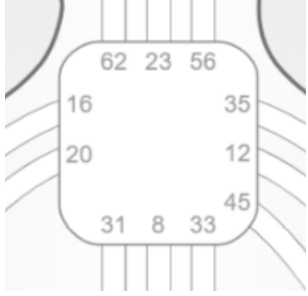


THROAT CENTER - DEFINED



You have a defined Throat Center, meaning you have a fixed way of expressing yourself, resulting in a consistent and reliable way of communication. The Throat center is also the center of Manifestation, meaning you have a certain way of acting, or doing things. However, you can speak and act too readily or inappropriately, talking too much and consequently losing your impact.

Because your way of expression is fixed, you can seem overwhelming to others, especially if your mind is dictating your life.

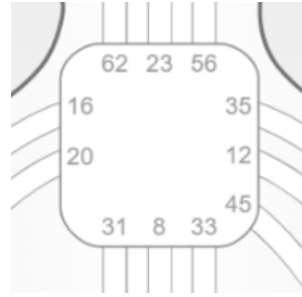
Follow your Strategy and Authority to move forward in life without resistance and learn to speak when appropriate.

DEFINED THROAT CENTER



HEALTHY EXPRESSION

- Having a consistent way of expressing ideas, insights, or opinions.
- Having a stable and reliable way of communicating.
- Knowing where your true voice comes from, which allows you to speak your own truth



UNHEALTHY EXPRESSION

- Speaking or acting too readily or inappropriately, talking too much and therefore losing your impact.
- Seeming overwhelming to others, because your verbal style is fixed, especially if you are not following your Strategy