

# MODULE 3

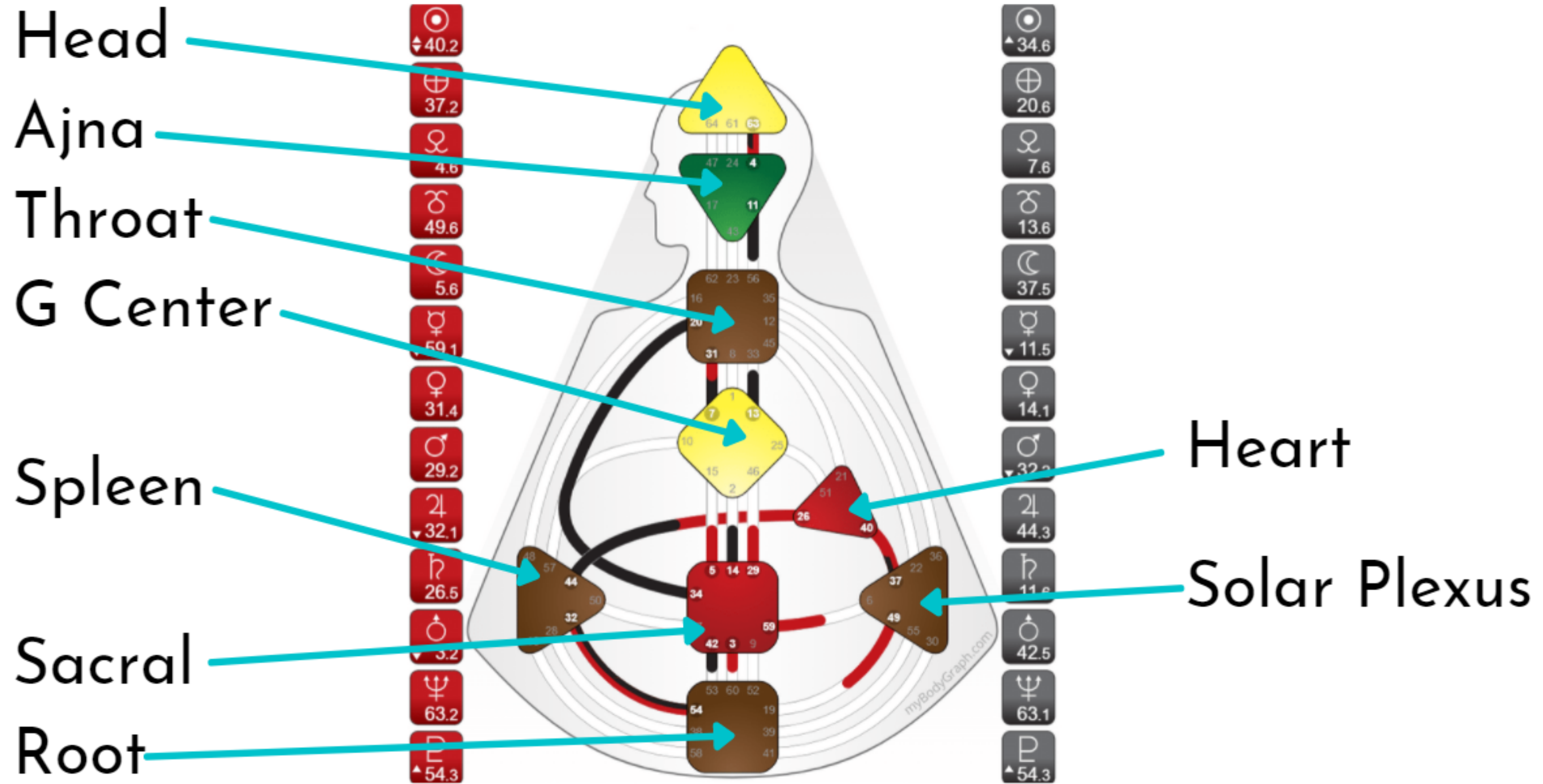


## UNDERSTANDING THE CENTERS

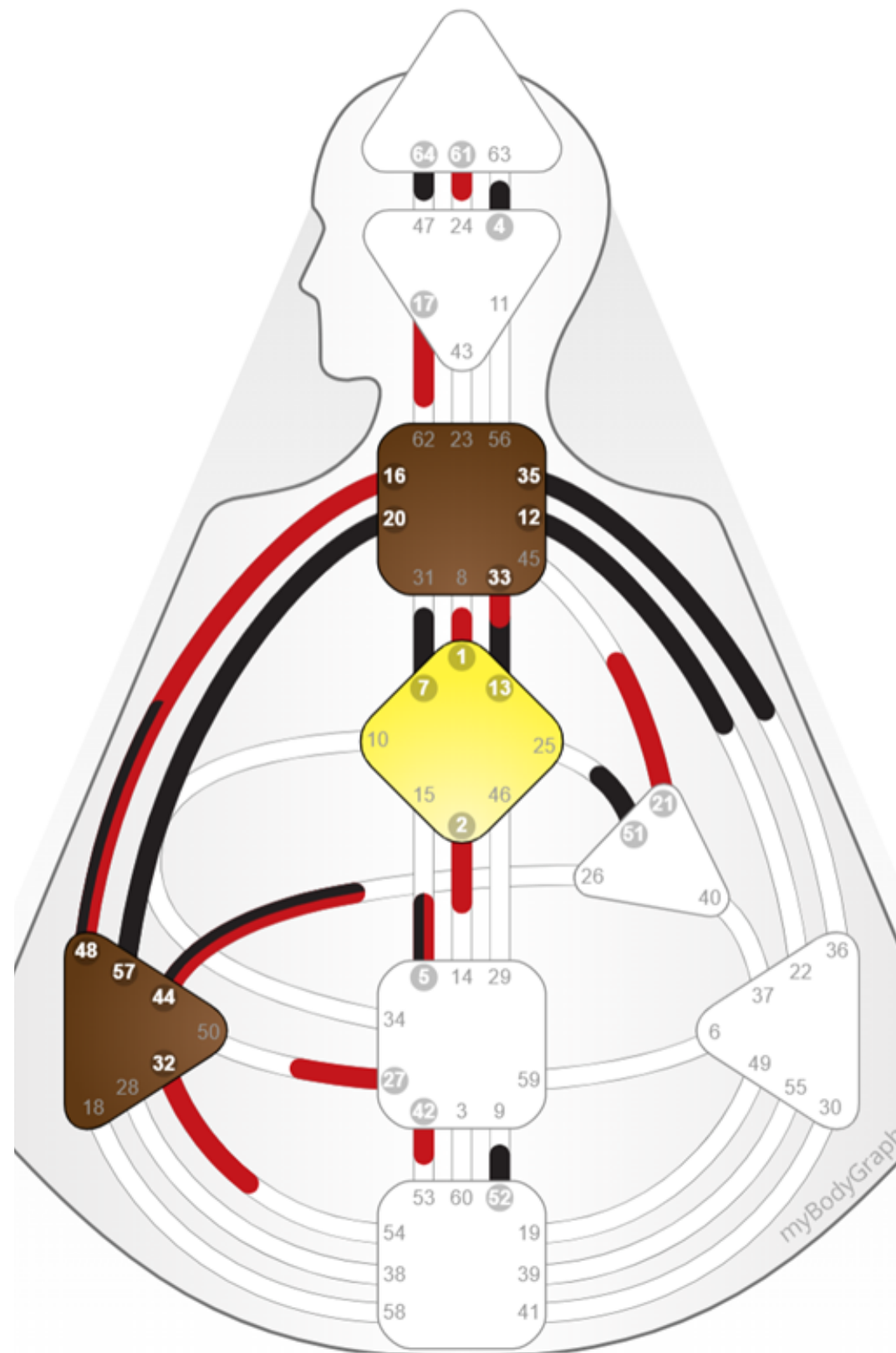




# THE 9 CENTERS



# THE WHITE CENTERS



The WHITE centers in you chart are called Undefined Centers.

This is where you are most vulnerable to absorbing the energy from other people in your aura.

This is also where we have the greatest potential for wisdom.

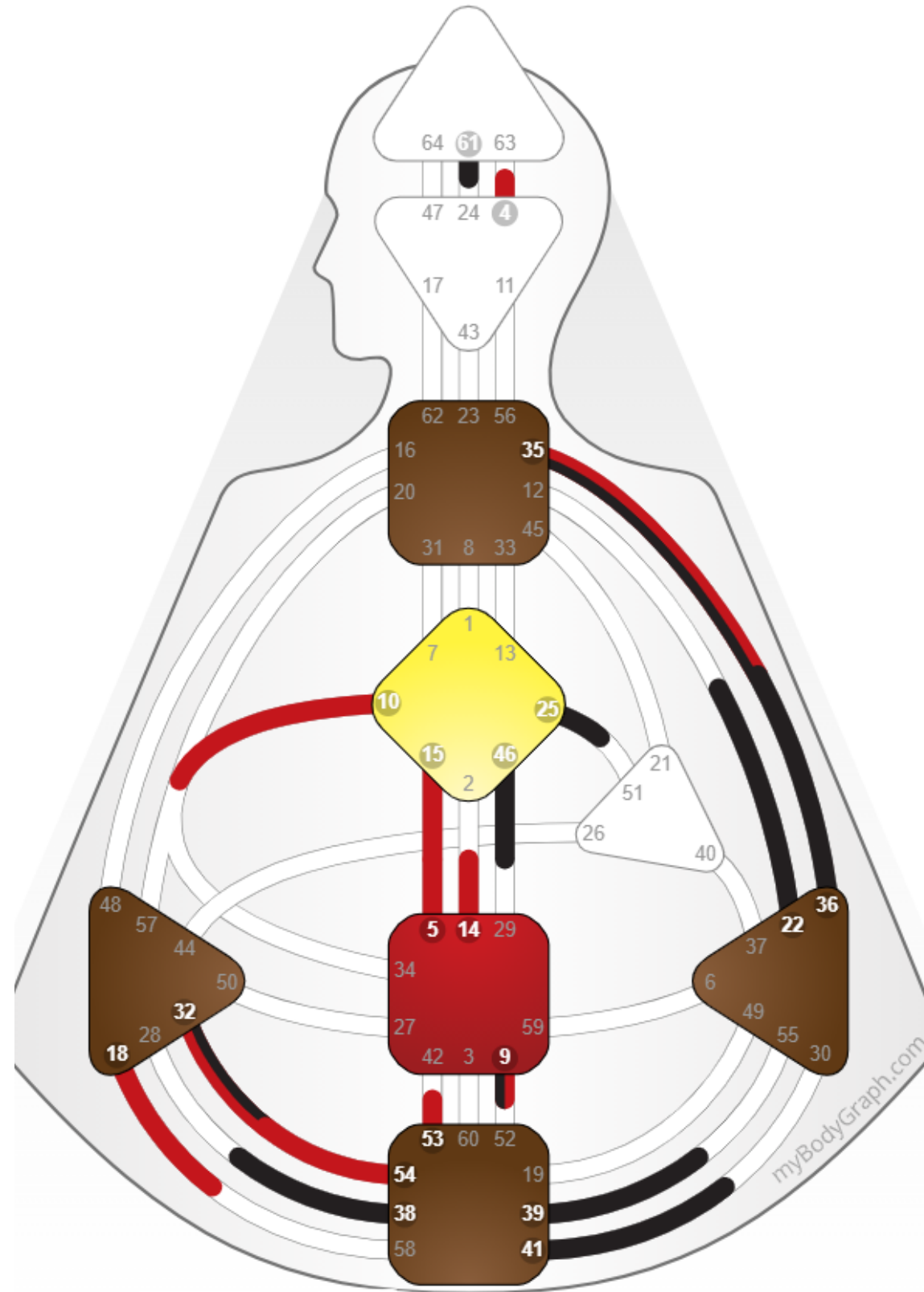


THE WHITE CENTERS  
ARE WHERE WE ARE  
MOST LIKELY TO FEEL  
THAT LIFE WOULD BE  
EASIER IF WE HAD  
DIFFERENT TRAITS OR  
CHARACTERISTICS





# THE COLORED CENTERS



The COLORED centers in your chart are called Defined Centers.

