

# Throat Energy Center Daily Itinerary 52 days

11/6/20 - 12/27/20

11/6/20 - Day #1 - 1 ½ hour live Zoom with Michelle. Starting at 1 pm HST, 3 pm PST, 5 pm CST, and 6 pm EST- Review of the Heart Energy Center. Introduction of the Throat Energy Center (pdf). Overview of the whole energy system + meditation *1 ½-hour*.

11/7/20 - Day #2 - Introduction of the Throat Energy Center. Look over pdf. *5-min*.

11/8/20 - Day #3 - Throat Body Map Assignment. Create an outline of your throat Pdf. *10-min*.

11/9/20 - Day #4 - Continue Throat Body Map Assignment. Create an outline of your throat Pdf. *10-min*.

11/10/20 - Day #5 - Finish up Throat Body Map Assignment. Create an outline of your throat Pdf. *10-min*.

11/11/20 - Day #6 - Rest with a Soft Ball-Sized Ball in the back of your neck. *5-min*.

11/12/20 - Day #7 - Read BodyMind by Ken Dychwald. Chapter #8 Take notes for discussion on Group Zoom and for your body map (place significant finds on your body map). *15-min*.

11/13/20 - Day #8 - Continue to Read BodyMind by Ken Dychwald. Chapter #8 Take notes for discussion on Group Zoom and for your body map (place significant finds on your body map). *15-min*.

11/14/20 - Day #9 - Finish your read -- BodyMind by Ken Dychwald. Chapter #8 - What kind of jaw do you have -- Receding, protruding, or clenched? Take notes for discussion on Group Zoom and for your body map (place significant finds on your body map). *15-min.*

11/15/20 - Day #10 - Quick Neck Release Practice video *5-min.*

11/16/20 - Day #11 - Use your hands and fingers to feel the bones, and joints of your throat. Color the bolded bones and joints of your throat found on your pdf in The Anatomy Coloring Book pg. 24 & 26 pdf. *10-min.*

11/17/20 - Day #12 - Continue to use your hands and fingers to feel the bones, and joints of your throat. Color the bolded bones and joints of your throat found on your pdf in The Anatomy Coloring Book pg. 24 & 26 pdf. *10-min.*

11/18/20 - Day #13 - Use your softball, and hands to connect with the muscles of your throat. Color the bolded throat, neck, jaw and ear muscles found on your pdf in The Anatomy Coloring Book pg. 97 (ears), 45 (jaw) and 46 & 47 (neck) pdf. *10-min.*

11/19/20 - Day #14 - Continue to use your softball, and hands to connect with the muscles of your throat. Color the bolded throat, neck, jaw and ear muscles found on your pdf in The Anatomy Coloring Book pg. 97 (ears), 45 (jaw) and 46 & 47 (neck) pdf. *10-min.*

11/20/20 - Day #15 - Full Throat Movement Practice #1 - Open your throat - Place any ah haaaas on your body map noting any places of pain with the color-coding system - red equals very painful, orange mildly painful, and yellow slightly painful. *40-min.*

11/21/20 - Day #16 - Go into nature and find an image that matches the feelings of faith and trust. Place each image on a separate piece of paper.

You can add words or colors to your image. When done place each image in your 3-ring binder pdf. *15-min.*

11/22/20 - Day #17 - Finish going into nature to find an image that matches the feelings of faith and trust. Place each image on a separate piece of paper. You can add words or colors to your image. When done place each image in your 3-ring binder pdf. *15-min.*

11/23/20 - Day #18 - Rest with a Soft Ball-Sized Ball in the back of your neck. *5-min.*

11/24/20 - Day #19 - Non-Violent Communication (NVC) - The four steps to Non-Violent Communication + receiving with empathy pdf. *10-min.*

11/25/20 - Day #20 - Non-Violent Communication Practice (NVC) - Open your throat to use NVC to practice speaking - video. *10-min.*

11/26/20 - Day #21 - Quick Neck Release Practice video *5-min.*

11/27/20 - Day #22 - Non-Violent Communication Practice (NVC) - Open your ears and use NVC to practice listening - video. *10- min.*

11/28/20 - Day #23 - Non-Violent Communication Practice (NVC) - Open your throat and ears to use NVC to practice communicating - video. *10-min.*

11/29/20 - Day #24 - Non-Violent Communication Practice (NVC) - Open your throat and ears to use NVC to practice speaking and listening. Watch Michelle use NVC with her partner Ricardo video *7:30 min.*

11/30/20 - Day #25 - Rest with a Soft Ball-Sized Ball in the back of your neck. *5-min.*

12/1/20 - Day #26 - Read *Frontiers of Health* by Christine Page - Chapter #11 Take notes for discussion on Group Zoom and for your Body Map (place significant finds on your body map). *15-min.*

12/2/20 - Day #27 - Continue to read *Frontiers of Health* by Christine Page - Chapter #11 Take notes for discussion on Group Zoom and for your Body Map (place significant finds on your body map). *15-min.*

