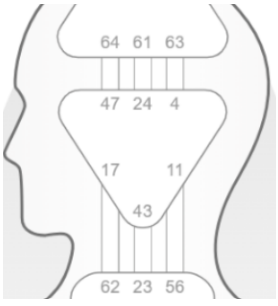


AJNA CENTER - UNDEFINED



You have an undefined Ajna Center, meaning the way you conceptualize is not fixed. Your gift is the potential wisdom of being open minded without the need for certainty. You should be ok with saying "I don't know" and being open to what others have to say. You will find there is a lot to learn, and that you truly do not know everything. How many times have you said, "Yes, I'm certain this is the way it is," only to realize a couple of days later you're actually doubting what you said?

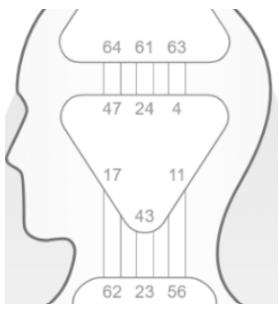
It's healthy for you to have a fluid and adaptable way of thinking, soaking up all kinds of data, without identifying with any of it or claiming it as your own truth. The undefined mind is not designed to be consistent but ranges from being completely empty to overflowing with ideas, concepts and opinions. Having no fixed way of processing thoughts will only enhance your intelligence, something you will then be able to share with others. In fact, the very fluid nature of the undefined mind is the source of its dynamic and ever changing intelligence, and open minds can be extremely creative and intellectual.

As it is not easy to retain a consistent thought process when on your own, people with undefined Ajnas tend either to devalue their mind or try hard to be intellectual. Those in your life with fixed minds will think and speak in a certain way, which does not mean one is better or worse; there is simply uniqueness. You do not need to worry about not understanding and remembering things, or to compare yourself intellectually to others.

Your open mind allows you take in what others are processing mentally, and you can store huge amounts of information, even though you may not have conscious access to what is stored in your memory but wait for it to be triggered or cued.

Your gift is the ability to learn from all mental processes, not be fixed in any one way, and to discern which concepts are of value. You have the capacity to sift through myriad thought processes and extract what truly matters.

You are here to be open, not to condition others with concepts and beliefs you have acquired along the way. Take advantage of your openness, and appreciate your very dynamic mind, which is a superb processor of information, capable of deep contemplation and acquiring much wisdom about the ways of the world.



UNDEFINED AJNA CENTER



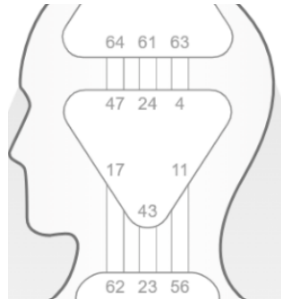
HEALTHY EXPRESSION

- Realizing there is no need to be certain.
- Being ok with saying "I don't know" and being open minded.
- Having a fluid and adaptable way of thinking, able to soak up new ideas and concepts, without becoming fixed on any of them.
- Enjoying having no fixed way of processing thoughts and the openness and versatility of intelligence.



UNHEALTHY EXPRESSION

- Tending to worry about not understanding and remembering things.
- Trying too hard to be intellectual, holding on to fixed mental processes, concepts or opinions.
- Pretending you are certain, yet feeling mentally insecure and therefore trying hard to seem sure about things.



UNDEFINED AJNA CENTER

UNHEALTHY EXPRESSION



- Tending to worry about not understanding and remembering things.
- Trying too hard to be intellectual, holding on to fixed mental processes, concepts or opinions.
- Pretending you are certain, yet feeling mentally insecure and therefore trying hard to seem sure about things.

NOT-SELF TALK



- We have to figure this out.
- What should I do with my life? I've got to figure out what to do with my life.
- Where is my next move? . I am certain that ...
- I have to 'know the answer.
- I have to put order to my life to get rid of the chaos.
- I have to make this new idea a reality in my life.
- I'd better not share this, because people will think I'm strange.
- I'm not going to share my opinion, because I don't want to be challenged.
- I have to be ready for the challenge. What am I going to say?