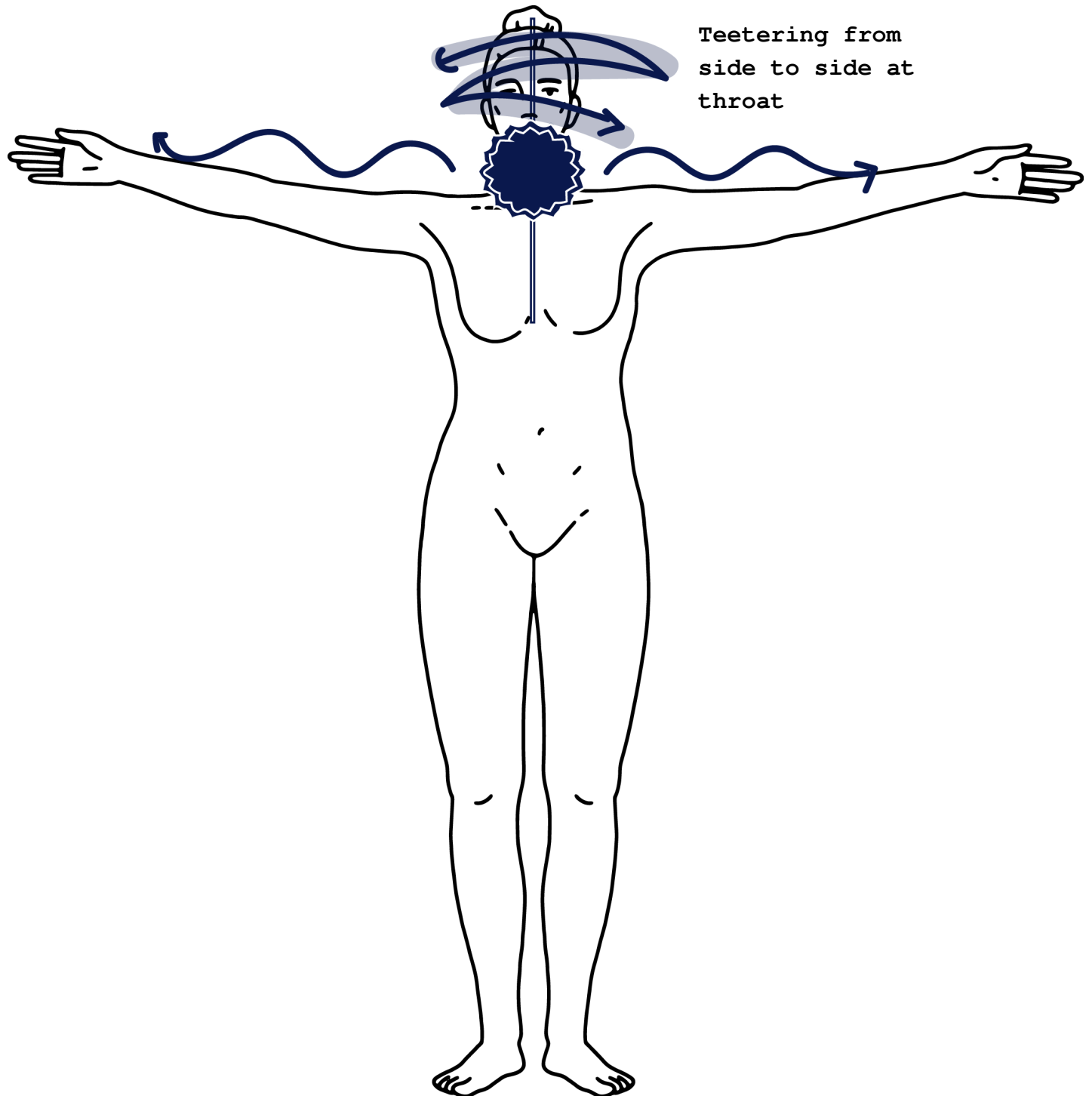
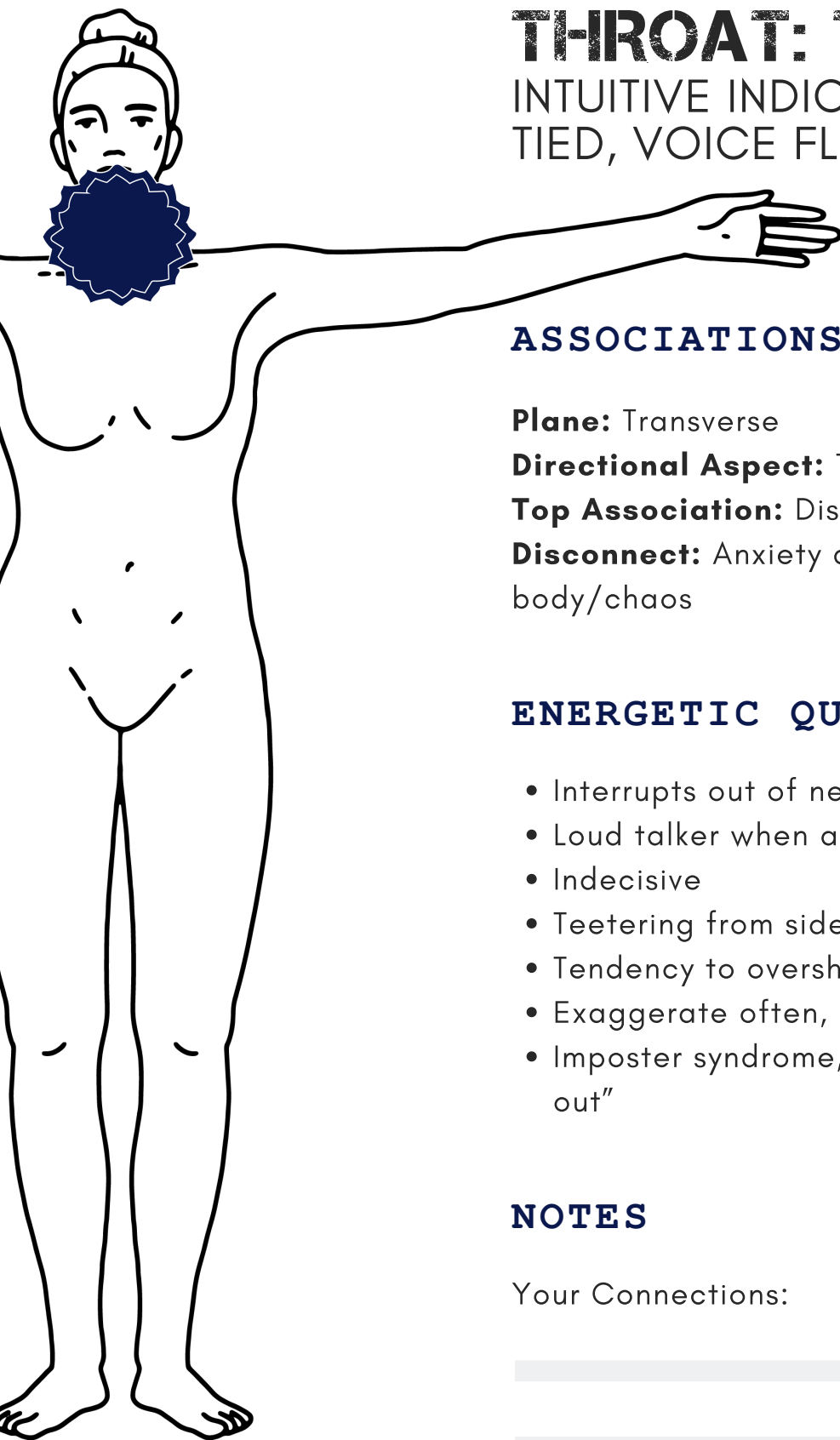