12/3/20 - Day #28 - Neck and Throat Release Quick Practice video *5-min.*

12/4/20 - Day #29 - Throat inquiry questions - Place significant finds from your inquiry questions on your body map pdf. *15-min.*

12/5/20 - Day #30 - Continue your throat inquiry questions - Place significant finds on your body map pdf. *15-min.*

12/6/20 - Day #31 - Finish-up your throat inquiry questions - Place significant finds on your body map pdf. *15-min.*

12/7/20 - Day #32 - Full Open Throat Movement Practice #2 - Move as you chant the sounds of the chakras video. *23-min.*

12/8/20 - Day #33 - The Way of Council - The five intentions of communicating using council pdf. *15-min.*

12/9/20 - Day #34 -The Practice of Council - Preparing to hold a council to practice the five intentions. Gather a candle, a talking stick, look over your five intentions, invite someone into holding council with you. Give them three possible days and times to choose from and have them read over the Council pdf *15-min.*

12/10/20 - Day #35 - Release your neck by massaging your inner shoulder blades. Let go of the tension in your anterior serratus (the inside of your shoulder blade) to free your neck + work on your Throat Body Map. *5-min.*

12/11/20 - Day #36 - Holding Council with NVC- How to hold council using NVC pdf -- *15-min.*

12/12/20 - Day #37 - The Practice of Council using NVC - Hold a council using NVC (a possible day for you to hold Council with NVC). To prepare -- watch Michelle and her partner, Ricardo use NVC and Council to communicate video. *15-30 min.*

12/13/20 - Day #38 - The Practice of Council using NVC - Hold a council using NVC -- a possible day for you to hold Council with NVC *15-20 min.*

12/14/20 - Day #39 - Neck and Throat Release Quick Practice video *5-min.*

12/15/20 - Day #40 - Read Eastern Body Western Mind by Anodea Judith Chakra five - Take notes for discussion on Group Zoom and for your Body Map (place significant finds on your body map). You'll have two days to complete this assignment. *10-min.*

12/16/20 - DAY #41 - Continue to read Eastern Body Western Mind by Anodea Judith Chakra five - Take notes for discussion on Group Zoom and for your Body Map (place significant finds on your body map). You'll have one more day to complete this assignment. *10-min.*

12/17/20 - DAY #42 - Finish reading Eastern Body Western Mind by Anodea Judith Chakra five - Take notes for discussion on Group Zoom and for your Body Map (place significant finds on your body map). Complete your reading today. *10-min.*

12/18/20 - Day #43 - Rest with a Soft Ball-Sized Ball in the back of your neck + work on your body map. *10-min.*

12/19/20 - Day #44 - The courage to change the things you can - What do you want to change in your life? Get clear and write them down on your Throat Body Map and read -- The 10 easy steps to take to make the changes you want to make in your life pdf. *15-min.*

12/20/20 - Day #45 - Finish up - The courage to change the things you can - What do you want to change in your life? Get clear and write them down on your Throat Body Map and read -- The 10 easy steps to take to make the changes you want to make in your life pdf. *15-min.*

12/21/20 - Day #46 - Go into nature and find something the color blue - Sit before your blue object and bring its energy and color into your throat. Visualize a spinning ball of blue light like a spinning atom. Notice which direction your ball is circling — right to left or left to right. The spin can change from one direction to another. Pausing to notice the direction of spin on a regular basis is an important way to connect to your throat chakra. Place your object or a picture of it on your body map. *15-min.*

12/22/20 - Day #47 - Continut to Go into nature to find something the color blue - Sit before your blue object and bring its energy and color into your throat. Visualize a spinning ball of blue light like a spinning atom. Notice which direction your ball is circling — right to left or left to right. The spin can change from one direction to another. Pausing to notice the direction of spin on a regular basis is an important way to connect to your throat chakra. Place your object or a picture of it on your body map. *15-min.*

12/23/20 - Day #48 - Allow your creative expression to flow. Free movement writing, singing, creating art or dancing practice. Get out your art supplies, clear a space on the floor, open your throat, get out your computer or paper and pen and allow your creativity to flow *15-min.*

12/24/20 - Day #49 - Heart & Throat Spiral Meditation. Move up from your heart energy center to your throat energy center video *15-min.*

12/25/20 - Day #50 - Throat Mantra Meditation. The vowel sound of the throat is I as in eye. Sit comfortably and with each out-breath chant eyeyyyyy. *10- min.*

12/26/20 - Day #51 - Rest with a Soft Ball-Sized Ball in the back of your neck + work on your body map. Do whatever you gotta do to catch up today so you can reap the benefits of this Heal.thy Self program. NO one else is going to heal you but YOU! *15-min.*

12/27/20 - Day #52 - Connect to Your Throat Body Map. Sit in front of your Throat Body Map and connect with what you've created. *15-min.*