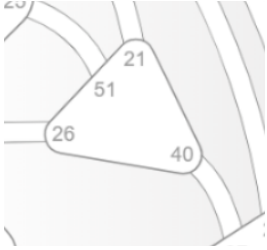


HEART CENTER - UNDEFINED



You have an undefined Heart Center, which can be challenging to live with unless you understand its dynamics.

The Heart Center is about willpower, and because this Center is open in your chart, you cannot rely on your willpower to be consistent.

Most people with open Heart Centers are looking for willpower, the courage to be willful, and often try to prove to themselves and others that they can be. They end up deeply conditioned, because as a collective, we place immense value on willpower and courage, which can put those with an undefined Heart Center under considerable pressure as they try to compensate.

The most important thing to understand about yourself is that you have nothing to prove. This may sound absurd, but it's the only way you will ever have a healthy sense of self-worth. You are not designed to be competitive and willful, and do not have the consistent energy to support this.

There is one rule that comes with having an open Ego: make as few promises as possible.

Better yet, make none. In the moment, if insecurity and the drive to prove yourself compel you to make a promise, it may seem like no big deal. But when the time comes to commit, you may find that you don't have the energy to support this and simply can't live up to the expectations placed upon you.

People with undefined Heart Centers are classic overachievers, trying to out-compete others because of their insecurity and to compensate for a seeming lack of willpower.

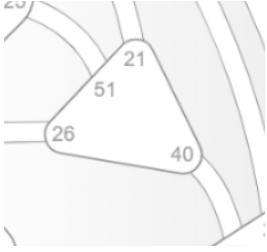
This can get you caught in a vicious circle of having to fulfill commitments you can't handle, so you make further promises you can't keep. Ultimately, this harms your self-esteem. It puts immense pressure on you and can be very detrimental to your health.

Lack of self-worth is a powerful theme in many lives.

Approximately 70% of humanity have an open Ego and are susceptible to experiencing this apparent lack. We live in a homogenized world where attributes such as willpower, confidence, and even egoism are sought-after qualities, and the drive for material success is highly valued and propagated, all placing immense stress on people with undefined Heart Centers.

These are not consistent themes in your life; unless you compare yourself unfavorably to those with defined Egos, you can live a perfectly happy and successful life without these characteristics.

HEART CENTER - UNDEFINED (CONT)



You need to realize you are gifted and talented in your own way, and have no need to prove it to anyone. Do not let anyone convince you to commit to anything simply to demonstrate your worth. Enjoy and take advantage of those times when you feel ready and have the energy to commit, guided by your personal authority, but make sure you can let it all go at anytime.

Willpower is simply not a consistent trait within you, though at times it is natural to face challenges and not to shy away from them for fear of losing.

Truly understanding these dynamics is quite an achievement, and to be freed of the immense pressure can be liberating. Over time, as you take in the energy of defined Egos, you become wise and aware in recognizing those who are capable of committing and delivering, and who can be trusted.



UNDEFINED HEART CENTER



HEALTHY EXPRESSION

- Knowing not to make promises.
- Having a healthy sense of self worth and worthiness.
- Having no need to prove oneself.
- Having wisdom about who can make commitments and promises and fulfilling material demands.
- Having no need to make promises in life and having nothing whatsoever to prove to anyone.
- Enjoying and taking advantage of the conditioning of defined Egos (e.g: competitive field) but you can let go at any time
- Loving to spend money.



UNHEALTHY EXPRESSION

- Making promises you cannot keep.
- Feeling unworthy and undervalued.
- Being insecure with the material world.
- Having a hard time charging money or putting value on yourself.
- Trying to overachieve in life by sheer force of will, driven by your lack of self worth.
- Believing you are competitive and therefore damaging your heart and stomach, or shying away from the competition for fear of losing.



UNDEFINED HEART CENTER

UNHEALTHY EXPRESSION



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NOT-SELF TALK

- I have to be in control.
- If I am in control, I can prove my worth.
- I need the courage and willpower to do this.
- If I show them how trustworthy I am, they will like me.
- They think I can do this so I better prove to them that I can.

