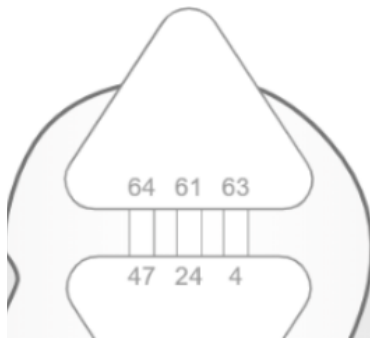


HEAD CENTER - DEFINED



You have a defined Head Center, in essence meaning your way of thinking and processing information is fixed or consistent.

The Head Center is a pressure center; the source of inspiration, confusion, doubt, and clarity, all natural processes with their own inner timing and resolution.

You experience consistent mental pressure seeking answers to life's fundamental questions in your effort to grasp and understand things. In turn, the insights and inspirations that arise out of this process have the power to uplift and inspire others.

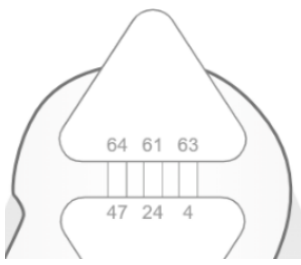
Be careful not to turn the mental pressure in on yourself; if you can't resolve the pressure, this can lead to deep anxiety, doubt or depression. Your mind can potentially be of great benefit to the people in your life, but it can also give rise to a lot of pain, self-doubt, and anguish when the pressure is focused on your own problems.

Try not to resolve the pressure through outside action such as by making hasty, inappropriate decisions, because this will only momentarily cover it up without resolving the issues at hand. When you accept the mental pressure without trying to turn it into action or escape from it, you will be able to take advantage of it to resolve your thought process. The experience of confusion, doubt, and eventual resolution is a natural process with its own timing.

Remember, you may not naturally experience anxiety, but don't let it dictate your decisions.

If you are patient, the pressure will recede and opportunities to share your knowledge will present themselves. Your input is best received if you wait for the opportune moment to inspire with thought provoking ideas and questions rather than impose on others if the timing is not right, which will only cause resistance.

Follow your Strategy and Authority to move forward in the right direction and let your mind do what it does best: process information and be a source of inspiration for yourself and others.



DEFINED HEAD CENTER



HEALTHY EXPRESSION

- Accepting mental pressure without trying to turn it into action or escape from it.
- Knowing confusion, doubt and clarity are natural processes with their own timing and resolution.
- Having the ability to uplift and empower others with insights and inspiration.



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.