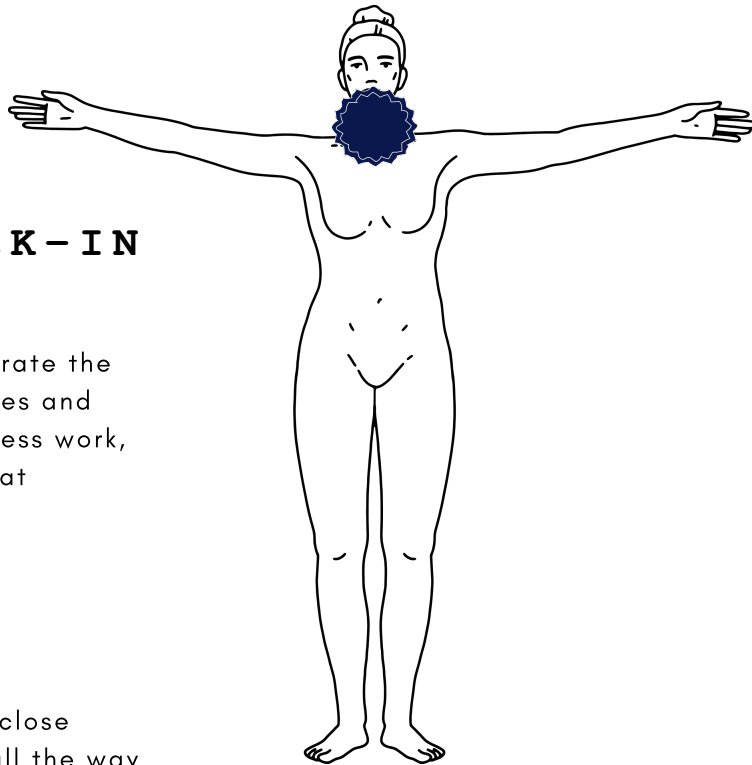


THROAT

INHABITING THE THROAT



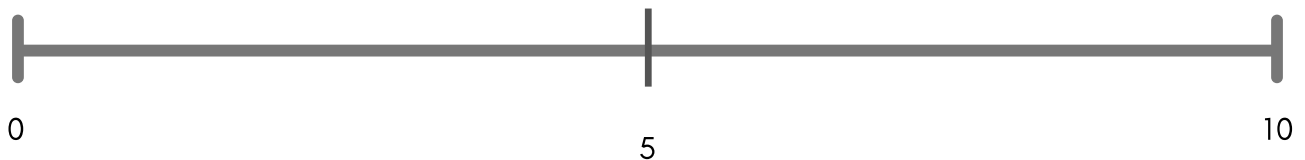
PRE CHECK-IN

Before you incorporate the Chakredy® Remedies and directional awareness work, mark where you're at

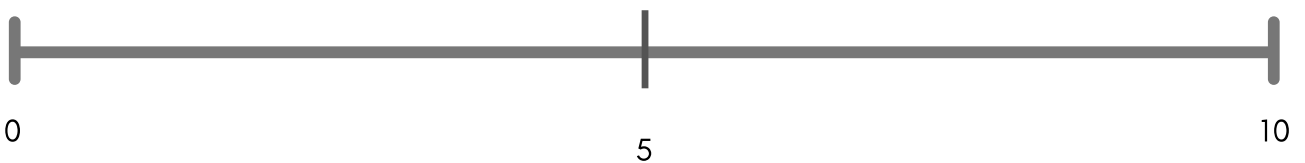
SCALE

0=Least/Not even close

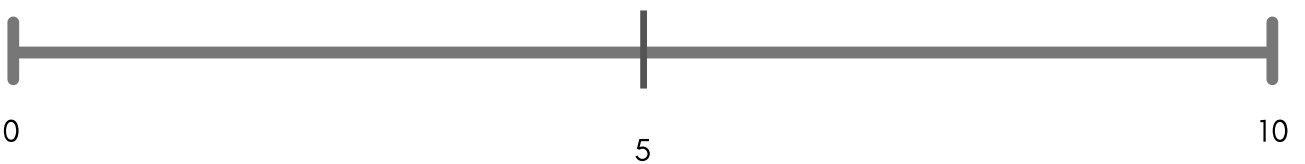
10=Greatest/Yes all the way



I openly express myself



I feel balanced in my ability to listen AND speak with clarity



My energetic awareness fully inhabits my throat chakra

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 solar plexus 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?



THROAT CHAKRA

INTENTIONS

INTENTIONS FOR CLEARING:

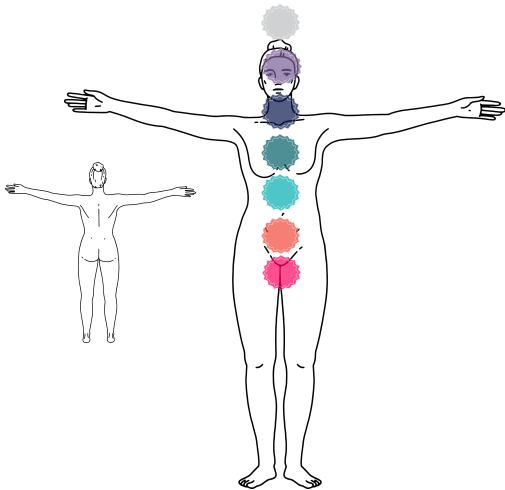
What would you like to let go of at the throat center?

INTENTIONS FOR REPATTERNING:

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

DIRECTIONAL ASPECTS

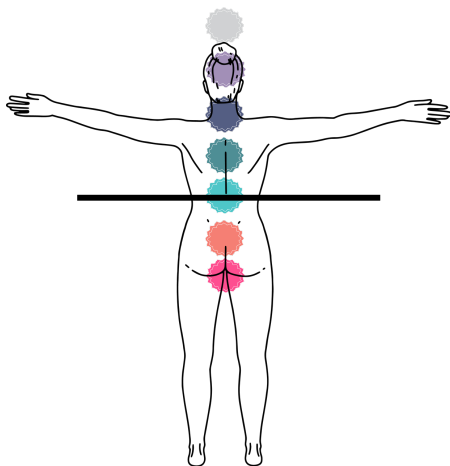
THE 6 ENERGETIC LINES OF COMMUNICATION



FRONTAL PLANE

This plane divides the body into:

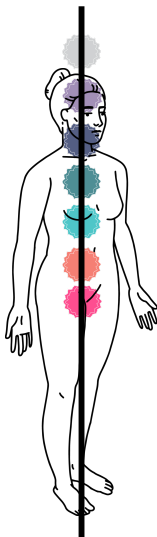
FRONT
BACK



TRANSVERSE PLANE

This plane divides the body into:

TOP
BOTTOM



SAGITTAL PLANE

This plane divides the body into:

