



The throat center, located at the base of the neck in the BodyGraph, is the center of manifestation and self-expression. It is here that ideas and concepts from the head and Ajna centers take form in the material world through our communication and actions. The throat is the portal through which we express our unique truth.

When the throat center is defined, that is, when there is at least one activated gate, the person has constant access to the pressure of manifestation. They are driven to express themselves, to share their ideas and to act on their inspirations. People with a defined throat are often natural communicators, leaders, and project initiators. They have a deep need to use their voice and actions to make an impact on the world.

However, this constant pressure to manifest can also lead to overexpression, excessive chatter, and restlessness. People with a defined throat may struggle to listen to others and to leave space for silence. They may also feel frustrated when their ideas do not materialize immediately.

When the throat center is open, the person does not have this constant pressure of manifestation. Instead, they are open to the manifestation energies of others. They can be a great support for others' projects and expressions, but may struggle to initiate their own actions. People with an open throat can be good listeners and diplomats, as they do not have the constant need to express themselves.

However, they may also have a tendency to withhold their truth and not express themselves when necessary. They may be afraid of causing upset or not being heard, and therefore keep their ideas and inspirations to themselves.

A key aspect of the throat center is its relationship with the sacral center. When these two centers are connected by a defined channel, it creates a generator or a manifesting generator - a being designed to manifest and act on inspirations. When the throat is defined but not connected to the sacral, this creates a manifestor - a being designed to initiate and inform.

For example, a generator with a defined throat and sacral could be a passionate entrepreneur. They are constantly driven to create, share their ideas and work hard to make them happen. They find satisfaction in action and expressing their unique truth.

On the other hand, a manifestor with a defined throat but an open sacral could be a visionary leader. They are there to initiate new projects and inspire others with their ideas, but do not have the same enduring energy to see them through. They need to learn to inform others before acting and delegate the details.

Understanding one's throat center is essential for learning to express one's unique truth in the world. Whether the throat is defined or open, it is important to honor one's unique process of manifestation and communication. By finding a balance between expression and listening, action and rest, we can use the power of our throat to create meaningful and authentic impact in the world.

Key points to remember:

- The throat center is the center of manifestation and self-expression in the BodyGraph. It's the portal through which we express our unique truth.
- A defined throat gives constant access to manifestation pressure, urging the person to express and act. However, this can also lead to overexpression and restlessness.
- An open throat doesn't have this constant pressure, making the person more attentive and supportive of others. However, she may tend to withhold her truth and not speak when necessary.
- The relationship between the throat center and the sacral center determines the type of being: generator(throat and sacral defined), manifesting generator or manifestor (throat defined but sacral open).
- Understanding one's throat center is essential for learning how to express one's truth in a balanced and authentic way, by finding a balance between expression and listening, action and rest.