The Centers become defined when both gates at the end of the line between the Centers are activated. The full line between Centers is called a Channel.

This is where you have a consistent way of understanding or processing the energy of the center.



# THROAT CENTER

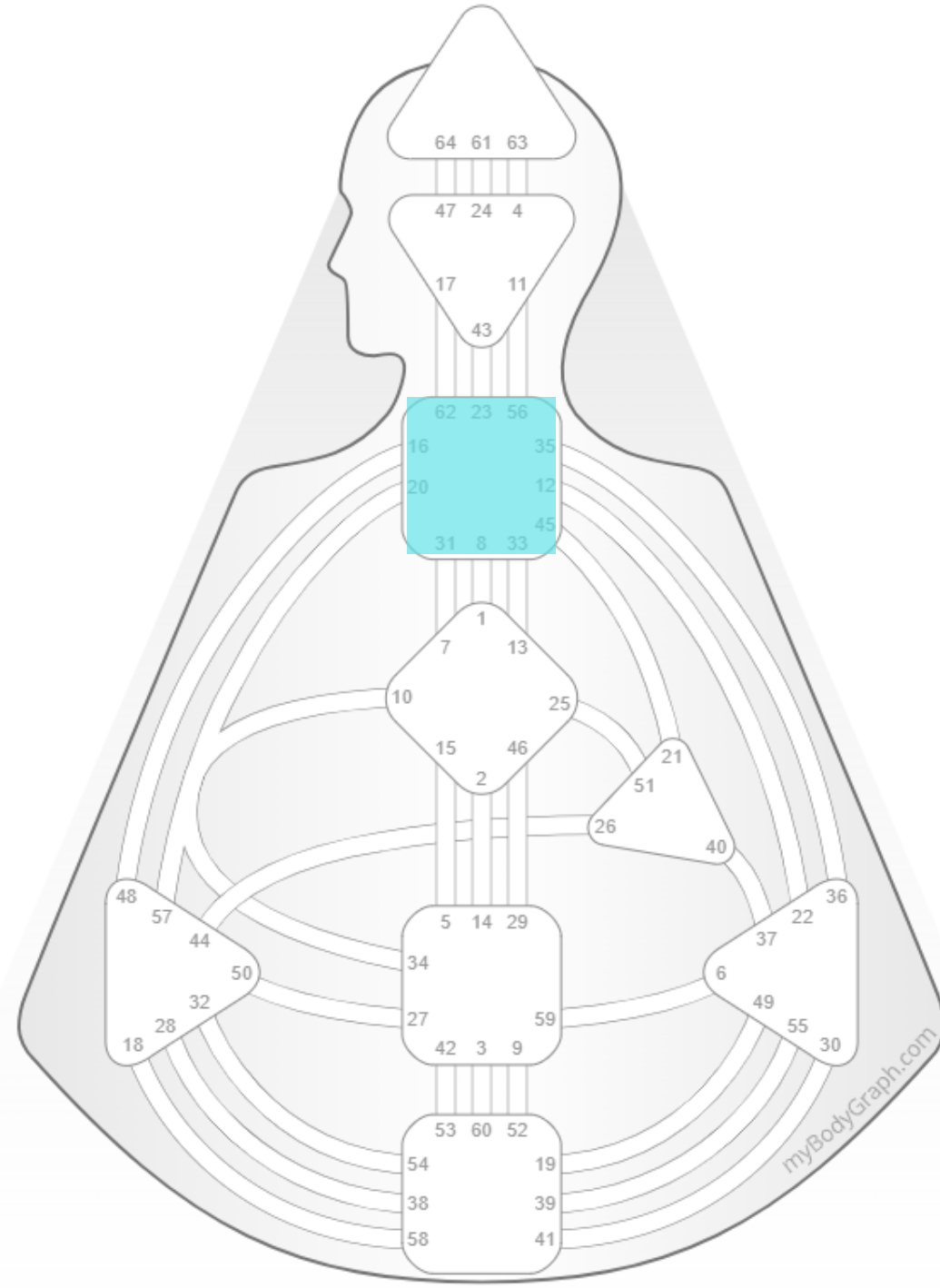
Throat - Communication and Manifestation

72% of the population is Defined, 28% of the population is Undefined

The Throat Center is the energy hub for 'messages' from all parts of the BodyGraph; it transmutes and directs how the information manifests in the world as communication and action.

Biologically, the Throat Center is associated with the thyroid and the parathyroid glands.

**Am I Trying to Attract Attention?**





# Defined Throat

Healthy vs Unhealthy Expression of Defined Throat Center

## HEALTHY

- Having a consistent way of expressing ideas, insights, or opinions.
- Having a stable and reliable way of communicating.
- Knowing where your true voice comes from, which allows you to speak your own truth

## How do you rate yourself?



Mostly  
Unhealthy



Often  
Unhealthy



Sometimes  
Unhealthy



Often  
Healthy



Mostly  
Healthy

## UNHEALTHY

- Speaking or acting too readily or inappropriately, talking too much and therefore losing your impact.
- Seeming overwhelming to others, because your verbal style is fixed, especially if you are not following your Strategy



# Undefined Throat

Healthy vs Unhealthy Expression of Undefined Throat Center

## HEALTHY

- Being comfortable with having many different ways of expressing yourself.
- Being verbally versatile.
- Having no need to attract attention and remaining silent until asked or invited.
- Being comfortable not speaking.
- Having a versatile, spontaneous voice and a capacity to speak depending on who you are with.
- Communicating best when given space.
- Experiencing all the different voices of the Throat center.
- Being comfortable with silence as it is your natural state.
- Waiting to be initiated to speak or act by others.

## How do you rate yourself?



Mostly  
Unhealthy



Often  
Unhealthy



Sometimes  
Unhealthy



Often  
Healthy



Mostly  
Healthy

## UNHEALTHY

- Trying to attract attention.
- Speaking out of turn, not knowing when to remain quiet, or being afraid of expressing yourself.
- Trying to be verbally dominant, speaking without invitation or through response, inappropriately or at a wrong time.
- Fearing you won't know what to say and try to rehearse conversations rather than allowing for spontaneous speech.
- Trying to initiate and ending up suffering from exhaustion and severe health problems.







# CENTER DEFINITION REFLECTION

- How might a Defined Throat help in business?
- How might a Defined Throat be challenging in business?





# CENTER DEFINITION REFLECTION

- How might an Undefined Throat help in business?
- How might an Undefined Throat be challenging in business?



# REFLECT ON YOUR TEAM

What is the Throat Definition for the members on your team?



