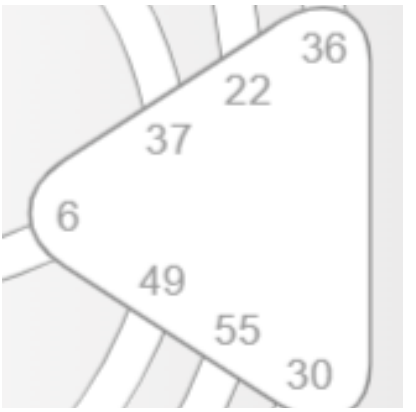


SOLAR PLEXUS FEAR GATES

Look for the gates that are activated in your chart.



Gate 37 - Gate of Family

Fear of Tradition

Generate the bargain based on principles of the Tribe. Fear that you will have to take on traditional roles in life.

Gate 6 - Gate of Friction

Fear of the Intimacy

Is a kind of diaphragm that generates a wave by either opening or closing to intimacy. Fear of revealing who you really are.

Gate 49 - Gate of Revolution

Fear of Nature

Is a wave that either accepts or rejects principles based on the needs of the tribe. Fear of rejection, unpredictability and consequences.

Gate 22 - Gate of Openness

Fear of Silence

Is open to listening - when in the mood. Fear that no one will listen to you or there is nothing worthwhile to listen to.

Gate 55 - Gate of the Spirit

Fear of Emptiness

A melancholy that is personal. Fear of not having anything to be passionate about.

Gate 36 - Gate of Crisis

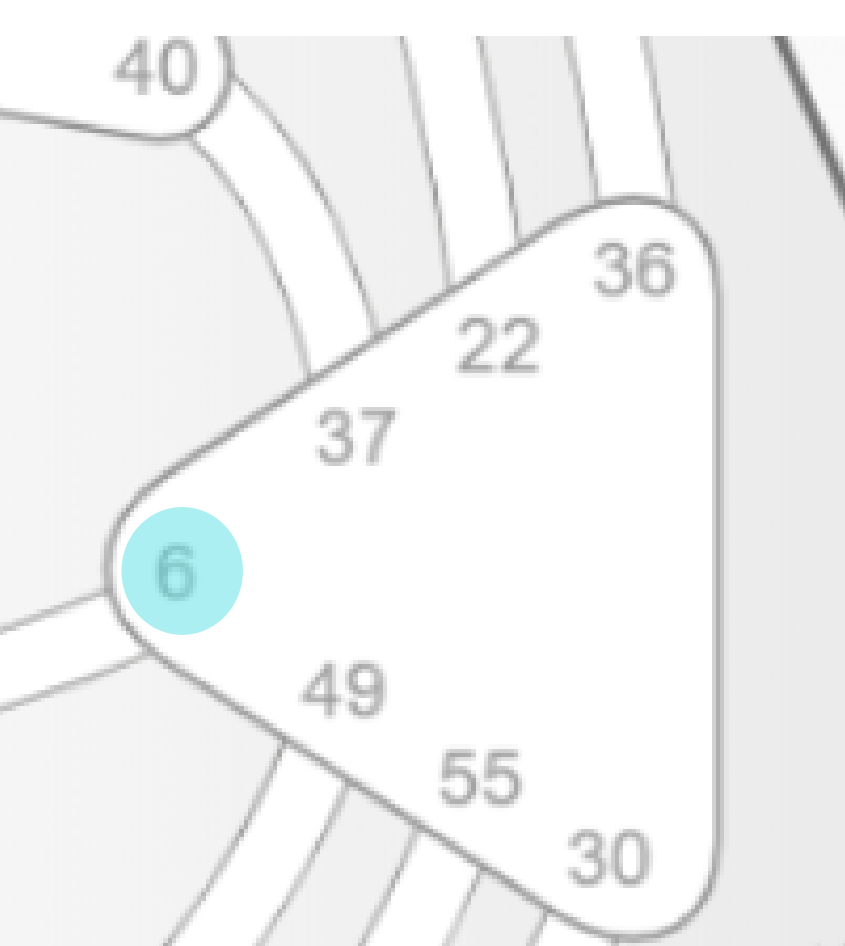
Fear of Inadequacy

Is driven by the hunger to have the challenge of a new experience now. Fear of sexual/emotional inadequacy.

Gate 30 - Gate of Recognition of Feelings

Fear of the Fates

Produces a very powerful wave fueled by desire to feel deeply. The fear of what might or might not happen.



