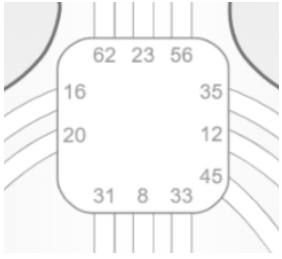


THROAT CENTER - UNDEFINED



You have an undefined Throat Center, meaning you have a versatile, spontaneous voice and your capacity to speak depends on whom you are with.

You communicate best when conversation is initiated by someone else. This allows you to speak spontaneously, not getting caught up trying to repeat something you've rehearsed.

This fear of not knowing what to say that causes you to rehearse conversations is unhealthy.

What you say depends on whom you are talking to, and what you need to say in the moment will reveal itself spontaneously. If nothing comes out, then there is simply nothing to say, but there is no need to get caught up in planning your conversations.

To have an open Throat is to carry the potential of speaking and doing things in a multitude of ways, not fixed in any one way. It's healthy to speak in the moment, because you may say something truly remarkable, something you hadn't even thought of.

Since you don't have a fixed way of speaking, you sometimes feel the need to be verbally dominant, speaking without invitation or through response, inappropriately or at the wrong time. This will drive others away, and not attract the attention you seek. It's healthy to be comfortable with silence; in essence, it is your natural state.

There is no need to say something just because you feel awkward. Learn to appreciate silence and wait for the conversation to be brought to you.

Seeking attention is one of the traps of having an open Throat Center; this can lead to much pain. Please understand that you will naturally receive attention from people who are meant to be in your life, but only if you let them come to you. By letting go of the need to attract attention to yourself, you will finally begin to see the opposite; who and what needs or deserves attention.

If you initiate anything in life, whether it be a conversation or a relationship, there is always a chance of this leading to suffering, exhaustion, and health problems. Having an open Throat is all about letting things come to you.

Wait for others to initiate and, instead of disappointment, you will experience the joy of living a truly effortless life.



UNDEFINED THROAT CENTER

HEALTHY EXPRESSION



- Being comfortable with having many different ways of expressing yourself.
- Being verbally versatile.
- Having no need to attract attention and remaining silent until asked or invited.
- Being comfortable not speaking.
- Having a versatile, spontaneous voice and a capacity to speak depending on who you are with.
- Communicating best when given space.
- Experiencing all the different voices of the Throat center.
- Being comfortable with silence as it is your natural state.
- Waiting to be initiated to speak or act by others.



UNHEALTHY EXPRESSION

- Trying to attract attention.
- Speaking out of turn, not knowing when to remain quiet, or being afraid of expressing yourself.
- Trying to be verbally dominant, speaking without invitation or through response, inappropriately or at a wrong time.
- Fearing you won't know what to say and try to rehearse conversations rather than allowing for spontaneous speech.
- Trying to initiate and ending up suffering from exhaustion and severe health problem



UNDEFINED THROAT CENTER

UNHEALTHY EXPRESSION



- Trying to attract attention.
- Speaking out of turn, not knowing when to remain quiet, or being afraid of expressing yourself.
- Trying to be verbally dominant, speaking without invitation or through response, inappropriately or at a wrong time.
- Fearing you won't know what to say and try to rehearse conversations rather than allowing for spontaneous speech.
- Trying to initiate and ending up suffering from exhaustion and severe health problem

NOT-SELF TALK



- Where should I go so I can get the attention I want?
- Is anyone noticing me?
- If I say this then I will be noticed.
- If I initiate this conversation, I will get the attention I deserve.
- I'd better say something, because this silence is making me uncomfortable.
- What should I manifest? I'd better manifest something.