

## Module #5 - The Throat Daily Itinerary 52 Days

VIBRATE HEALTH - Your Throat -- Open your neck and throat to speak your truth, be heard and listen to others vibrate wellness.

Day #1 - Welcome to Your Throat Energy Center + Itinerary. (pdf) *10 min.*

Day #2 - Introduction of the Throat Energy Center. (pdf) *5 min.*

Day #3 - Throat Body Map Assignment. Create an outline of your throat (pdf) *10 min.*

Day #4 - Continue Throat Body Map Assignment. Create an outline of your throat. *10 min.*

Day #5 - Finish Throat Body Map Assignment. Create an outline of your throat. *10 min.*

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

Day #7 - Read BodyMind by Ken Dychwald, Chapter 8 Neck, Throat and Jaw. Take notes for discussion on Group Zoom and for your body map. Place significant finds on your body map. *15 min.*

Day #8 - Continue to BodyMind by Ken Dychwald, Chapter 8 Neck, Throat and Jaw. Take notes for discussion on Group Zoom and for your body map. Place significant finds on your body map. *15 min.*

Day #9 - Finish reading BodyMind by Ken Dychwald, Chapter 8 Neck, Throat and Jaw. Take notes for discussion on Group Zoom and for your body map. Place significant finds on your body map. *15 min.*

Day #10 - Quick Neck Release Practice. (video) *5 min.*

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.*

Day #12 - Finish using 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. *10 min.*

Day #13 - Use your softball and hands to connect with the muscles of your throat. Color the bolded muscles found on your pdf in The Anatomy Coloring Book pg. 45-47 and 137. (pdf). *15 min.*

Day #14 - Finish using your softball and hands to connect with the muscles of your throat. Color the bolded muscles found on your pdf in The Anatomy Coloring Book pg. 45-47 and 137. *15 min.*

Day #15 - Full Throat Movement Practice #1: Open Your Throat. Place any ah haaaaas 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. *36 min.*

Day #16 - Go into nature and find images that match the feelings of (1) faith and (2) trust. Place each image on a separate piece of paper. You can add words or colors to your images. When done, place each image in your 3-ring binder. *15 min.*

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

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

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

Day #20 - Non-Violent Communication Practice. Open your throat to use NVC to practice speaking. (video) *7 min.*

Day #21 Quick Neck Release Practice (video) *5 min.*

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

Day #23 - Non-Violent Communication Practice: Speak & Listen. Open your throat and ears to use NVC to practice communicating. (video) *10 min.*

Day #24 - Non-Violent Communication Practice: Speak. Watch Michelle use NVC with her partner Ricardo. (video) *8 min.*

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

Day #26 - Read *Frontiers of Health* by Christine Page, Chapter 11, The Throat Chakra. Take notes for discussion on Group Zoom and for your body map. Place significant finds on your body map. *15 min.*

Day #27 - Finish reading *Frontiers of Health* by Christine Page, Chapter 11, The Throat Chakra. Take notes for discussion on Group Zoom and for your body map. Place significant finds on your body map. *15 min.*

Day #28 - Neck and Throat Release Quick Practice. (video) *5 min.*

Day #29 - Throat Inquiry Questions. Place significant finds from your inquiry questions on your body map. (pdf) *15 min.*

Day #30 - Continue Your Throat Inquiry Questions. Place significant finds from your inquiry questions on your body map. *15 min.*

Day #31 - Finish Your Throat Inquiry Questions. Place significant finds from your inquiry questions on your body map. *15 min.*

Day #32 - Full Open Throat Movement Practice #2. Move as you chant the sounds of the chakras. (video + pdf) *25 min.*

Day #33 - The Way of Council. The five intentions of communicating using council. (pdf) *15 min.*

Day #34 - The Practice of Council. Prepare to hold a council to practice the five intentions. Gather a candle, a talking stick, look over your five intentions, and invite someone into holding council with you. Give them three possible days and times to choose from and have them read over the Way of Council pdf from Day 33. *15 min.*

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 body map. (video) *5 min.*

Day #36 - Holding Council with NVC. (pdf) *15 min.*

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. *15-20 min.*

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

Day #39 - Neck and Throat Release Quick Practice. (video) *5 min.*

Day #40 - Read Eastern Body Western Mind by Anodea Judith, Chakra Five: Vibrating into Expression. Take notes for discussion on Group Zoom and for your body map. Place significant finds on your body map. *20 min.*

Day #41 - Continue Reading Eastern Body Western Mind by Anodea Judith, Chakra Five: Vibrating into Expression. Take notes for discussion on Group Zoom and for your body map. Place significant finds on your body map. *20 min.*

Day #42 - Finish Reading Eastern Body Western Mind by Anodea Judith, Chakra Five: Vibrating into Expression. Take notes for discussion on Group Zoom and for your body map. Place significant finds on your body map. *20 min.*

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

Day #44 - The Courage to Change the Things You Can. What do you want to change in your life? Write down these things 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.*

Day #45 - Finish The Courage to Change Assignment. *15 min.*

Day #46 - Chakra Color Meditation. Go into nature and find something the color blue. Collect or take a picture of the blue object. Connect with the object with a short meditation. Place your object or a picture of it on your body map. *10 min.*

Day #47 - Finish Your Chakra Color Meditation. *10 min.*

Day #48 - Allow Your Creative Expression to Flow. Free movement, writing, singing, creating art or dancing. 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.*

Day #49 - Heart & Throat Spiral Meditation. Move up from your heart energy center to your throat energy center. (video) *7 min.*

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.*

Day #51 - Rest with a Soft Ball-Sized Ball in the back of your neck + work on your body map. Do whatever you need to 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.*

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.*