

# THROAT CENTER

## OPEN

### SOME BACKGROUND ON OUR CENTERS

There are nine energy centers within the body, and within our charts which roughly correlate to the seven chakras:

- head/crown (Sahasrara)
- mind (Ajna)
- throat (Vishudha)
- heart (Anahata)
- solar plexus/emotions (Manipura)
- sacral (Svadhithana)
- root (Muladhara)

plus two more centers that don't specifically correlate to a chakra:

- spleen
- self/identity/G

Each center present as either open or closed, defined or undefined.

- If the center is **closed/defined**, it indicates that this function/aspect of your personality is more fixed or consistent.
- If the center is **open/undefined**, it means that this function/aspect of your personality is more flexible or malleable, leaving you more open to the influence or energy of others. These open/undefined centers are where we're the most open to the conditioning and influence of others, whether we're conscious of taking on that energy or not.

The knowledge of where our traits are the most fixed and where we're the most open to the influence can help us sit in our power on a daily basis; they help us figure out which of our choices, feelings and actions are coming from a place of truth, and which are opportunities for reflection and change.

These centers correlate to not just emotions but to physical body parts as well. Our physical, mental, spiritual and emotional wellbeing is all interconnected. Many times, when we experience physical symptoms (discomfort, illness, etc) in these areas of our physical body, it may indicate that we've fallen out of synch with our overall human design.

The Throat Center is the main hub, and if Human Design had one overarching goal, it would be to get AS MUCH ENERGY AS POSSIBLE to the Throat Center, because this center is all about manifestation. Everything in our Human Design that is seeking expression or an outlet goes through the Throat Center.

The Throat Center governs our speech, actions and writing, our means of communication with the world. There is tremendous creative potential in the Throat Center, and it's closely associated with leadership, knowledge, and education. In the chakra system, the Throat Center connects to the Vishudha chakra. Biologically, our Throat Center is connected to our thyroid and parathyroid, which regulate both our metabolic rate and our sense of overall well-being.

Of the five Human Design types, only two have a motorized Throat Center. Without getting too into the weeds, this basically means that there are active channels between your Throat Center and at least one of the three motor centers: the Heart, the Solar Plexus/Emotions and the Root (none of which we've tackled yet. Patience, little one. We'll get there). Regardless of whether your Throat Center is motorized or not, whatever other center(s) your Throat Center is connected to determines what you like to discuss. For example, if your Throat Center is connected to your Mind/Ajna Center, you might find yourself frequently voicing your worries and fears or sharing new information from your research.

Only Manifestors and Manifesting Generators have a motorized Throat Center. This means that they're uniquely able to initiate conversations and actions that align to the rest of their Human Design. They have that consistent supply of energy via the connection to the motor centers.



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Generators, Projectors and Reflectors, on the other hand, do not have a motorized Throat Center (womp womp), which means they need to get their energy for manifesting from other people. To quote Barbara Streisand in Funny Girl "people/people who need people/are the luckiest people/in the world." Their mission, if they choose to accept it, is to seek out expanders to assist them as they manifest.

**Hot tip:** if you're a Generator, Projector or Reflector, working in a community space, like a coffee shop or a communal space in the office, will actually increase your productivity as you're taking in the productive energy of the collective (NARRATOR: the author, a Generator, immediately regretted working sweatpants-hair-tied-chillin-with-no-makeup-on from her couch for the past several weeks and vowed to wash her hair tomorrow so that she could work at her local coffee shop and harness the manifesting energy of the collective **\*\*END SCENE\*\***).

Where are my fellow open Throat Center folks at?? We are the blurters of the world, the accidental interrupters, the inadvertent over-talkers. We feel this pressure to ABT (Always Be Talking) and are the Chatty Cathies of any friend group. And if our Mind/Ajna Center is also open, WATCH OUT, because even we aren't quite sure what we're going to say next. This isn't coming from a place of ego...we just feel a push within our HD to be heard, and the reason we're so verbose is because it can take us a minute to get out exactly what we want to say how we want to say it.

One of the benefits to having this open Throat Center is that, without even realizing we're doing it, we're able to adjust our tone and delivery to match the needs of our audience. Some great speakers of the past, like Bill Clinton, have an open Throat Center. Because this center is open, we can also ride the energy of those we're talking to.

Where many of us with an open Throat Center can struggle is when we try to speak in a way that's out of synch with our strategy (more on strategies when we talk about types and at the end of this post). I'm a Generator, and my strategy is "to respond." Because my Throat Center is open, and because I feel the drive to be heard, I waste SO MUCH ENERGY when I try to speak up before there's something to respond to. And sometimes, when we Generators don't wait to respond, we feel like we're screaming into the void. To be working WITH and not AGAINST our open Throat Center, we need to practice patience and focus on communicating according to our strategy.

### THROAT CENTER: TYPES and STRATEGIES

In terms of the types and their strategies, **Manifestors** and **Manifesting Generators** have the energy to just speak. They don't need to be invited or to respond. They just have the energy already inside them and can just talk and share at will.

**Generators** have the strategy "to respond" and should wait to communicate until they have something concrete to respond to.

**Projectors** have the strategy of waiting to be invited (which would drive me CRAZY. So much respect for Projectors who live according to this strategy! I'm challenged enough just waiting to respond!), and should wait to communicate until they are recognized or asked.

**Reflectors** never have a defined Throat Center due to how their design is configured. Their strategy is to wait 28 days (I mean, again, RESPECT), which we'll get into in depth when we talk about the types.