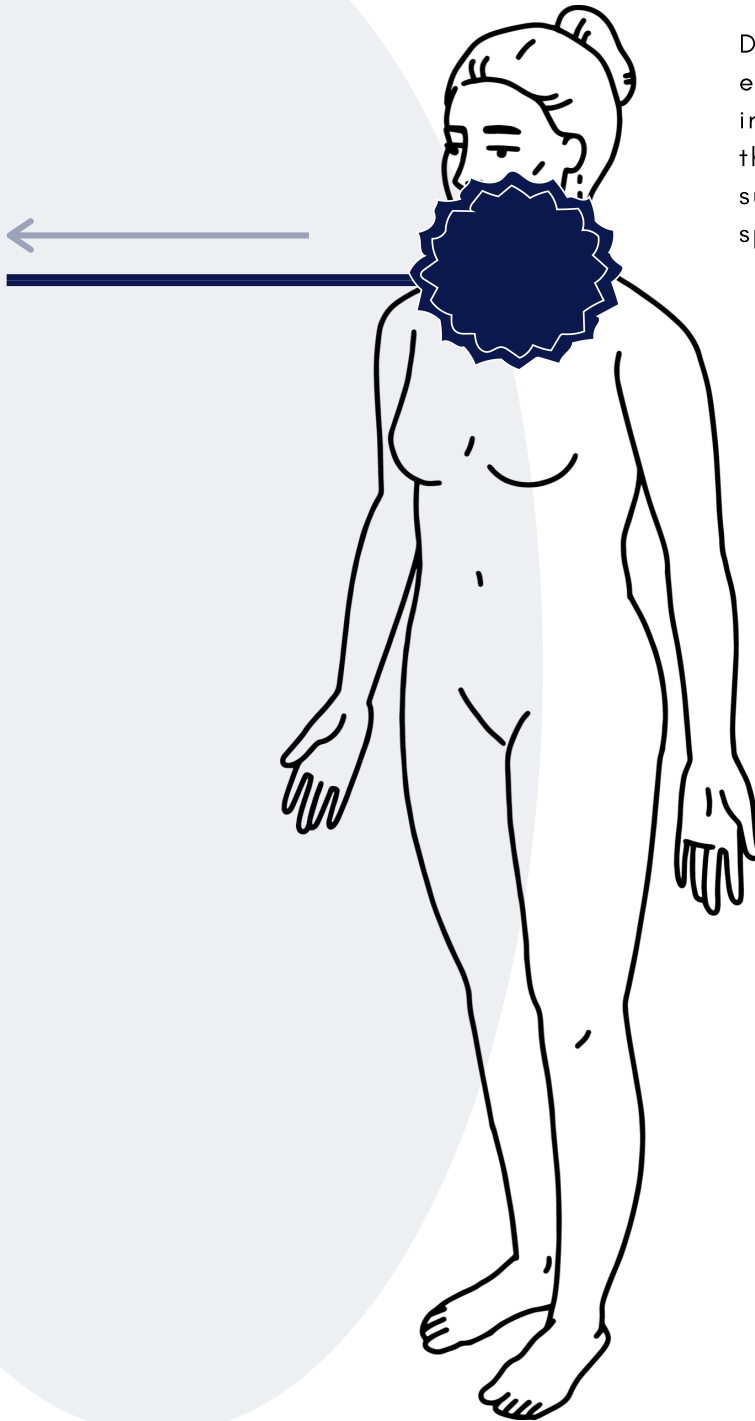
LEFT
RIGHT

FRONT

LINE 1: CLEARING

INTUITIVE IMPRESSIONS

Document any sensations, energetic qualities and information associated with this line of energy. What is surfacing for release? Get as specific as possible.

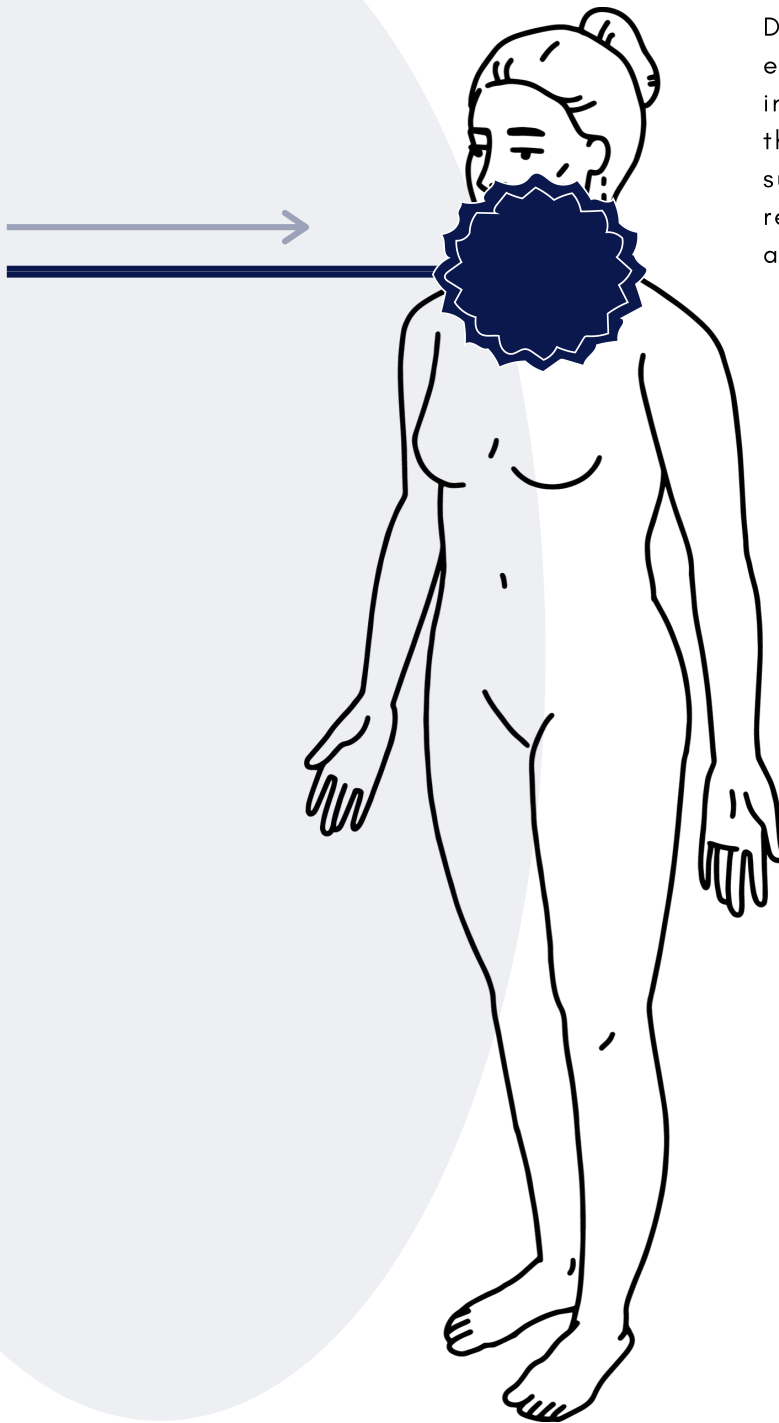


FRONT

LINE 1: REPATTERNING

INTUITIVE IMPRESSIONS

Document any sensations, energetic qualities and information associated with this line of energy. What is surfacing to be reclaimed and repatterned for healing? Get as specific as possible.