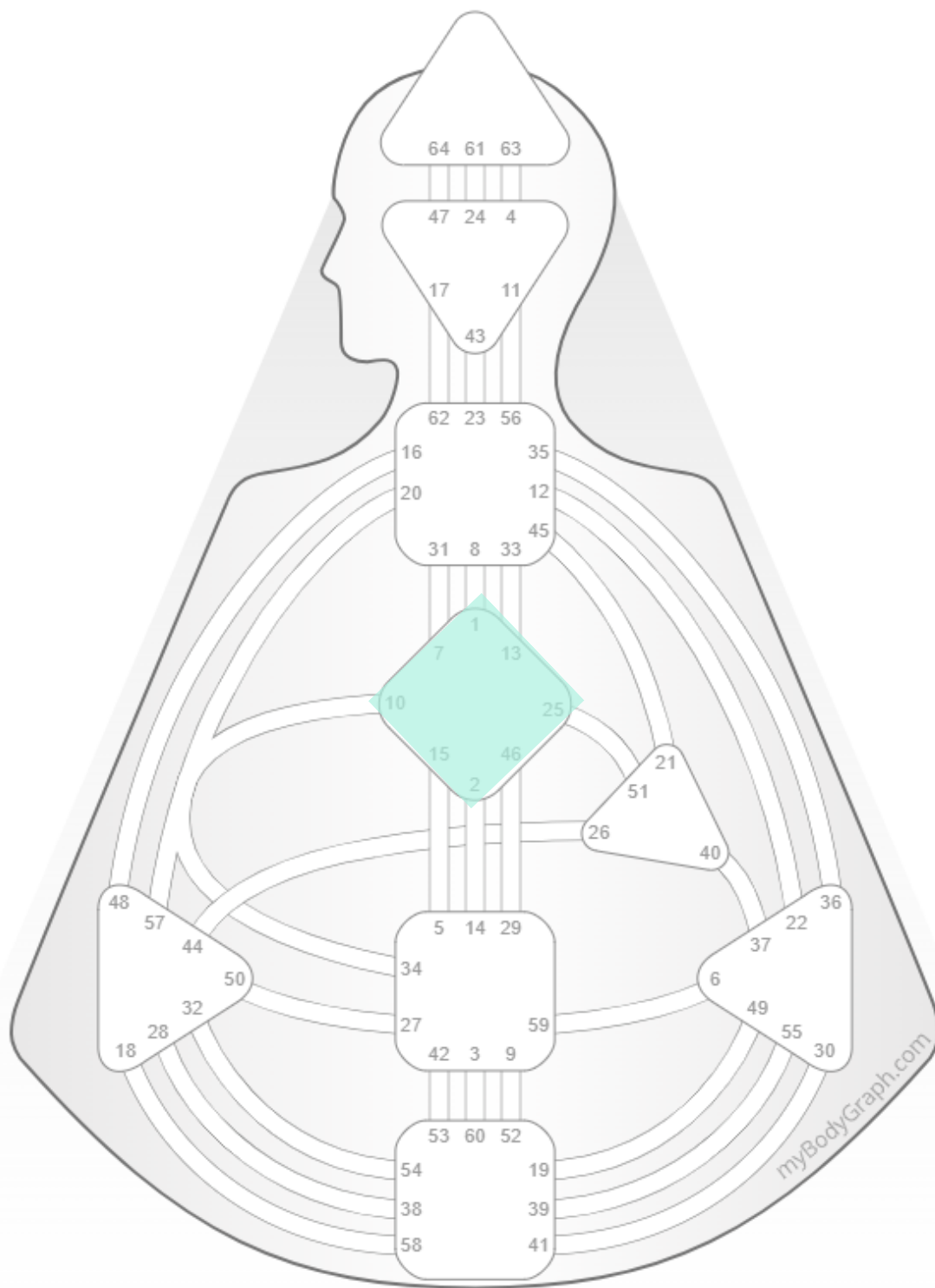


# G CENTER

G Center - Identity, Love and Direction

57% of the population is Defined, 43% of the population is Undefined

Prior to incarnation, the Magnetic Monopole and the Design Crystal fit together perfectly. As the baby's body forms, the Design Crystal moves into the Ajna Center and the Magnetic Monopole takes up residence in the G Center, creating what is described as the illusion of separateness. Their separation creates a sort of longing between them that we experience as a life-long search for love.



Biologically, the G Center is associated with the liver and the blood.

Am I Looking For Love And Direction?

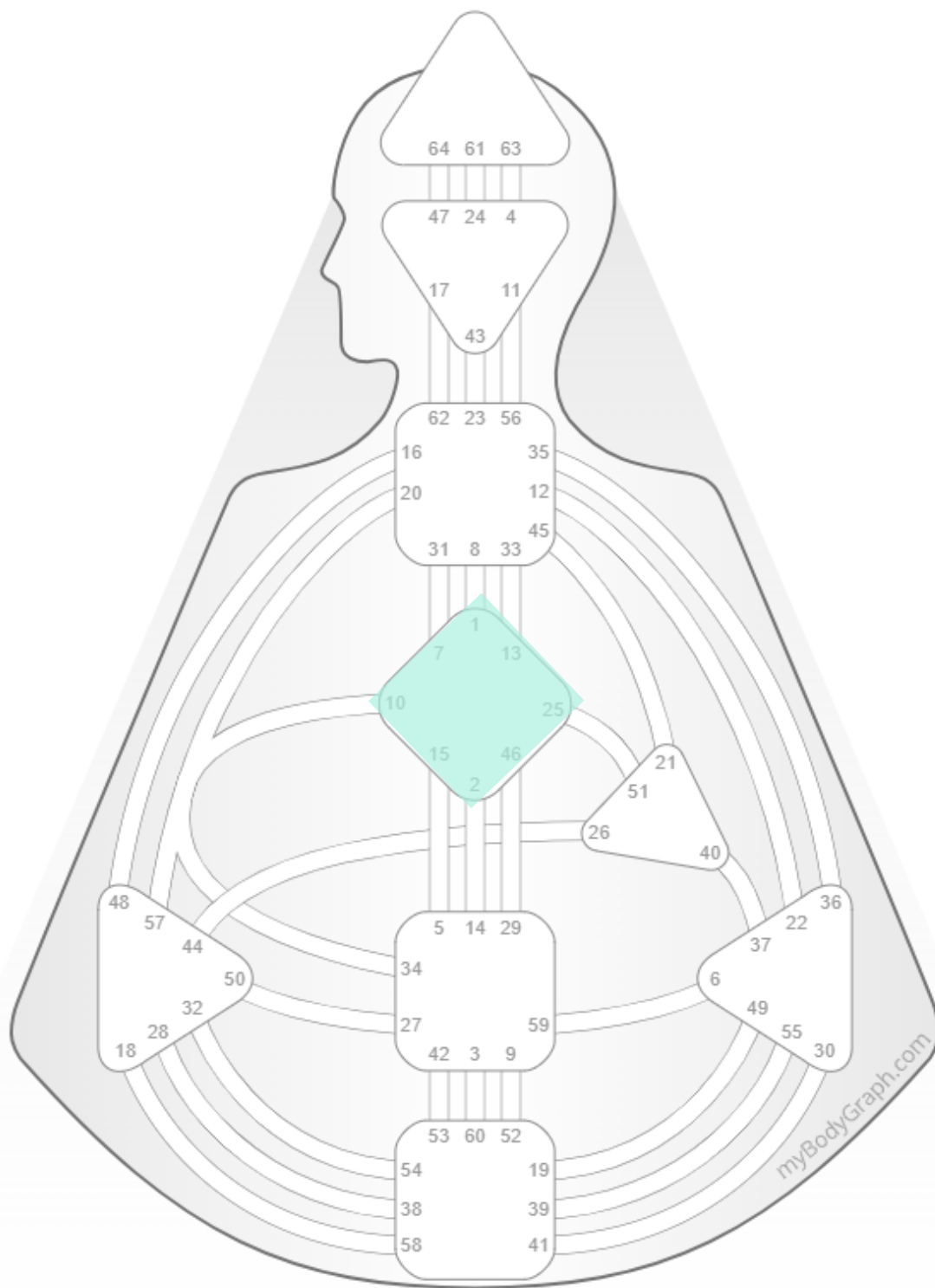
# MAGNETIC MONOPOLE

The Magnetic Monopole is responsible for several aspects of our experience of life.

One aspect is creating our identity during life by holding the Personality and Design Crystals in quantum in our Body Graph.

Another is the internal pull which hold us in our place within the totality, and keeps us on our path. It is like having our own inner GPS, and this pull allows our unique role in life to naturally play out.

The Magnetic Monopole knows where we are, where we are going and how to get us there. It attracts all the people, places, and events that we are here to encounter to us, determining the way life itself is attracted to and authentically lived through us. We are moved along this trajectory one correct decision at a time.





# Defined G Center

Healthy vs Unhealthy Expression of Defined G Center

## HEALTHY

- Having consistent and fixed direction and identity.
- Being a source of Love and Direction for others.
- Having a reliable sense of self and knowing what you are able to give.
- Having a defined way of offering love and not needing to cling to love coming from another.
- Having the ability to know where and how you want to make progress.
- Potentially having a defined sense of your quest or mission in life.

## How do you rate yourself?



Mostly  
Unhealthy



Often  
Unhealthy



Sometimes  
Unhealthy



Often  
Healthy



Mostly  
Healthy

## UNHEALTHY

- Getting depressed if you repress what you know deep inside to be true about yourself to please others.
- Believing that you are lost and having no sense of your place or direction in life.

# Undefined G Center

Healthy vs Unhealthy Expression of Undefined G Center

## HEALTHY

- Being comfortable with inconsistent identity and direction
- Being a social chameleon.
- Playing many roles without getting fixed on any of them.
- Being deeply sensitive to your environment and location.
- Knowing and feeling comfortable with having no consistent identity.
- Enjoying the mystery of playing many roles that are conditioned by others and surroundings.
- Allowing others to be way-showers without becoming attached to them.
- Surrendering to not knowing where you will go next.
- Allowing love to come and go without holding on to it.

## How do you rate yourself?



Mostly  
Unhealthy



Often  
Unhealthy



Sometimes  
Unhealthy



Often  
Healthy



Mostly  
Healthy

## UNHEALTHY

- Trying too hard to find love and direction.
- Searching for your identity and always looking for the right place.
- Feeling lost and trying to figure it out.
- Tending to get lost in who or what you have merged with.
- Trying to find and hold on to love, assuming an identity often drawn from others.
- Worrying about not being in control of your own life, and trying to latch onto things and people that give you a false sense of security and solidity.



# CENTER DEFINITION REFLECTION

- How might a Defined G Center help in business?
- How might a Defined G Center be challenging in business?



# CENTER DEFINITION REFLECTION

- How might an Undefined G Center help in business?
- How might an Undefined G Center be challenging in business?



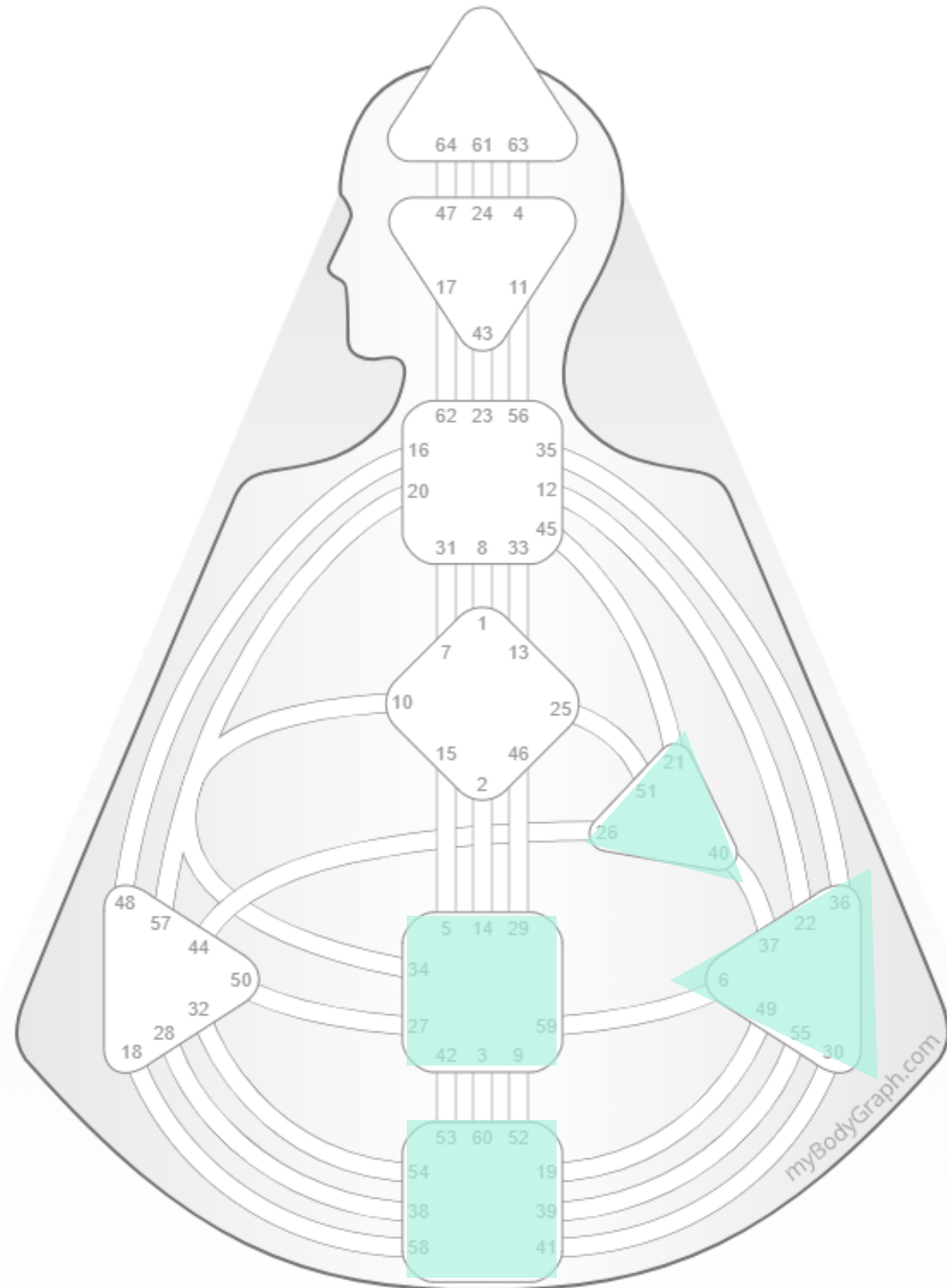


# REFLECT ON YOUR TEAM

What is the G Center Definition for the members on your team?



