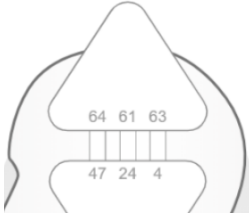


# HEAD CENTER - UNDEFINED



You have an open (undefined) Head Center, meaning you are open to new insights, questions, and those mental sparks that "fill" you with inspiration.

The open Head Center also has tremendous potential to provide inspiration that can lead to wisdom.

However, if you're too busy questioning and thinking about things that don't matter or have nothing to do with you, then this potential wisdom is being subdued. At any time, or with anyone, you can easily become lost or overwhelmed by doubt and confusion that actually concerns others.

This pressure results in questions, which you end up trying to resolve. The key is in understanding that they are not your questions and it's probably not worth spending time and energy on finding the answers.

It's very common for people with open Head centers to take on the pressure of other people's need for answers. However, this simply isn't healthy; you are not designed to be constricted to any one person's mental process.

The potential in your openness is to understand the various thought processes and turn this into wisdom, not be stuck in any one way of thinking.

To have a healthy open Head center is to be open to inspiration and questions from anywhere and anyone. At the same time, realize who the questions belong to without spending your time and energy on them, feeling compelled to resolve these.

Letting go of this pressure of other people's need for answers results in relaxation, allowing you to enjoy new insights, mental sparks, and inspiration.

With an open Head center, you are likely to explore a wide range of stimulating intellectual and also mystical topics that can eventually yield answers you are seeking.

Simply engage the natural drive of wanting to know and exploring the mysteries of life without becoming identified with or overwhelmed by it, and if it becomes a source of confusion or doubt, then it is time to withdraw.

Taking this approach will ultimately allow you to see clearly which answers have the potential to lead to clarity, and to discern among the wide range of possibilities what is truly inspiring and merits contemplation.



# UNDEFINED HEAD CENTER



## HEALTHY EXPRESSION

- Being open to inspiration and questions from anywhere and anyone, but at the same time, realize they are not your questions and it's not worth spending time and energy on them.
- Not taking on the pressure of other people's need for answers.
- Always being open to new insights and mental sparks coming from who is in your aura, and you love to be "filled" with inspiration.
- Enjoying the pressure to know more without becoming identified with or overwhelmed by it.
- Withdrawing when confused or doubtful, and see clearly who is inspiring and who is confusing.



## UNHEALTHY EXPRESSION

- Becoming lost easily, or overwhelmed by doubt and confusion that actually belong to others.
- Trying to resolve other people's questions.
- Taking on others' worries and try to release mental pressure through action, i.e. "I want this resolved now!"
- Being occupied with questions that don't matter.
- Are you thinking about things that don't matter?



# UNDEFINED HEAD CENTER

## UNHEALTHY EXPRESSION



- Becoming lost easily, or overwhelmed by doubt and confusion that actually belong to others.
- Trying to resolve other people's questions.
- Taking on others' worries and try to release mental pressure through action, i.e. "I want this resolved now!"
- Being occupied with questions that don't matter.
- Are you thinking about things that don't matter?

## NOT-SELF TALK



- I need to find something inspiring.
- Maybe if I go there I'll find something inspiring.
- I need to find an answer to my questions.
- Where can I go to find the answers?
- I've got to understand this and/or make sense of this.
- Who can I talk to find the answers?