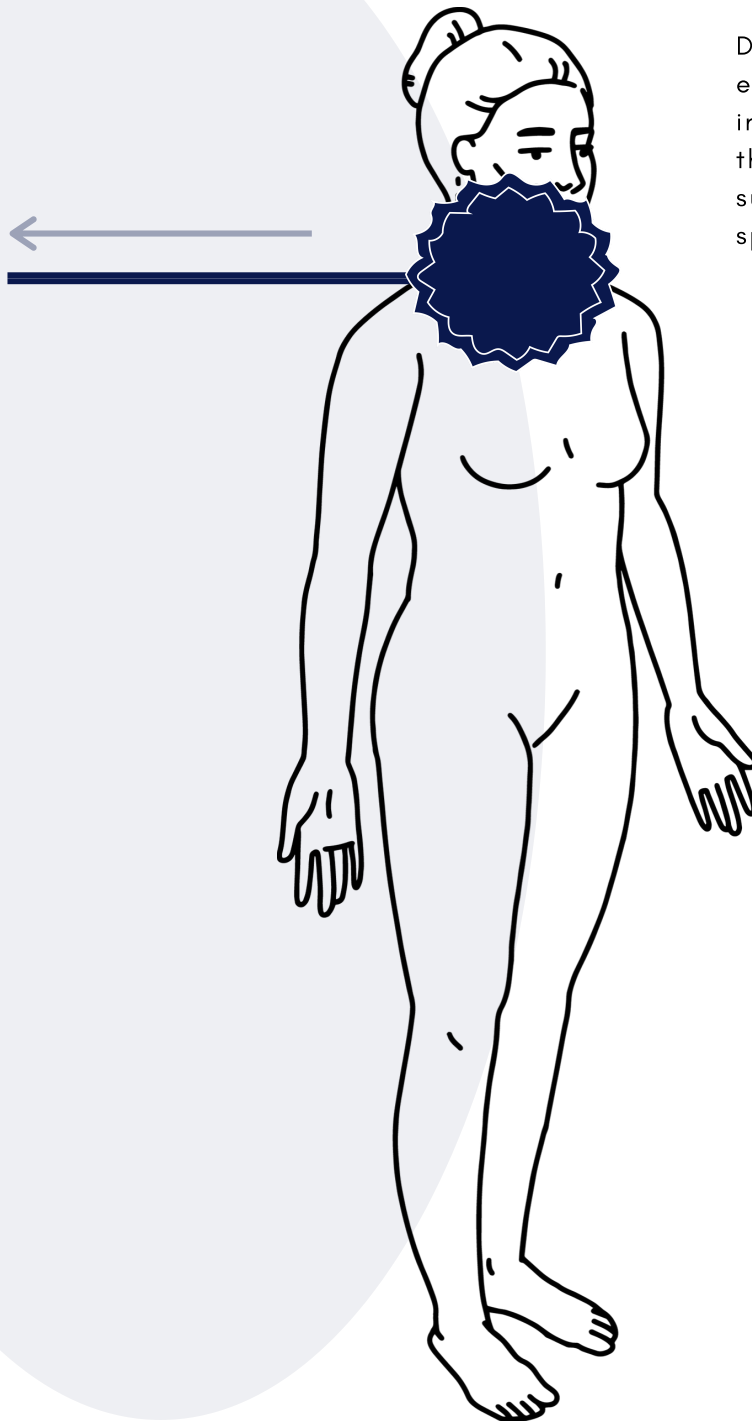


BACK

LINE 2: CLEARING

INTUITIVE IMPRESSIONS

Document any sensations, energetic qualities and information associated with this line of energy. What is surfacing for release? Get as specific as possible.