GATE 6 - CONFLICT

The Gate of Friction

Gate 6 in the Solar Plexus Center generates all three modes of emotional awareness: feelings, moods and sensitivity. This is a powerful motorized combination on a wave that is designed to create friction. This friction produces the heat essential for growth, and fertility, and is aimed at Gate 59.

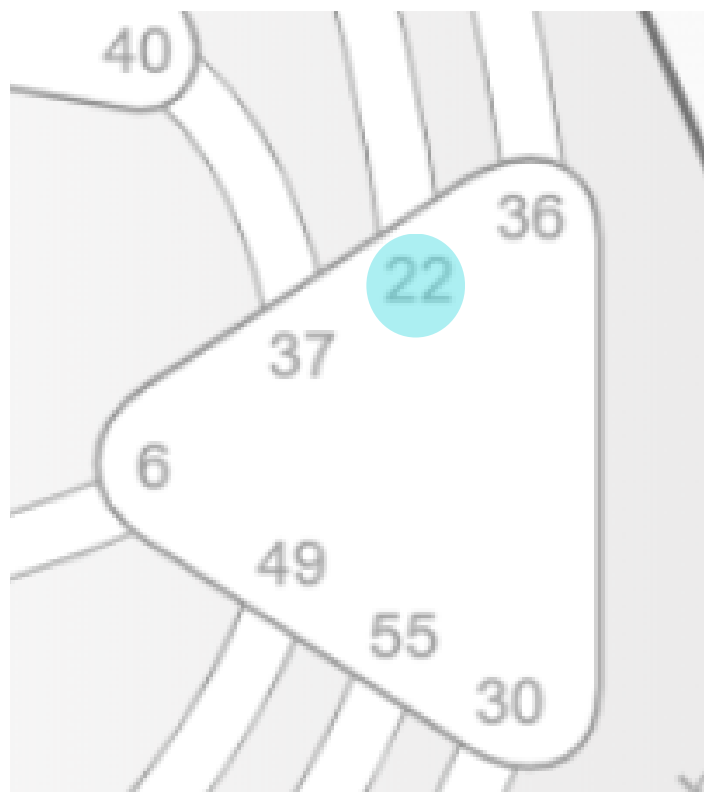
The friction you create when you step into another person's aura is a mechanic. If (or when) the conflict is resolved, or resonance is reached, there is an opening and intimacy can proceed. Until there

is such an opening, you must wait, as readiness and fertility are both subject to the emotional wave.

Gate 6 is a kind of diaphragm that is either open to intimacy or it is closed. It establishes and maintains the boundary between what is outside and what is inside your body. In this way it determines who to be intimate, when and the bonding role you will play.

Each time you feel drawn toward intimacy, let your Strategy and Authority be your guides.

Each gate in the Solar Plexus carries a fear. The fear associated with Gate 6 is the fear of intimacy, which is why Gate 6 looks to Gate 59 with its ability to break down the barriers to intimacy.



GATE 22 - GRACE

The Gate of Openness - A quality of behavior best suited in handling mundane and trivial situations. Gate 22 combines the potential for emotional openness through listening, with a social grace and charm that is highly attractive to others, when it is in the right mood. When your mood changes, however, a dramatically different and sometimes antisocial side of you may emerge.

Your emotional awareness matures over time as you become comfortable with moving into your depth along the emotional wave. By allowing your depth to mellow with age in the company of your creative

muse, you refine your timing and release your truth precisely when society is ready for it. Recognizing and acting on that timing is dependent on honoring your mood. Your openness, and your attentiveness to what is essential and new for others, are gifts of grace which even impact strangers.