THROAT: TOP

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"

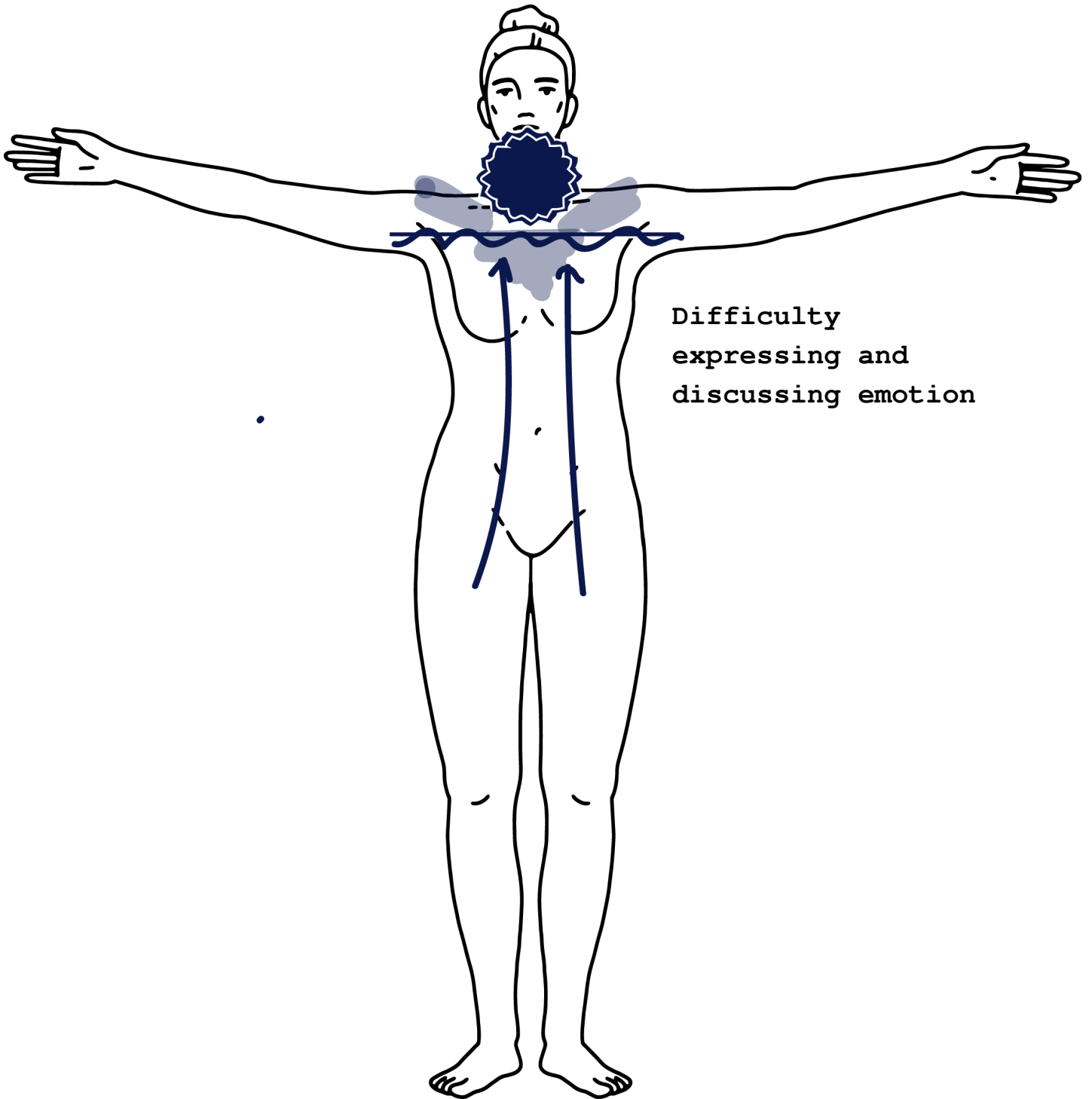
NOTES

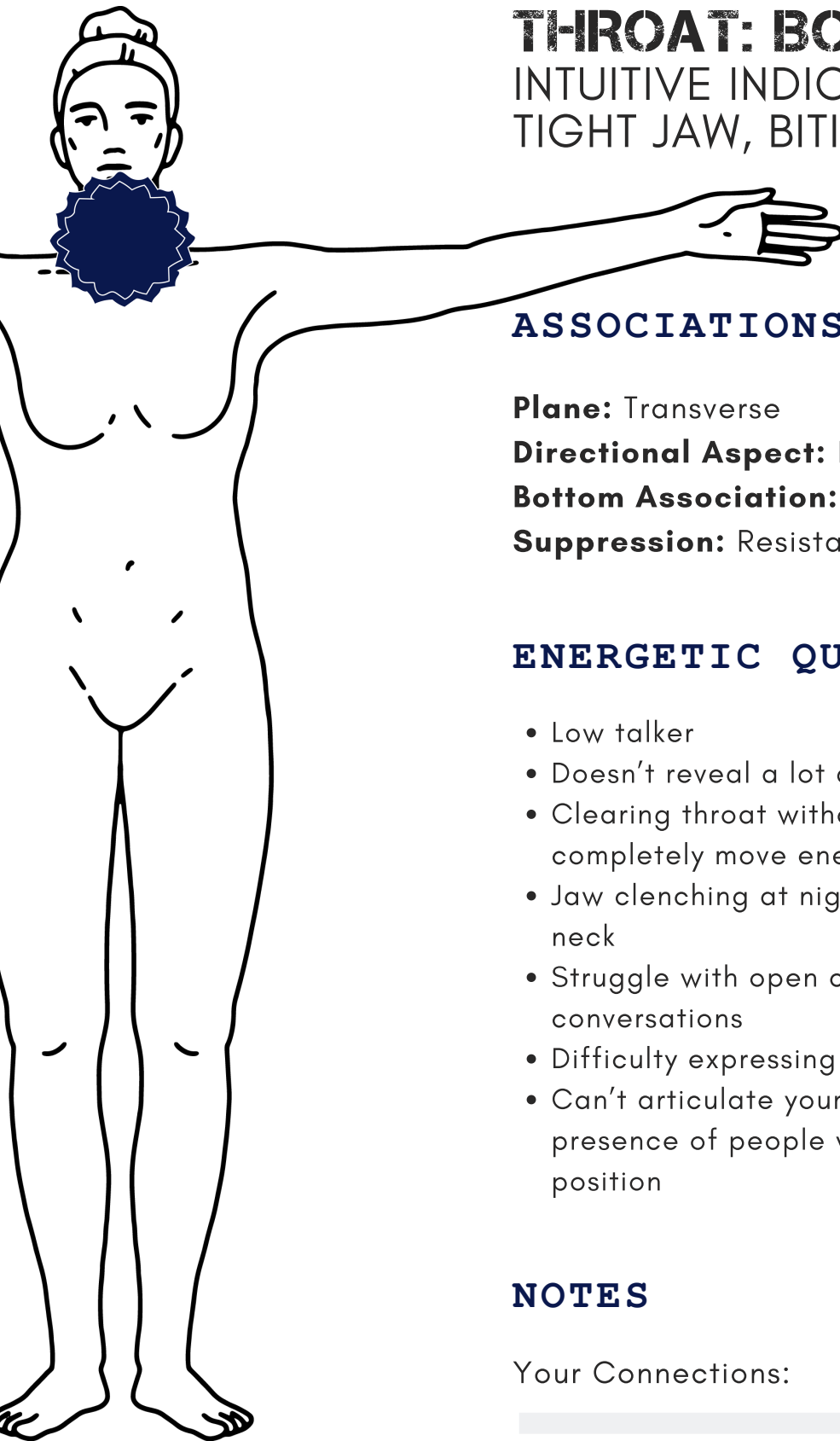
Your Connections:

**"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."**