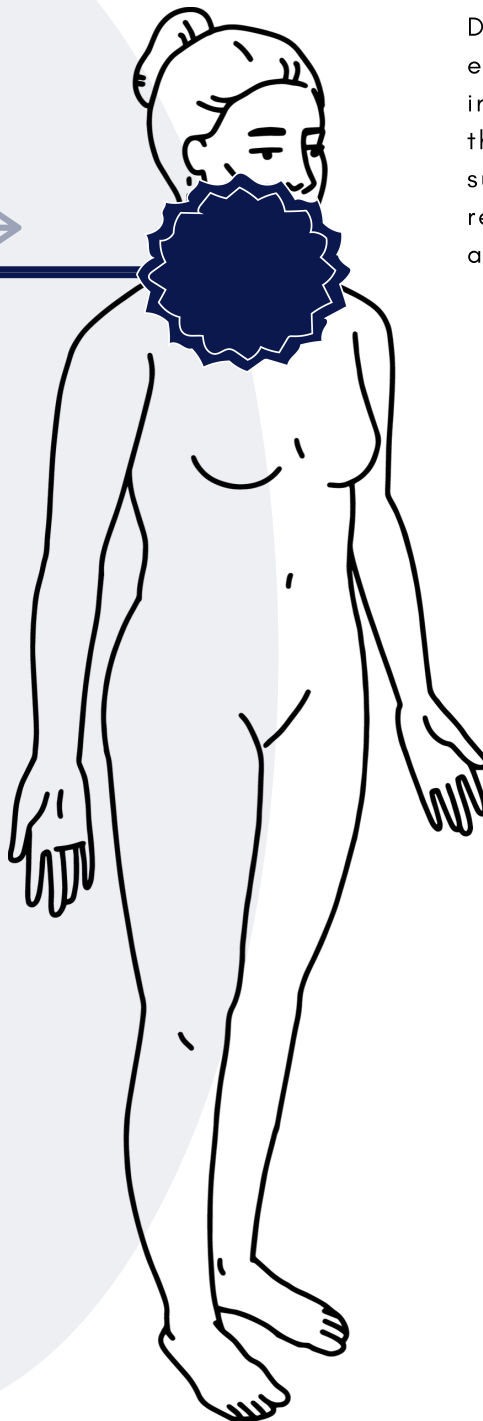


BACK

LINE 2: REPATTERNING

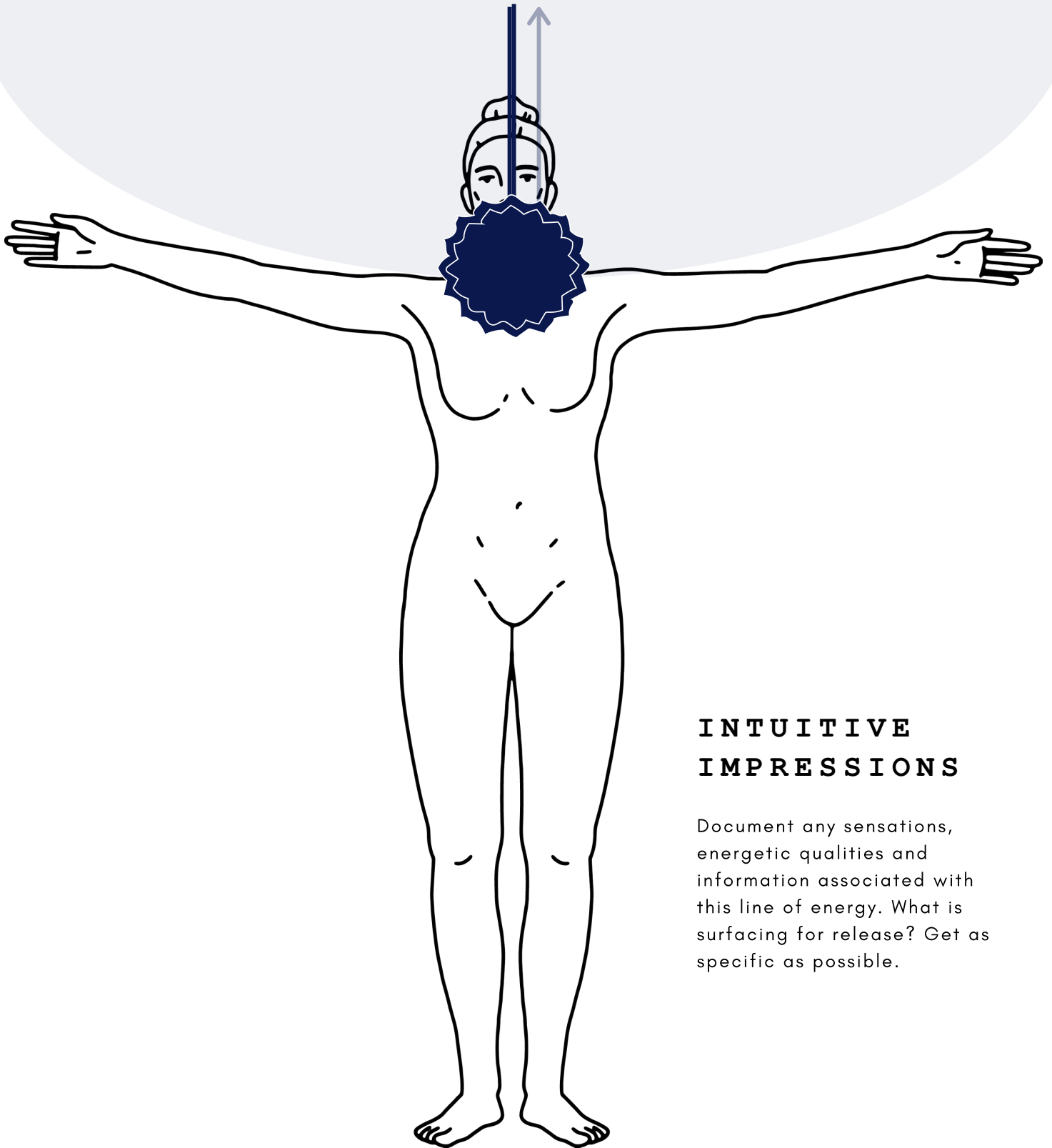
INTUITIVE IMPRESSIONS

Document any sensations, energetic qualities and information associated with this line of energy. What is surfacing to be reclaimed and repatterned for healing? Get as specific as possible.



