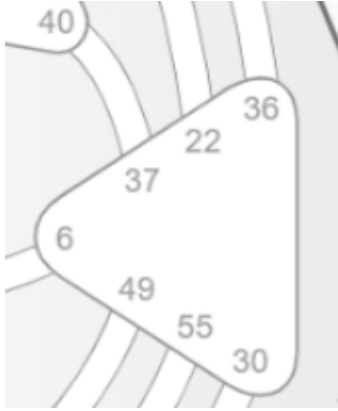


# SOLAR PLEXUS CENTER - DEFINED



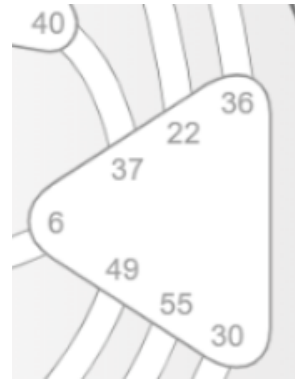
With a defined Solar Plexus Center, which at its very core means you are an emotional person with emotional authority. Your emotions resemble a wave moving up and down, and it's important to understand this is how you work. There's no need to explain your sudden change of mood. In fact, making up external reasons for your feelings has a negative effect on your wellbeing.

To be emotional is to have awareness over time. This is one of your great gifts, but so often seen as a negative. When you process anything, for example a decision, or even a piece of art, the more time you give yourself, the more you see. You are designed to process everything over time, allowing yourself to see the good as well as the bad.

Most emotional people jump at everything spontaneously, and the decisions they make are influenced by their emotional state. They feel great and say yes to everything, even if it's something they would never do. Or they feel down and low in their wave and dismiss everything, even something wonderful.

Patience is the first step to living a healthy life as an emotional person. Through patience comes clarity, and as you experiment with this, you will notice how rich your emotional depth is. You will find the highs and lows of your wave bring passion, excitement and even beauty in times of melancholy. By respecting your emotions and "playing hard to get," meaning not allowing others to pressure you into making premature decisions, you will find that you are sexually exciting, attractive, and warm.

# SOLAR PLEXUS CENTER - DEFINED



## HEALTHY EXPRESSION

- Waiting to be clear before making decisions.
- Understanding that emotions are a chemistry and there are no "reasons" for them.
- Not blaming others or situations for feelings and moods.
- Experiencing a very rich emotional depth in life.
- Having highs and lows of your wave bringing passion, excitement and even beauty in times of melancholy.
- Being sexually exciting, attractive and warm.
- Appreciating the lows as well as the highs.
- Playing hard to get in decisions and cultivating patience.



## UNHEALTHY EXPRESSION

- Being impatient and making spontaneous decisions without waiting for clarity.
- Tending to identify with a particular phase of your wave, making decisions from that point, i.e. either a low or high point.
- Making up external reasons for feelings, rather than simply accepting your inner chemistry.
- Trying to escape the low end of the wave, always seeking the highs.