# MOTOR CENTERS



Heart - Ego, Willpower, Self-worth, Self-value

Solar Plexus - Emotional and Spiritual Awareness

Sacral - Life Force Energy

Root - Drive and Motivation



# HEART CENTER

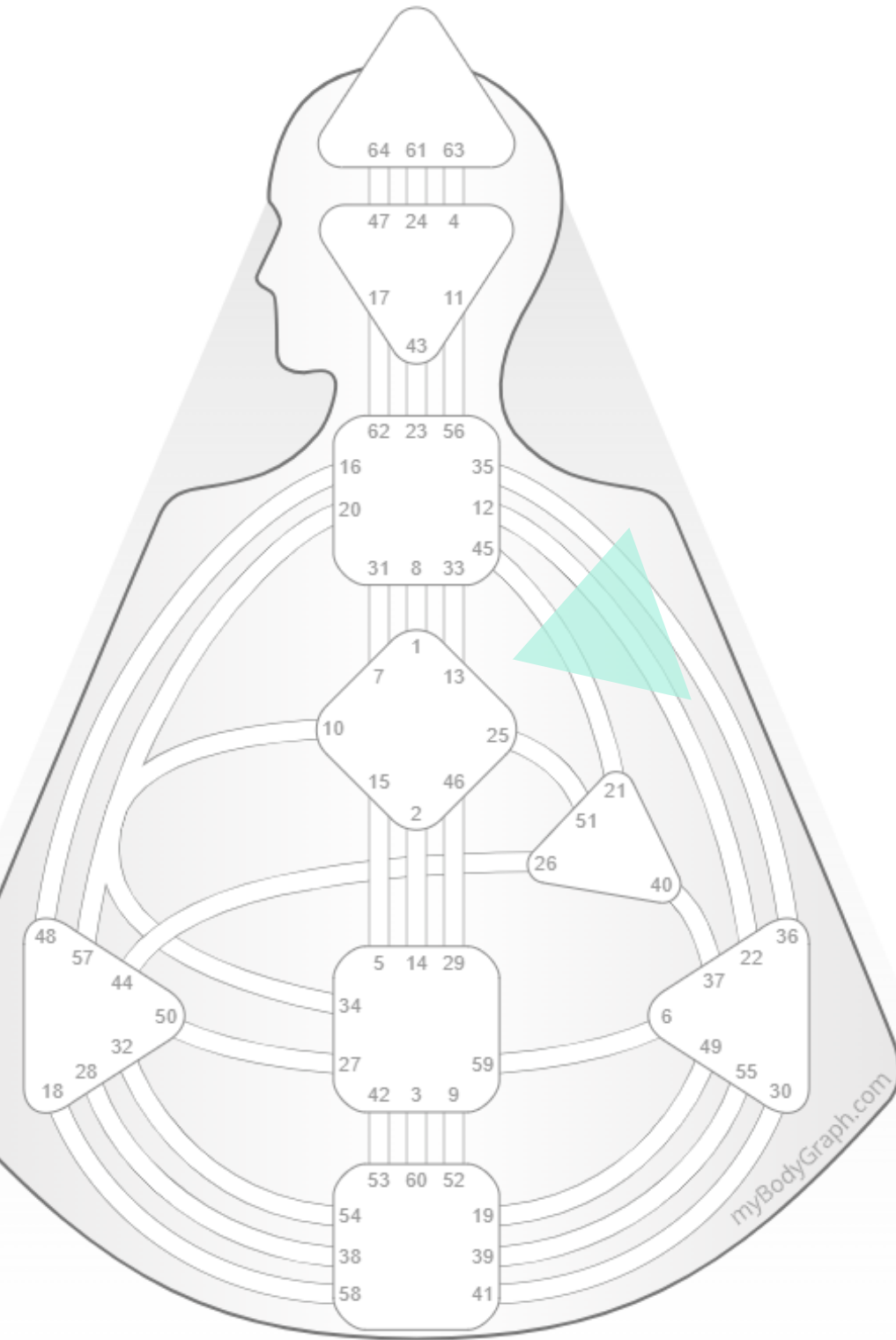
Heart - Ego, Willpower, Self-worth, Self-value

37% of the population is Defined, 63% of the population is Undefined

The Heart Center is a powerful motor that drives willpower and ego power. The bedrock of society is rooted in the will - the will to survive in community and on the material plane.

Biologically, the Heart Center is associated with the stomach, thymus gland, the heart and the gall bladder.

**Do I Think I Have Something To Prove?**



# Defined Heart Center

Healthy vs Unhealthy Expression of Defined Heart Center

## HEALTHY

- Having a powerful Ego. Being able to make commitments.
- Having an inherent sense of self-worth.
- Having a natural sense of self-esteem.
- Handling the competitive field by exerting your will power, or not.
- Thriving on the material plane through making deals, bargains or promises that ensure you are valued.
- Knowing that you are here to work, but with the true aim of making enough money so you don't have to work.

## How do you rate yourself?



Mostly  
Unhealthy



Often  
Unhealthy



Sometimes  
Unhealthy



Often  
Healthy



Mostly  
Healthy

## UNHEALTHY

- Engendering distrust in others if you shy away from striking a bargain or making a promise.
- Becoming ill if you allow your will power to be controlled or suppressed by someone else.
- Losing the trust of the community if you overvalue your own importance.
- Shying away from work and therefore losing your true power and sense of self-esteem.

# Undefined Heart Center

Healthy vs Unhealthy Expression of Undefined Heart Center

## How do you rate yourself?



Mostly  
Unhealthy



Often  
Unhealthy



Sometimes  
Unhealthy



Often  
Healthy



Mostly  
Healthy

## HEALTHY

- 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

- 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.



# CENTER DEFINITION REFLECTION

- How might a Defined Heart Center help in business?
- How might a Defined Heart Center be challenging in business?



# CENTER DEFINITION REFLECTION

- How might an Undefined Heart Center help in business?
- How might an Undefined Heart Center be challenging in business?



# REFLECT ON YOUR TEAM

What is the Heart Center Definition for the members on your team?





# SOLAR PLEXUS CENTER

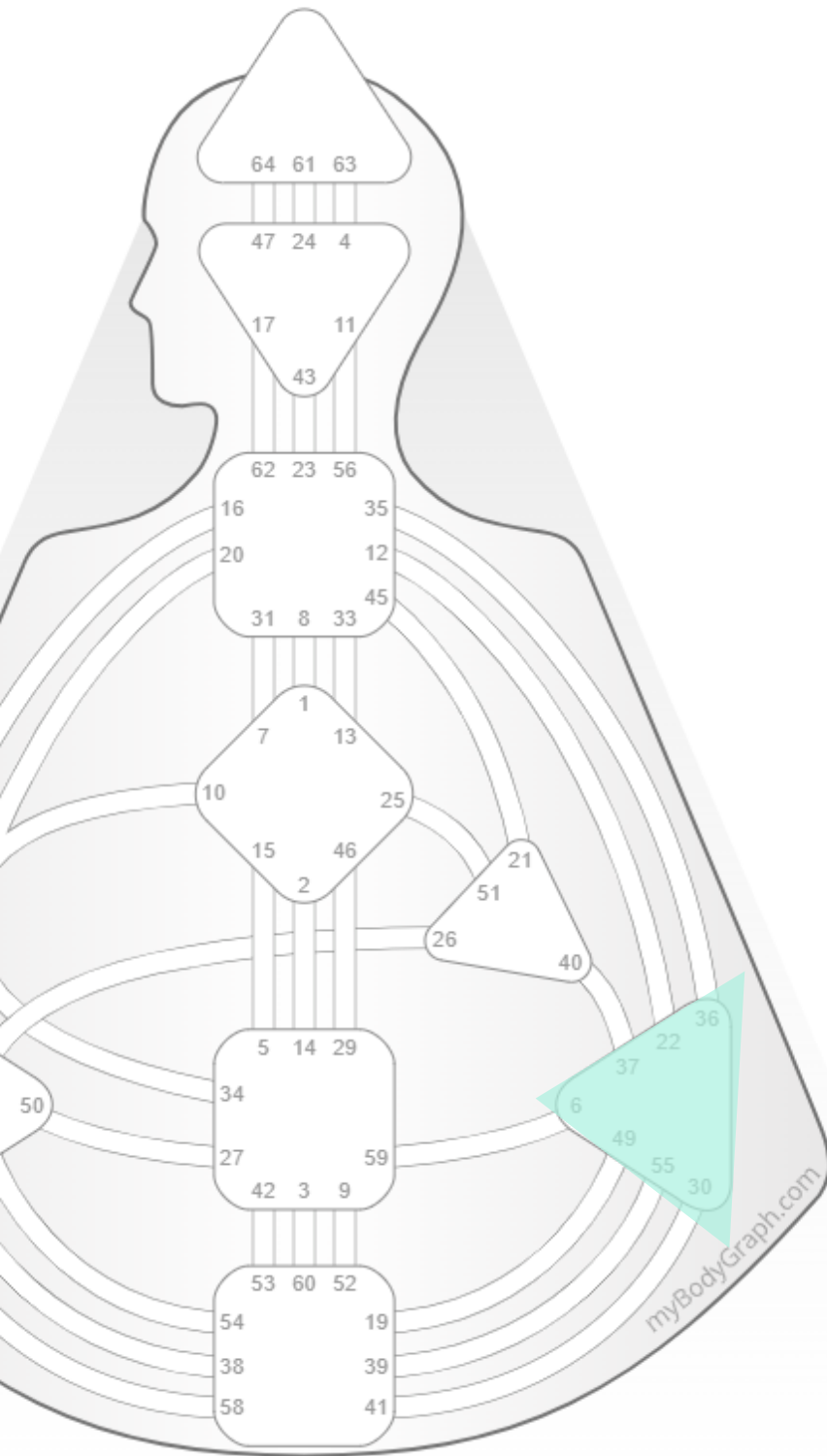
Solar Plexus - Emotional and Spiritual Awareness, Feelings, Moods, Sensitivity,  
Passion and Desire

53% of the population is Defined, 47% of the population is Undefined

The Solar Plexus Center is both a motor and an awareness center. It governs emotions and operates on a biochemical, oscillating wave over time. The Solar Plexus provides the potent energy driving the cyclical nature of human experience.