TOP

LINE 3: CLEARING

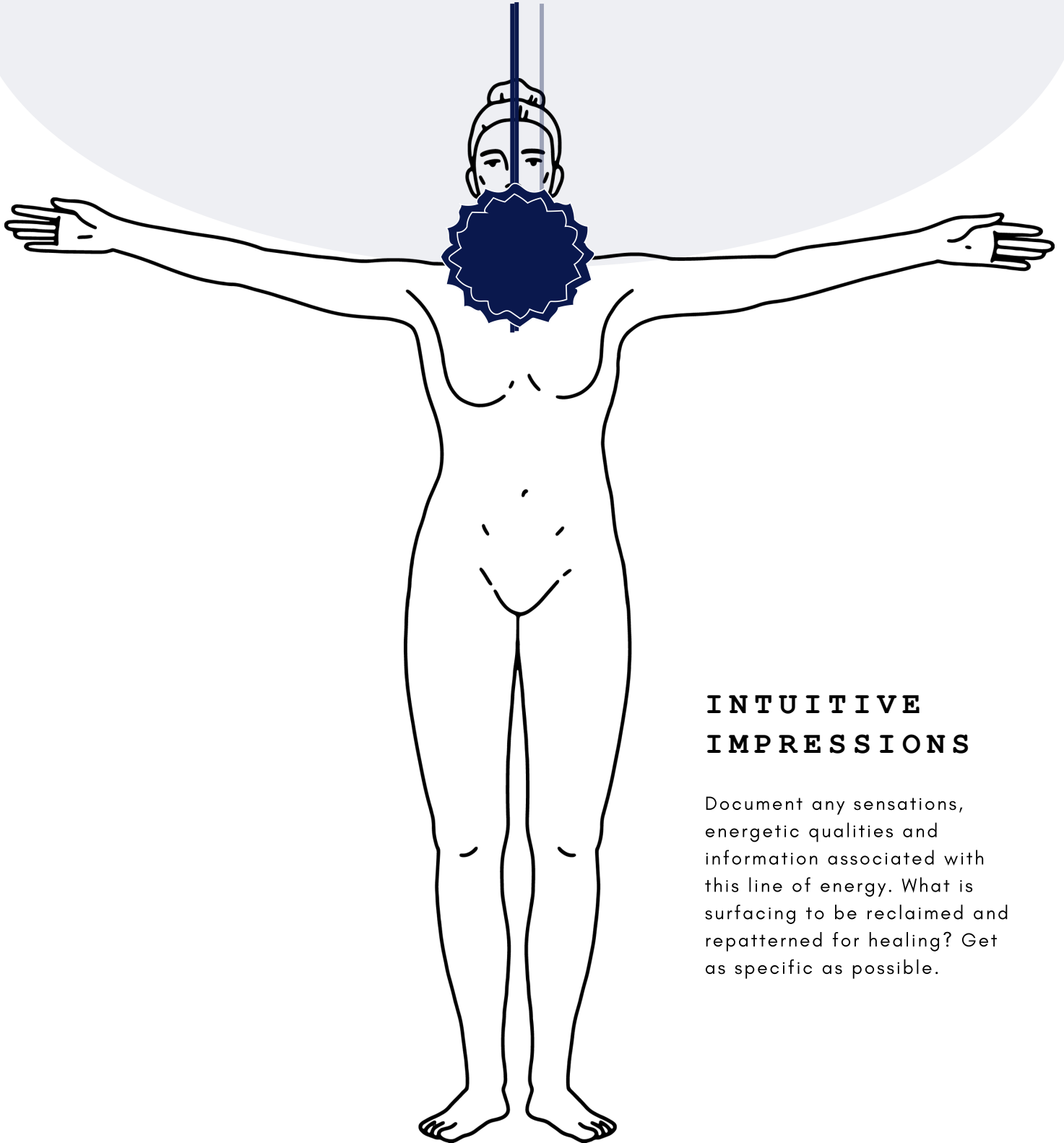


INTUITIVE IMPRESSIONS

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TOP

LINE 3: REPATTERNING

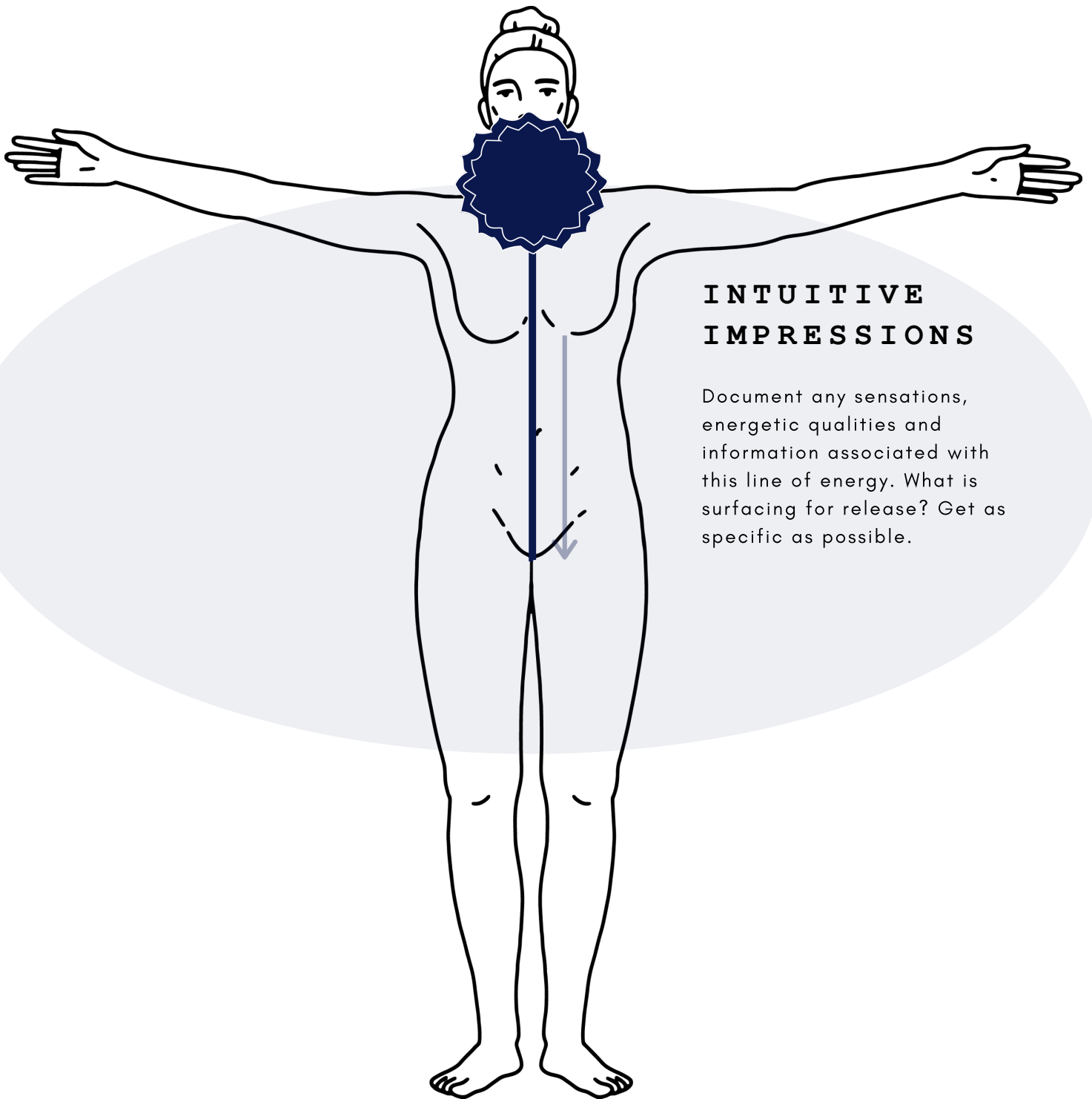


INTUITIVE IMPRESSIONS

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BOTTOM

LINE 4: CLEARING

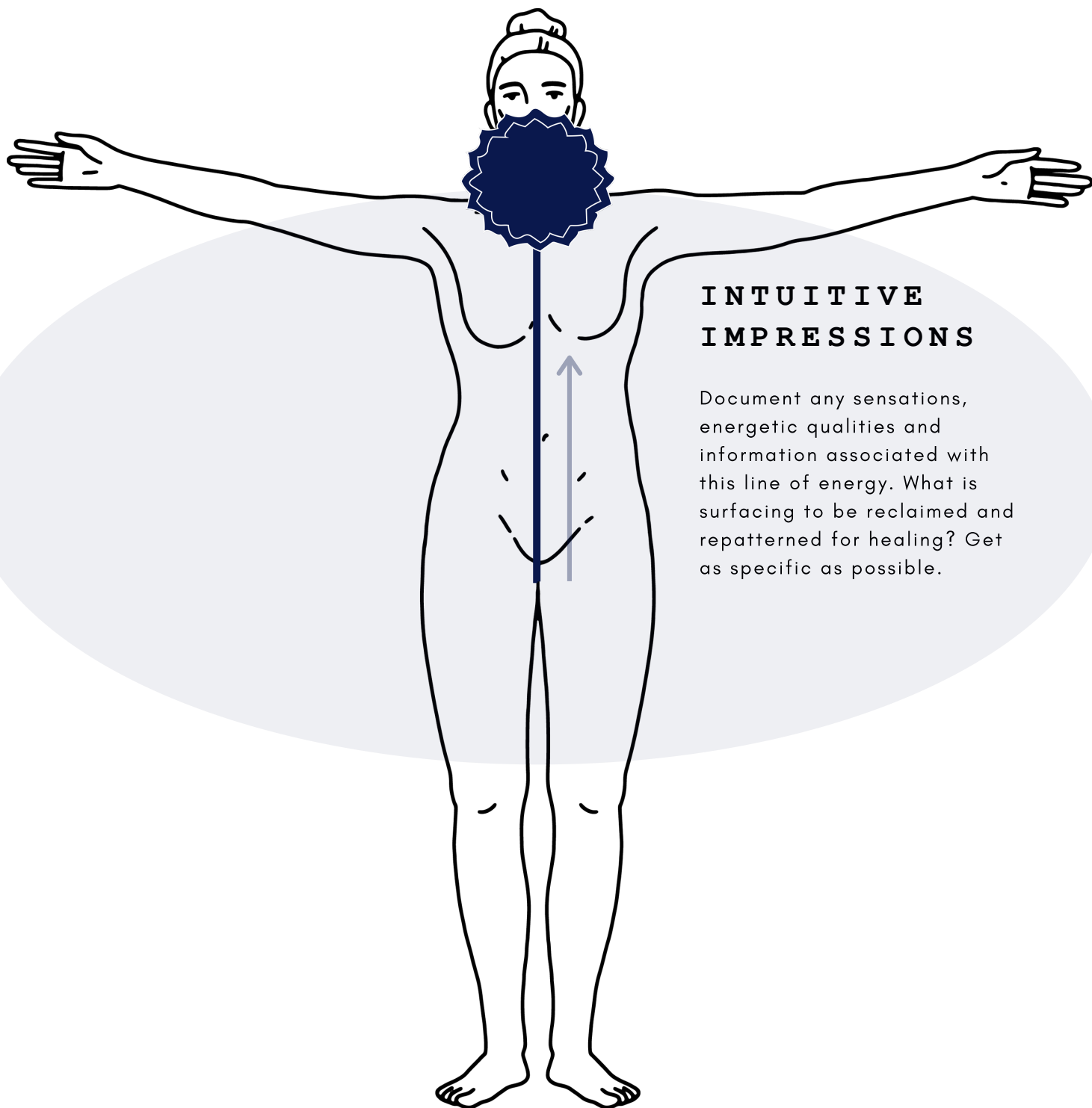


