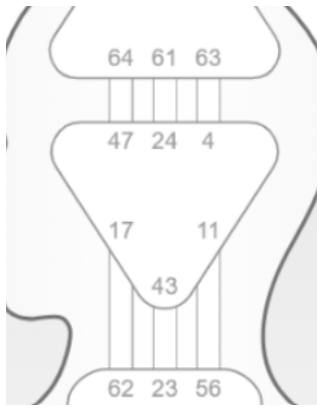


AJNA CENTER - DEFINED



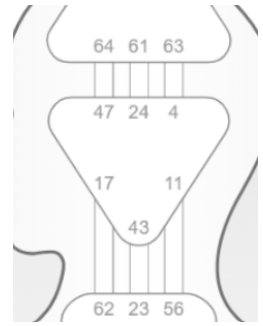
You have a defined Ajna Center, meaning you are able to conceptualize through a fixed and particular thought process. You have an inbuilt structure for processing or computing information in a certain way, whether logical, abstract, individual or mixed. You can feel very comfortable with your concepts; you enjoy research, reviewing and organizing information in readiness for communication. This way of thinking is reliable and trustworthy, but the limitation is that you tend to think only in that way, and it filters your perception.

The human mind is a miraculous tool that gives us the capacity to conceptualize the world around us, to store and communicate the human experience, and to continuously expand our knowledge base. But the mind is not designed to make decisions.

If you let your mind dominate your life and override your true authority, you will make the wrong decisions. The Ajna Center is a powerful source of anxiety, a pressure that can cause havoc in your life if you let it take control of your actions and decisions.

Trust your Strategy & Inner Authority with the decisions and enjoy the mind for what it truly is, an outer authority. A tool for sharing and communication, something that can be of great value to those in your life.

DEFINED AJNA CENTER



HEALTHY EXPRESSION

- Having the ability to conceptualize.
- Having a fixed and particular thought process.
- Having an inbuilt structure for processing or computing information.
- Feeling very comfortable with concepts and enjoying the “research”
- Reviewing and organizing information in readiness for communication.



UNHEALTHY EXPRESSION

- Turning mental pressure in on yourself, allowing yourself to be driven into deep anxiety, self-doubt or depression when you can't resolve the pressure.
- Trying to resolve the pressure through outside action, making hasty and inappropriate decisions.
- Being unable to remain patient results in missed opportunities.