Biologically, the Solar Plexus Center is associated with lungs, kidneys, pancreas, prostate gland and the nervous system.

**Am I Trying To Avoid Confrontation and Truth?**



# Defined Solar Plexus Center

Healthy vs Unhealthy Expression of Defined Solar Plexus Center

## How do you rate yourself?



Mostly  
Unhealthy



Often  
Unhealthy



Sometimes  
Unhealthy



Often  
Healthy



Mostly  
Healthy

## HEALTHY

- 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

- 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.

# Undefined Solar Plexus Center

Healthy vs Unhealthy Expression of Undefined Solar Plexus Center

## How do you rate yourself?



Mostly  
Unhealthy



Often  
Unhealthy



Sometimes  
Unhealthy



Often  
Healthy



Mostly  
Healthy

## HEALTHY

- Realizing when emotions are not yours and not taking on or identifying with other people's stuff.
- Being emotionally neutral and calm.
- Refusing to run from confrontation and truth.
- Being able to watch and surf the emotional wave, soaking up the highs and the lows without identifying with any of it or allowing emotions to drive you.
- Refusing to make emotional decisions, but instead waiting to be cool.
- Refusing to run away from confrontation, but accepting emotional conditioning without identifying with it.

## UNHEALTHY

- Being emotionally intimidated.
- Being afraid to rock the boat.
- Amplifying emotions and identifying with them.
- Being overly emotional or ice cold.
- Avoiding confrontation and truth.
- Feeling overwhelmed by the emotional environment and trying to avoid confrontation at any cost.
- Lying to yourself and others out of not wanting to rock the boat.
- Seeking the high end of the wave and trying to resolve or process emotional problems.
- Allowing yourself to be driven by others' emotions, or becoming so scared of emotions that you run away from people and relationships altogether.



# CENTER DEFINITION REFLECTION

- How might a Defined Solar Plexus Center help in business?
- How might a Defined Solar Plexus Center be challenging in business?



# CENTER DEFINITION REFLECTION

- How might an Undefined Solar Plexus Center help in business?
- How might an Undefined Solar Plexus Center be challenging in business?



# REFLECT ON YOUR TEAM

What is the Solar Plexus Center Definition for the members on your team?

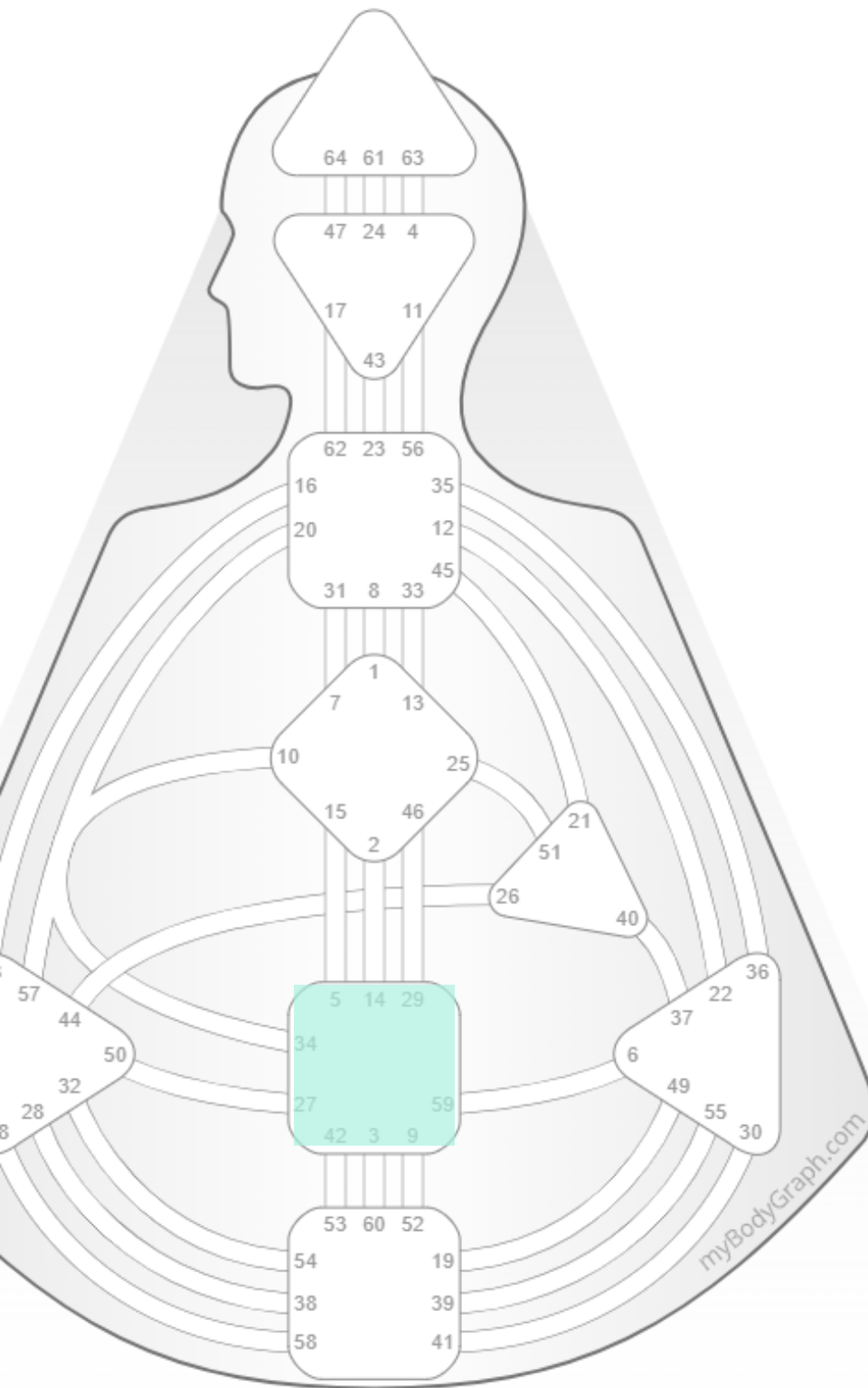




# SACRAL CENTER

Sacral - Life Force Energy, Fertility, Sexuality, Vitality

66% of the population is Defined, 34% of the population is Undefined



As the body's prime motor, the Sacral Center has enormous power that works in both generative and a degenerative way. It empowers our survival by replicating life and by providing the impulse to nurture and care for our young. Sexuality, work, fertility, vitality, movement, and persistence are its major themes.

Biologically, the Sacral Center is associated with the ovaries in women and the testes in men.

**Do I Think I Have Something To Prove?**

# Defined Sacral Center

Healthy vs Unhealthy Expression of Undefined Sacral Center

## HEALTHY

- Having a consistent and reliable access to energy, released through response.
- Having tremendous staying power to see something through once the sacral responds positively.
- Relaxing in the knowledge that you never have to initiate, surrendering to your own response strategy.
- Being patient even when frustrated.

## How do you rate yourself?



Mostly  
Unhealthy



Often  
Unhealthy



Sometimes  
Unhealthy



Often  
Healthy



Mostly  
Healthy

## UNHEALTHY

- Getting so stuck and frustrated waiting that you force the issue prematurely, thus losing your power.
- Exhausting yourself through trying to initiate your own direction in life.
- Having a tendency to quit things entered into incorrectly.
- Compromising your own power and ending up doing things you take no pleasure in through lack of patience and response.

# Undefined Sacral Center

Healthy vs Unhealthy Expression of Undefined Solar Plexus Center

## How do you rate yourself?



**Mostly  
Unhealthy**



**Often  
Unhealthy**



**Sometimes  
Unhealthy**



**Often  
Healthy**



**Mostly  
Healthy**

## HEALTHY

- Being wise about life and the life force.
- Knowing when enough is enough, knowing when to stop and when to rest.
- Being able to surrender to the buzz of the generator world without getting involved in it.
- Allowing others to vitalize you, letting life flow through you, knowing when to withdraw and discharge.
- Being able to step back and allow others do their share of the work.
- Enjoying the diversity of sexual roles without identifying with any particular one.

## UNHEALTHY

- Being conditioned to be a worker, overcommitting, overworking, burning out.
- Not knowing when enough is enough.
- Trying to take on too much and overcommitting, being unable to say no, especially when influenced by others.
- Putting yourself under great pressure to work, frequently becoming overwhelmed and exhausted by other people's energy.
- Being away from that energy you cannot deal with the workload, losing confidence and eventually crashing.
- Repressing sexuality or identifying with sexual conditioning from others, leading to neediness and confusion.



# CENTER DEFINITION REFLECTION

- How might a Defined Sacral Center help in business?
- How might a Defined Sacral Center be challenging in business?



# CENTER DEFINITION REFLECTION

- How might an Undefined Sacral Center help in business?
- How might an Undefined Sacral Center be challenging in business?



# REFLECT ON YOUR TEAM

What is the Sacral Center Definition for the members on your team?