INTUITIVE IMPRESSIONS

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BOTTOM

LINE 4: REPATTERNING

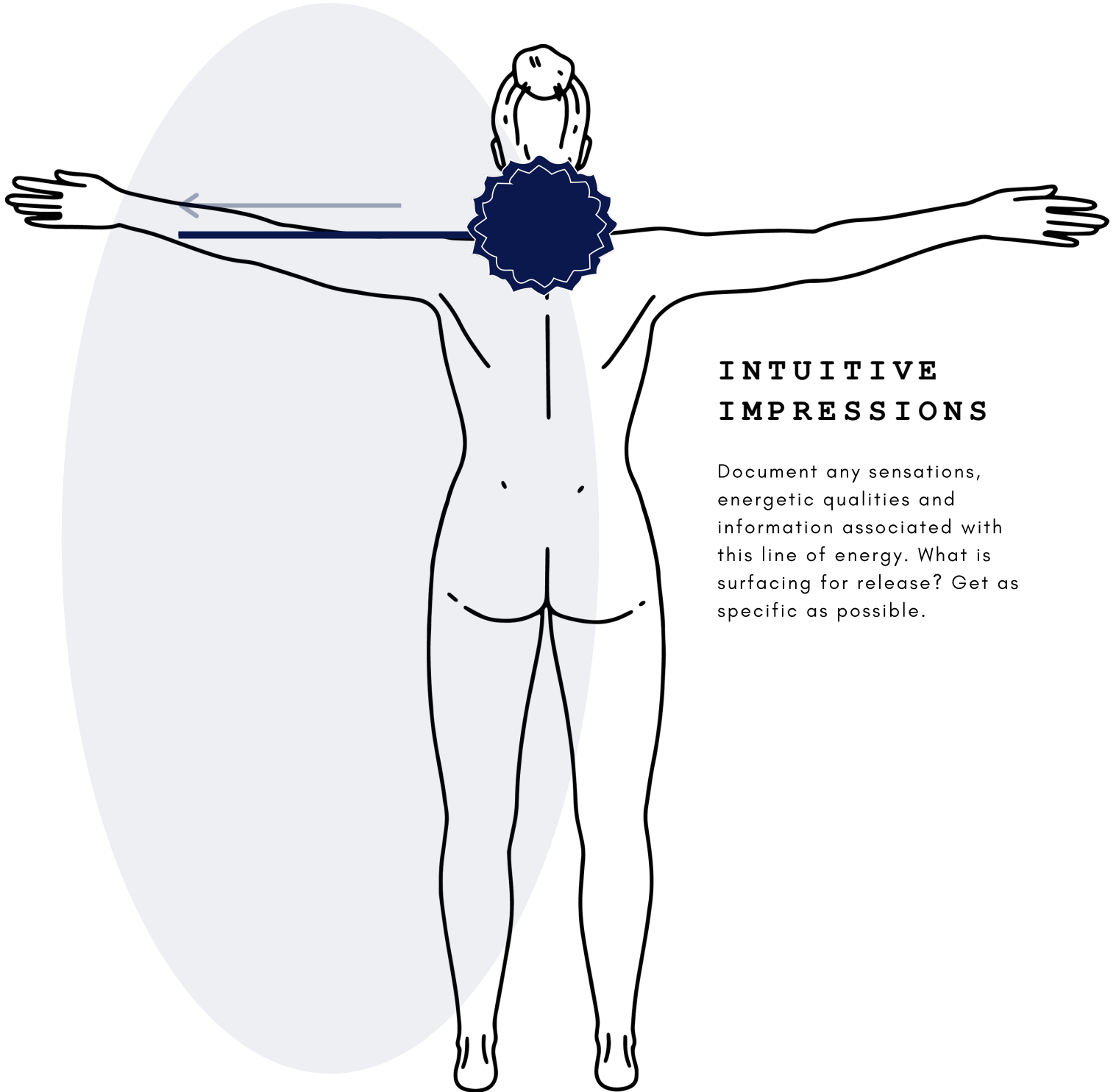


INTUITIVE IMPRESSIONS

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LEFT

LINE 5: CLEARING

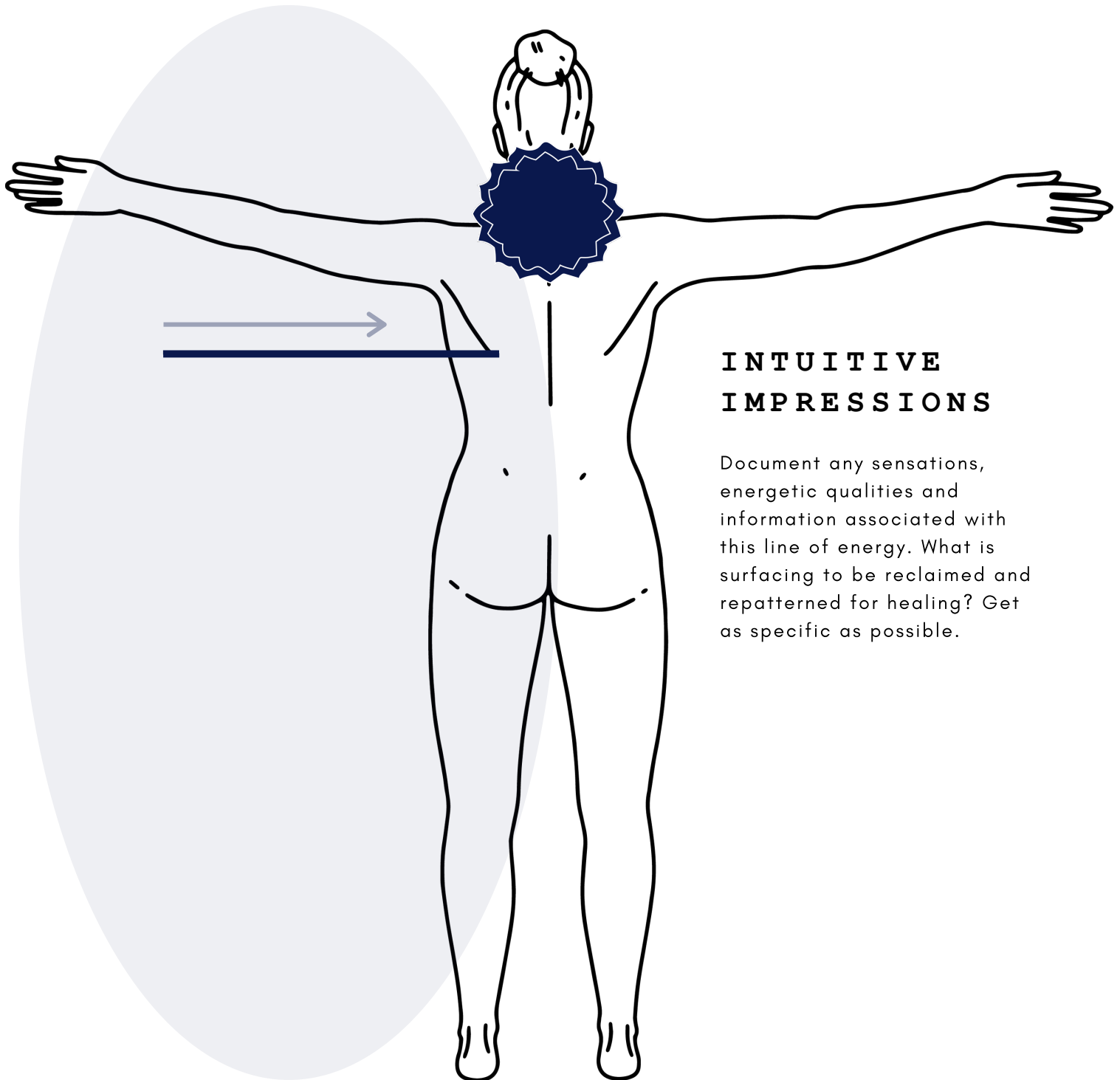


INTUITIVE IMPRESSIONS