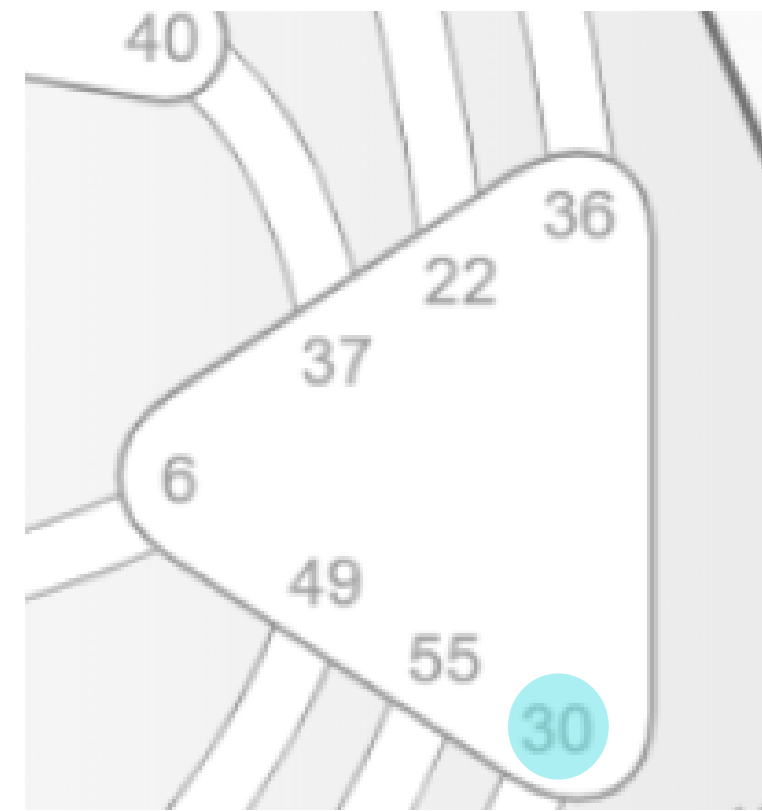
You listen to others until they complete what they are saying, making what you have to say naturally come second. This is grace in action, as well as the key to your own empowerment. In fact, it is your responsibility and privilege to use your social listening skills in a way that makes change available to others. Honor your mood swings as your sociability can just as easily turn into anti-social behavior when you find yourself at the low end of your emotional wave.

Without Gate 12, you may know what you feel, but not how to express it verbally. Because silence makes you nervous, what you fear most is that there is nothing worthwhile to listen to.

GATE 30 - THE CLINGING FIRE

The Gate of Feelings

People with this Gate have a deep need to generate feelings, a yearning to experience emotions. At the root of this desire, the often restless and even obsessive need for new experiences and a hanger for change. This is also called the "Gate of Fates," because we are driven to fulfill our desires and find our destiny. The Gate of the Fates teaches us that life is not what we expect it to be - it is what we allow it to be.



Your experiences are conceived from a desire that then meets life on the highs and lows of your emotional wave. This desire can feel like an obsessive hunger that weaves the yearnings of different lives together, influencing your every interaction until it is satisfied or fulfilled.

The only control you have is over the clarity with which you enter into each experience, not over the outcome. Because desire can only be temporarily assuaged, life without clarity becomes a wild emotional ride. Over time, you see that the freedom to fulfill your wildest dreams is merely an illusion, and unreciprocated desire should not be taken personally.

Balance in life comes through surrender, through accepting what is. In doing so, you need not fear the fates or feel pressured to chase after the fantasies of Gate 41.

By accepting your limitation, or place in the larger pattern of life, your reflections on feeling and desiring deeply while experiencing your humanness become a gift to be shared with others.

GATE 36 - THE DARKNESS OF THE LIGHT

The Gate of Crisis

Gate 36 is the place where your fears of vulnerability and inexperience (emotional and sexual) are resolved or transformed into experience; where you create and meet the challenges of change and growth through emotional crises. As you gain emotional clarity over time, you learn how to handle emotional crises created by others, and you create less of them yourself.

Gate 36 restrains the strong hope-to-pain wave that drives human experience toward change. Its energy is aimed directly at the Throat Center which means that the full range and depth of your emotions are

being readied for manifestation.

All that is needed is someone or something to trigger their release. without Gate 35 to provide a proper outlet or give a focused direction to this energy, it can be experienced as a personal crisis.

You learn over time to remain steady by patiently adapting to constantly changing feelings. These feelings can prove to be wonderfully stimulating and natural for you to express, or overwhelming to you and uncomfortable for others. Either way, let them unfold as this is how you reach for your emotional depth in order to access your own truth.

Without Gate 35, feeling inadequate and unable to fulfill your own expectations makes you nervou

GATE 37 - THE FAMILY

The Gate of Friendship

Gate 37 is the most communal Gate in the BodyGraph. When your power is recognized by others, you can hold both a family and a community together with your warmth, friendliness and nurturing nature. You have an ability to make an emotional connection with others through touch, and an uncommon sensitivity which senses their accessibility or openness to you.

People will want you to be their organizations representative, and to welcome the newcomer or stranger. It is an offer that you might happily agree to if the bargain, or what you receive in return, is sufficient and clearly agreed upon by all parties.