# ROOT CENTER

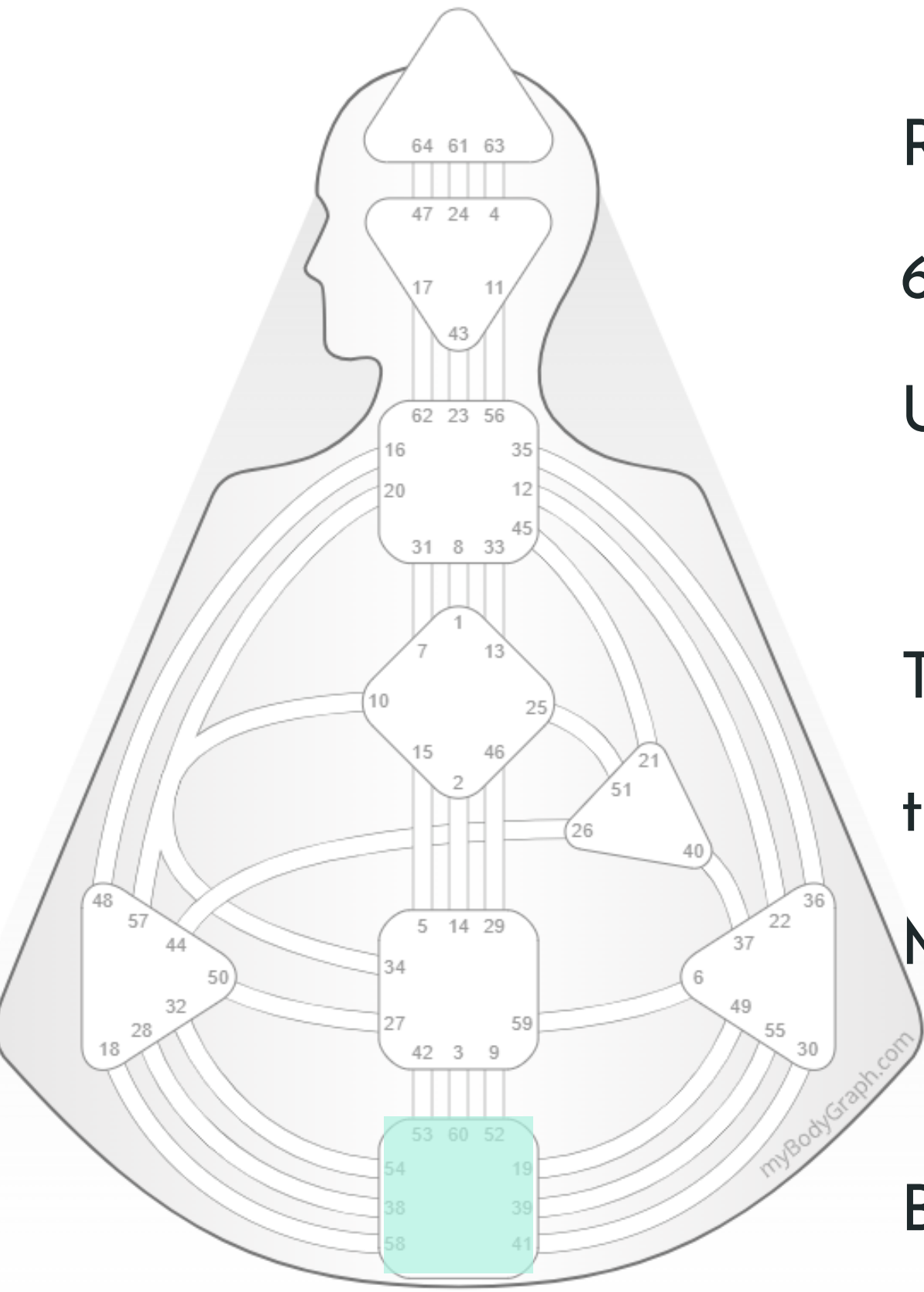
Root - Drive and Motivation

60% of the population is Defined, 40% of the population is Undefined

The Root Center brings the pressure and fuel to evolve, to adapt to the world, and to get us through the most difficult challenges. It is a Motor Center and a Pressure Center.

Biologically, the Root Center is associated with the adrenal system and the production of stress hormones.

**Am I In A Hurry To Get Things Done To Be Free of The Pressure?**



# Defined Root

Healthy vs Unhealthy Expression of Defined Root Center

## HEALTHY

- Having a consistent way of handling stress and pressure.
- Having stable drive and doing things at a reliable pace.
- Not rushing.
- Having the ability to release and process stress in particular ways.
- Being comfortable with your own needs.
- Using stress constructively as fuel for creative processes and endeavors in the world.
- Knowing how to use your pressure around others without causing them stress.

## How do you rate yourself?



Mostly  
Unhealthy



Often  
Unhealthy



Sometimes  
Unhealthy



Often  
Healthy



Mostly  
Healthy

## UNHEALTHY

- Repressing pressure to please others, which can result in severe health and/or emotional problems.
- Expecting others to be capable of dealing with the same pressure you feel, overpowering and overloading them and ultimately driving them away.

# Undefined Root

Healthy vs Unhealthy Expression of Undefined Root Center

## HEALTHY

- Not letting others' stress and pressure determine actions.
- Not being in a hurry.
- Never allowing yourself to be pressured or hurried into making a decision.
- Enjoying the rush and adrenaline of stress and dealing with the pressure without letting it overwhelm you.
- Refusing to succumb to pressure to do things more quickly.
- Knowing the more you are pressured, the less you respond.
- Always being able to withdraw into your original and natural stillness.

## How do you rate yourself?



Mostly  
Unhealthy



Often  
Unhealthy



Sometimes  
Unhealthy



Often  
Healthy



Mostly  
Healthy

## UNHEALTHY

- Rushing through everything.
- Hurrying through life to be free of the pressure.
- Trying to get things done as quickly as possible to release this pressure.
- Making hasty decisions under pressure from others.
- Tending to go hyper or getting carried away by the rush, and buckling under the pressure of running off other people's stress.
- Allowing insufficient time and space to discharge and unwind.
- Judging yourself for being lazy.



# CENTER DEFINITION REFLECTION

- How might a Defined Root Center help in business?
- How might a Defined Root Center be challenging in business?



# CENTER DEFINITION REFLECTION

- How might an Undefined Root Center help in business?
- How might an Undefined Root Center be challenging in business?



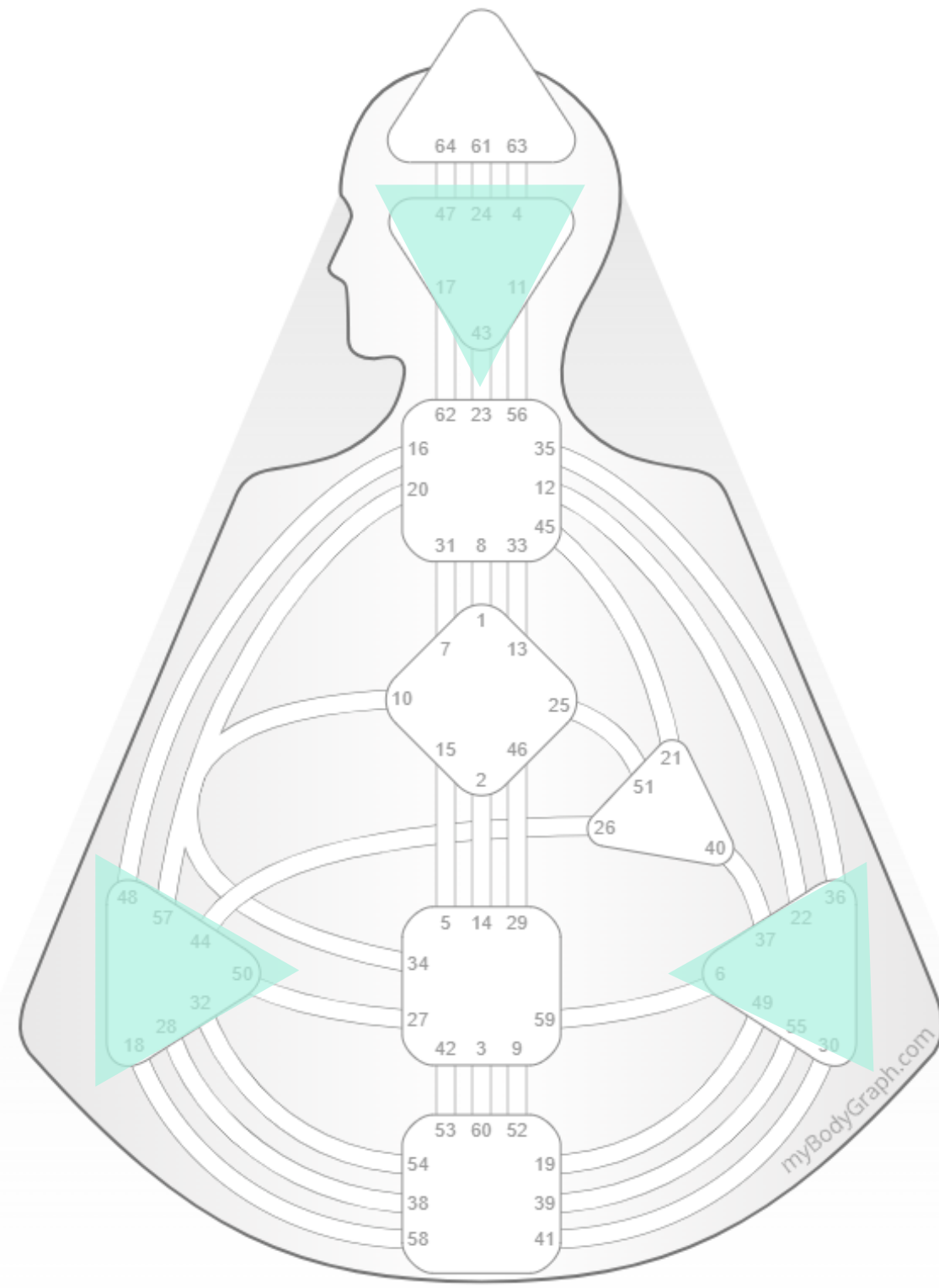
# REFLECT ON YOUR TEAM

What is the Root Center Definition for the members on your team?