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LEFT

LINE 5: REPATTERNING

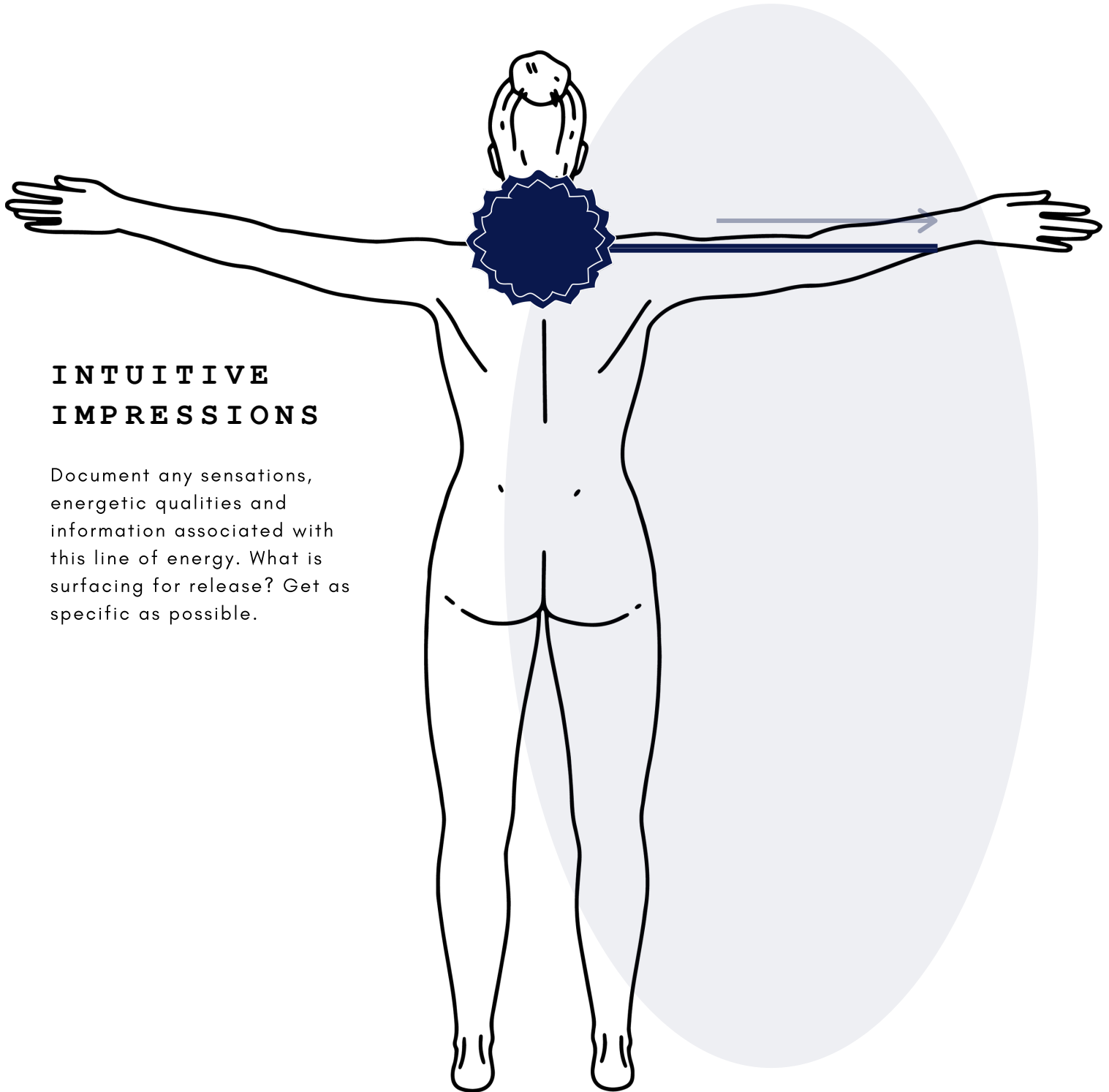


INTUITIVE IMPRESSIONS

Document any sensations, energetic qualities and information associated with this line of energy. What is surfacing to be reclaimed and repatterned for healing? Get as specific as possible.