Gate 37 is the gate of the mouth so the planning, gathering and preparing of food often play a central role in all you family and community gatherings.

In the bargain between Gates 37 and 40, Gate 40 is the willing provider and you are the distributor of its assets and skills.

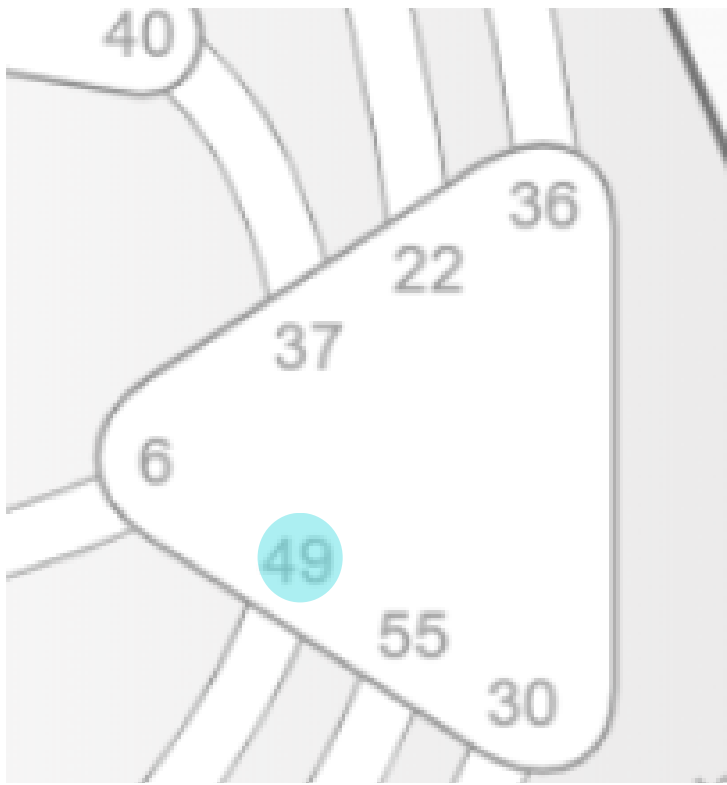
Without Gate 40, you are looking for those who can deliver the resources needed by the community so that you have someone to bargain with, and something to distribute.

What you fear most is getting trapped in or having to live up to the traditional Tribal roles.

GATE 49 - REVOLUTION

The Gate of Principles

The principles of acceptance and rejection, marriage and divorce, and ultimately revolution, are the direct result of living with Tribal hierarchies influenced by the emotional wave. Because Gate 49 places you at the top of one of these hierarchies, you feel a need to be obeyed. This translates into you exerting the power to accept or reject a person, or their request for access to your resources, or their appeal to initiate a revolution on their own or someone else's behalf.



Your sensitivity or insensitivity towards other people (and animals), and their specific needs, is based on a resonance with your own principles. In other words, the people you accept into your circles are those willing to stand by you and support your principles; the rest you will be inclined to reject.

Yours is a social agenda for change and reformation. It is particularly focused on food and food distribution; people who have enough to eat don't need to go to war. Revolution is either avoided by filling needs, or entered into as a necessary evil and last resort.

You might be the one whose acceptance or rejection influences which road is taken to satisfy the needy party. The things that make you nervous are the fear of rejection and the consequences of unpredictability.

GATE 55 - ABUNDANCE

The Gate of Spirit

Awareness of spirit is not a concept (Ajna) or instinct (Spleen) - it is an emotion (Solar Plexus).

Abundance is a function of spirit; it is how you perceive what you are feeling, and the mood you are experiencing in the moment. The 55th Gate is susceptible to the melancholic chemistry of the emotional wave, which is constantly moving through cycles of hope to pain.

One moment your cup feels half empty and the next it feels half full. Your moods determine what is correct for you and when. If you are not in the mood to eat, work, make love, be sociable or create, it is not healthy for you to do so. When you feel like being alone, don't attempt to explain or excuse yourself; simply honor the mood and embrace being in the moment with your own creative inner self.

Your most creative time is when you feel deeply melancholic. A thoughtful word to those around you when you are simply not in the mood to be social will help them to not personalize the emotional energy that they are feeling from you.

You are open to people with Gate 39 provoking you so that you can perceive your spirit, and your moods, for yourself. At any given point in your wave, how your spirit feels and emotes is not open to comparison, debate or influence by others.

Spirit awareness arises out of the wonder that the cup exists at all.

What you fear most is emotional emptiness or a lack of passion in life.