# AWARENESS CENTERS



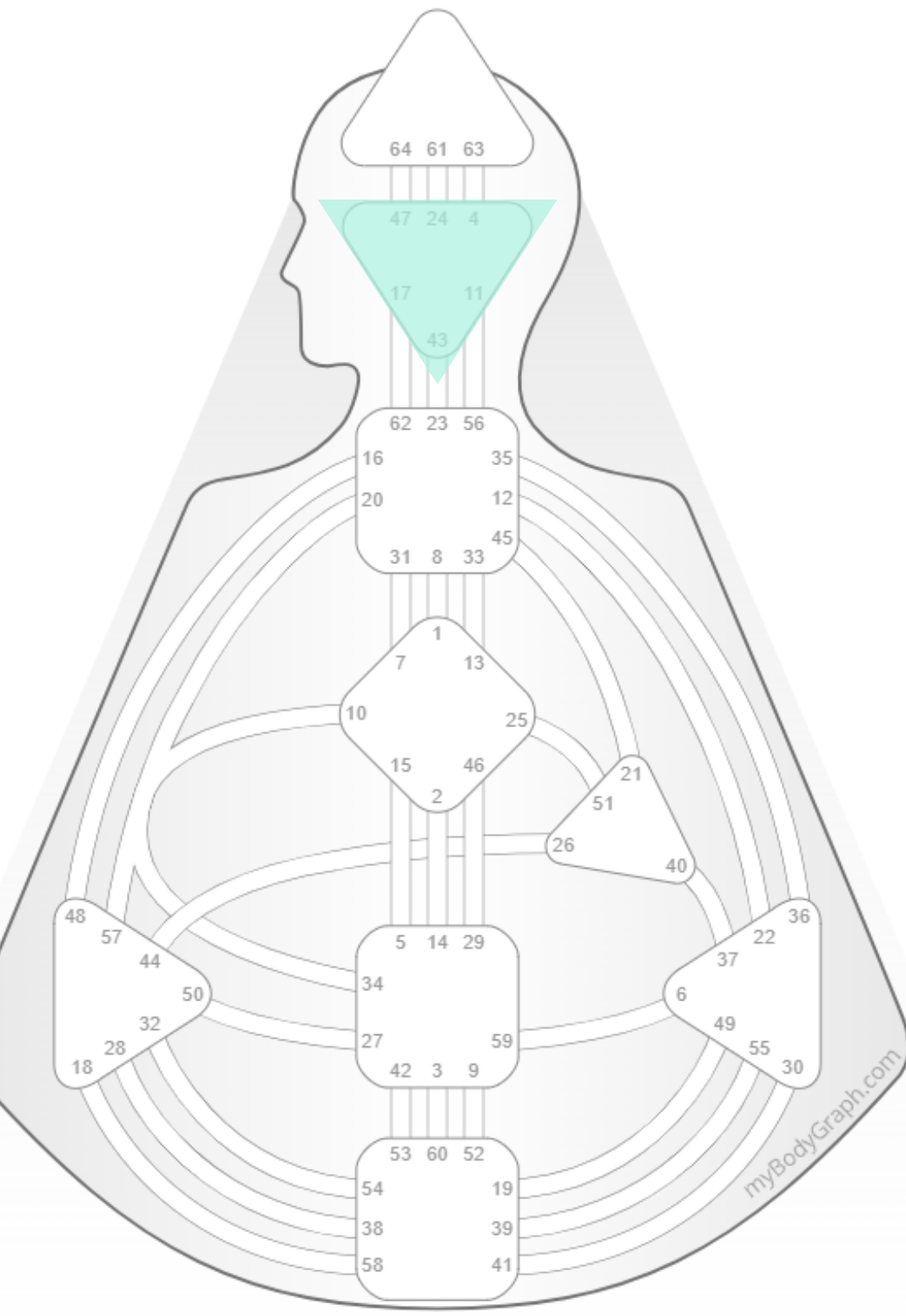
Ajna - Mental Consciousness, Conceptualizing, Interpreting,  
Opinions, Theories

Spleen - Health, Wellbeing, Intuition, Survival Instinct

Solar Plexus - Emotional and Spiritual Awareness

It is through these awareness centers that we become conscious of our experience of being alive, and in relationship to others. The other 6 centers are purely mechanical, operating below our conscious level of awareness.

# AJNA CENTER



Ajna - Mental Consciousness, Conceptualizing, Interpreting, Opinions, Theories

47% of the population is Defined, 53% of the population is Undefined

The Head and the Ajna Centers function together as the mind. The Ajna is a processing hub, transforming the pressure of inspiration from the Head, into useful information for review, research and communication.

Biologically, the Ajna Center is associated with the neocortex, the visual cortex and the pituitary glands.

**Am I Trying To Convince Everyone That I'm Certain?**

# Defined Ajna

Healthy vs Unhealthy Expression of Defined Ajna Center

## HEALTHY

- Having the ability to conceptualize.
- Having a fixed and particular thought process.
- Having an inbuilt structure for processing or computing information.
- Feeling very comfortable with concepts and enjoying the “research”
- Reviewing and organizing information in readiness for communication.

## How do you rate yourself?



Mostly  
Unhealthy



Often  
Unhealthy



Sometimes  
Unhealthy



Often  
Healthy



Mostly  
Healthy

## UNHEALTHY

- Allowing your mind to totally dominate your life, making decisions that override the true authority within yourself.
- Creating anxieties from trying to work out decisions in your mind.

# Undefined Ajna

Healthy vs Unhealthy Expression of Undefined Ajna Center

## HEALTHY

- 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.

## How do you rate yourself?



Mostly  
Unhealthy



Often  
Unhealthy



Sometimes  
Unhealthy



Often  
Healthy



Mostly  
Healthy

## UNHEALTHY

- 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.



# CENTER DEFINITION REFLECTION

- How might a Defined Ajna Center help in business?
- How might a Defined Ajna Center be challenging in business?



# CENTER DEFINITION REFLECTION

- How might an Undefined Ajna Center help in business?
- How might an Undefined Ajna Center be challenging in business?



# REFLECT ON YOUR TEAM

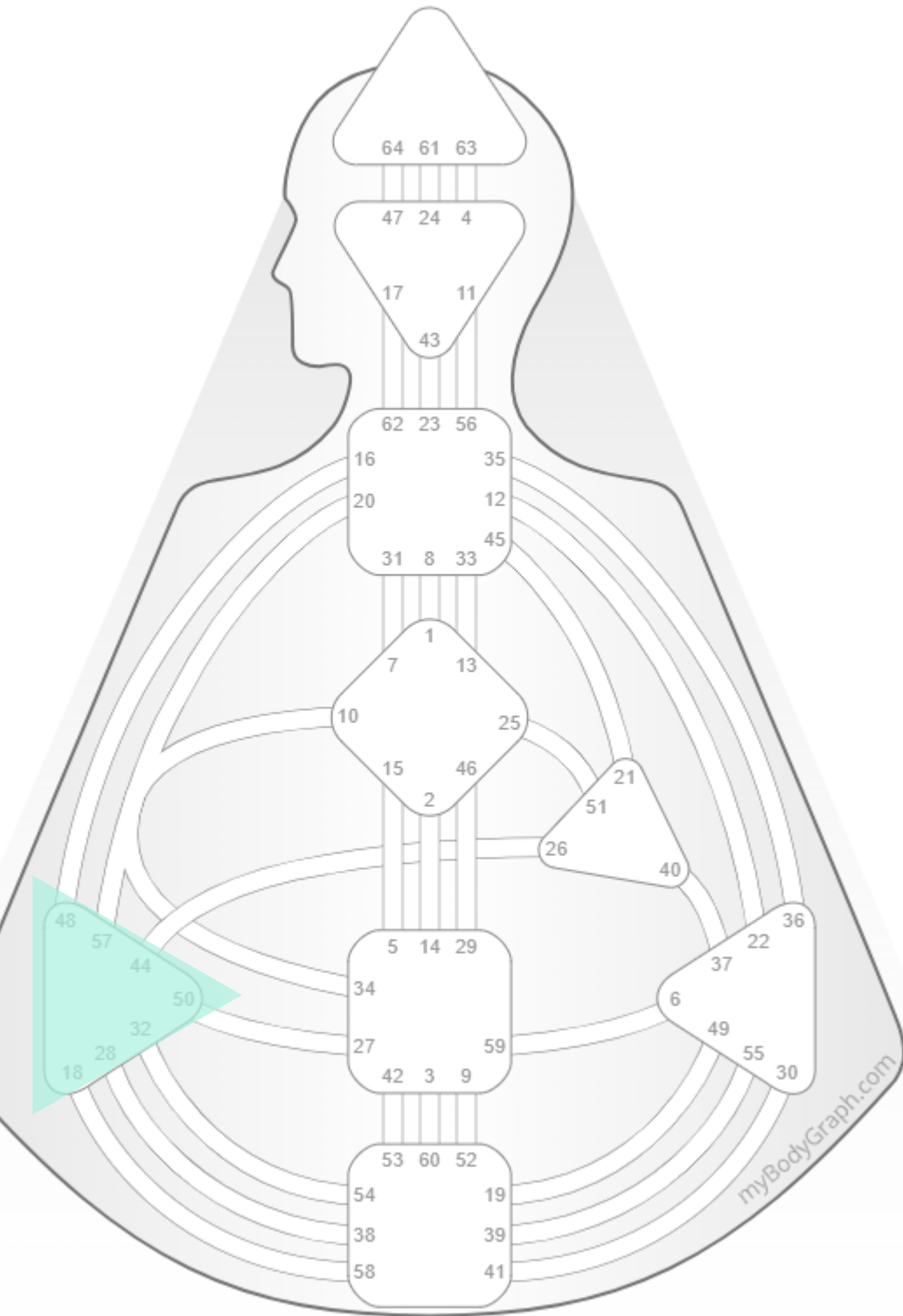
What is the Ajna Center Definition for the members on your team?



# SPLEEN CENTER

Spleen - Health, Wellbeing, Intuition, Survival Instinct

55% of the population is Defined, 45% of the population is Undefined



The Spleen Center, with its primal fears for survival and well-being, is also a source of our light-heartedness and laughter, our spontaneity and daring. The work of this center is instantaneous, instinctual alertness for anything that threatens our well-being, including negative emotional vibrations.

Biologically, the Spleen Center is associated with the Lymphatic system, the spleen and T-cells.

**Do I Think I Have Something To Prove?**



# Defined Spleen Center

Healthy vs Unhealthy Expression of Defined Spleen Center

## HEALTHY

- Having a strong and consistent immune system.
- Feeling inherently good.
- Having a reliable intuition and instincts.
- Having a reliable immune system that maintains the body's equilibrium in illness and health.
- Having a fixed way of processing fear, leading to a deep inner sense of security.
- Giving yourself enough time to heal.

## How do you rate yourself?



Mostly  
Unhealthy



Often  
Unhealthy



Sometimes  
Unhealthy



Often  
Healthy



Mostly  
Healthy

## UNHEALTHY

- Having a sense of invulnerability that can lead to an overloading of your system and sudden serious and unforeseen health problems.
- Not giving yourself enough time to heal.

# Undefined Spleen Center

Healthy vs Unhealthy Expression of Undefined Spleen Center

## How do you rate yourself?



Mostly  
Unhealthy



Often  
Unhealthy



Sometimes  
Unhealthy



Often  
Healthy



Mostly  
Healthy

## HEALTHY

- Gaining wisdom about health and wellbeing, choosing people and things that are healthy, able to let go of what is not serving you at the right time.
- Accepting the inconsistency of physical wellbeing, knowing that it is what makes you sensitive and highly attuned to the body's needs.
- Being adept at diagnosing ill-health and disease in others or the environment.
- Being unafraid of fear itself, but learning to be wise about its nature by not suddenly reacting to it or trying to fix it.
- Enjoying others' aura without becoming dependent.