RIGHT

LINE 6: CLEARING

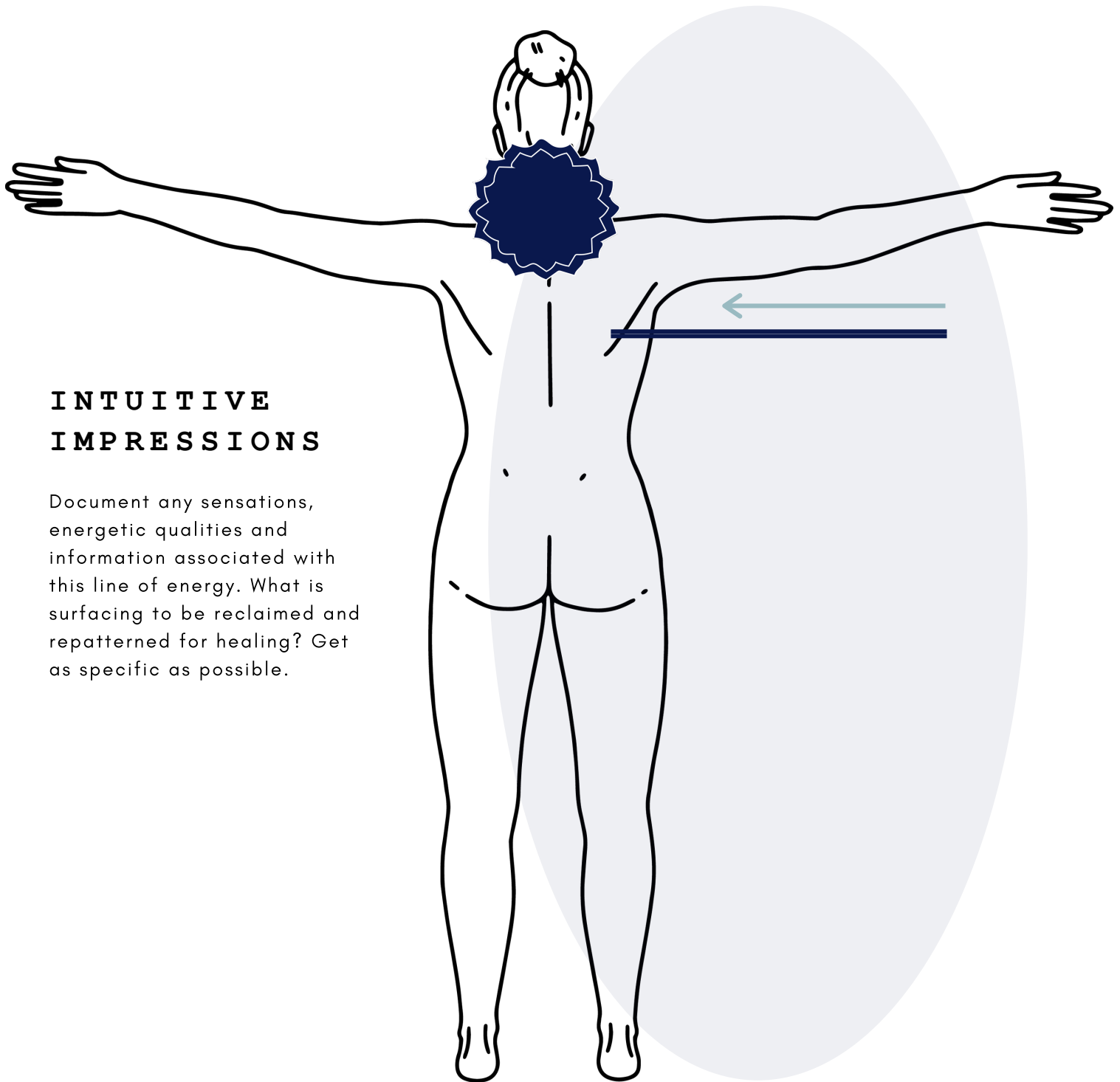


INTUITIVE IMPRESSIONS

Document any sensations, energetic qualities and information associated with this line of energy. What is surfacing for release? Get as specific as possible.

RIGHT

LINE 6: REPATTERNING

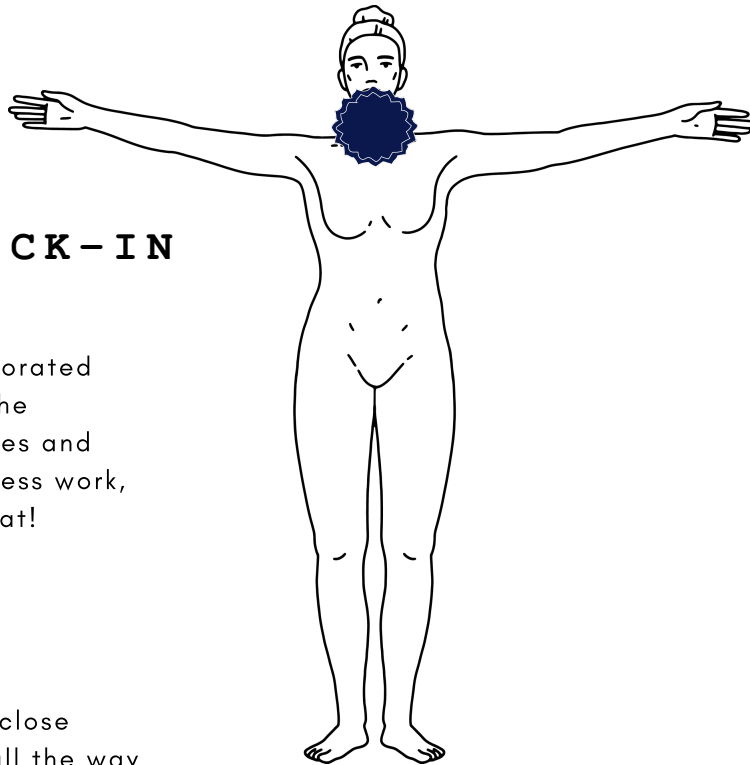


INTUITIVE IMPRESSIONS

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THROAT

INHABITING THE THROAT



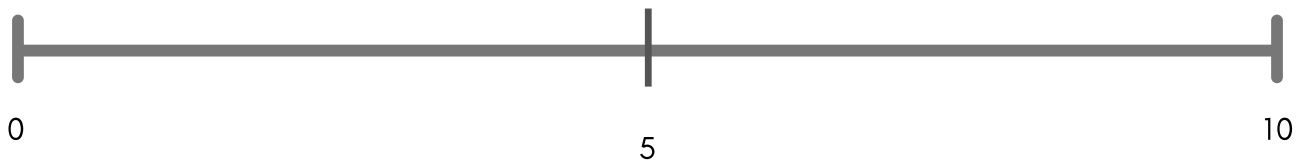
POST CHECK-IN

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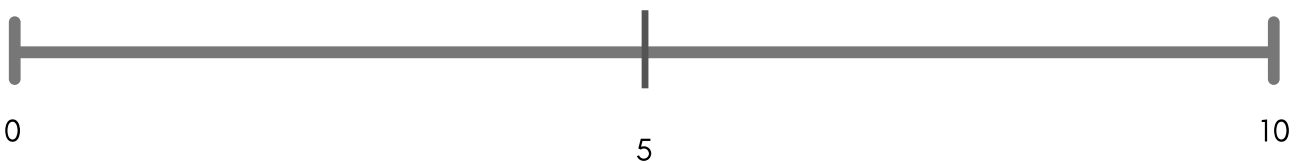
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