## UNHEALTHY

- Holding on to what isn't good for you out of fear and a need to feel safe and secure.
- Constantly chasing after feeling good and trying to fix the inconsistency through diet, therapy, relationships or helping others.
- Getting caught up in how it feels, physically "becoming your own problem."
- Trying to be spontaneous to feel better and make the fear go away.
- Sacrificing security for the sake of wellbeing.
- Becoming dependent and possessive in relationships.

# CENTER DEFINITION REFLECTION

- How might a Defined Spleen Center help in business?
- How might a Defined Spleen Center be challenging in business?



# CENTER DEFINITION REFLECTION

- How might an Undefined Spleen Center help in business?
- How might an Undefined Spleen Center be challenging in business?



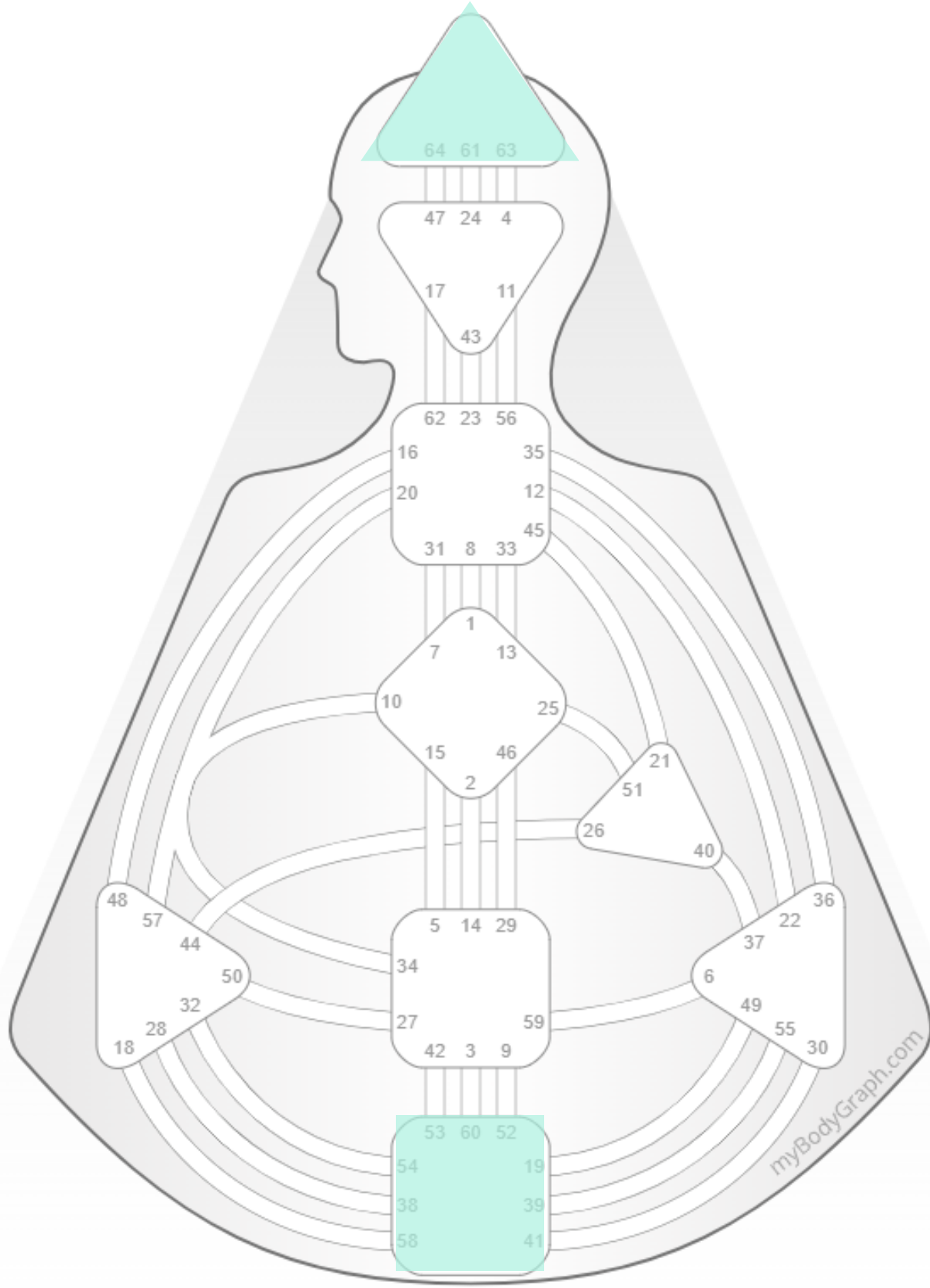


# REFLECT ON YOUR TEAM

What is the Spleen Center Definition for the members on your team?



# PRESSURE CENTERS



Head - Mental Pressure, Inspiration

Root - Drive and Motivation

# HEAD CENTER

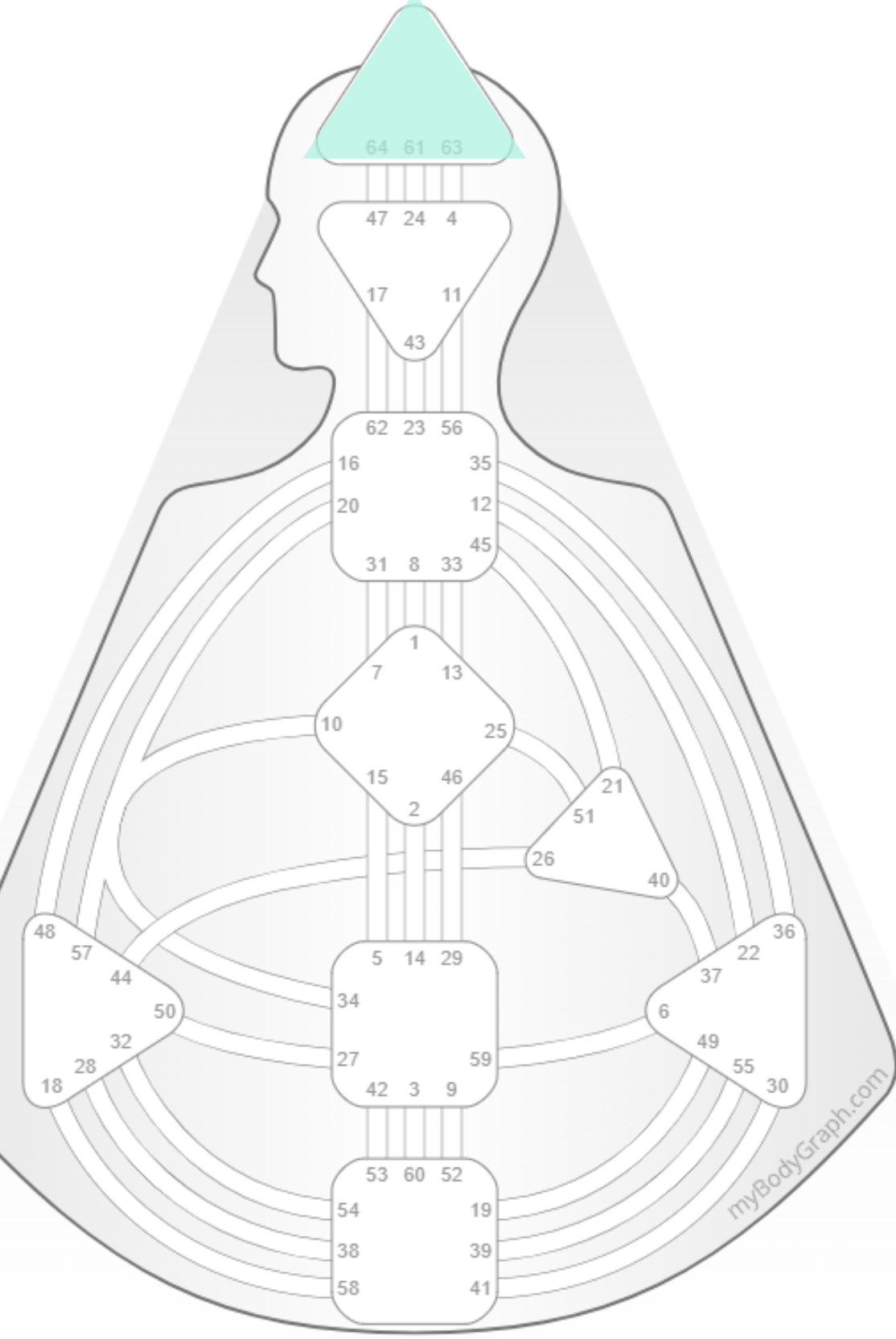
Head - Mental Pressure, Inspiration

30% of the population is Defined, 70% of the population is Undefined

The Head Center functions as the pressure to comprehend, to think, and to make sense of things in the world.

Biologically, the Head Center is associated with the Pineal Gland which regulates the flow of information between the gray areas of the brain and the neocortex.

**Am I Trying To Answer Everyone Else's Questions?**



# Defined Head

Healthy vs Unhealthy Expression of Defined Head Center

## HEALTHY

- Accepting mental pressure without trying to turn it into action or escape from it.
- Knowing confusion, doubt and clarity are natural processes with their own timing and resolution.
- Having the ability to uplift and empower others with insights and inspiration.

## How do you rate yourself?



Mostly  
Unhealthy



Often  
Unhealthy



Sometimes  
Unhealthy



Often  
Healthy



Mostly  
Healthy

## UNHEALTHY

- Turning mental pressure in on yourself, allowing yourself to be driven into deep anxiety, self-doubt or depression when you can't resolve the pressure.
- Trying to resolve the pressure through outside action, making hasty and inappropriate decisions.
- Being unable to remain patient results in missed opportunities.



# Undefined Head

Healthy vs Unhealthy Expression of Undefined Head Center

## HEALTHY

- 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.

## How do you rate yourself?



Mostly  
Unhealthy



Often  
Unhealthy



Sometimes  
Unhealthy



Often  
Healthy



Mostly  
Healthy

## UNHEALTHY

- 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?

# CENTER DEFINITION REFLECTION

- How might a Defined Head help in business?
- How might a Defined Head be challenging in business?



# CENTER DEFINITION REFLECTION

- How might an Undefined Head help in business?
- How might an Undefined Head be challenging in business?





ANY QUESTIONS?