The Centers and Related Issues

Head Center

Defined –
Pressure to answer questions, solve the mystery
Mental anxiety when they can’t solve it
Impatience to act, resulting in undesirable outcomes and consequences
“I can’t stop thinking, thinking, thinking!”
Hard time turning mind off
Mind wants to take over, run everything, make all the decisions
Tendency to think about things in the same way

Undefined –
Pressure to answer other people’s questions
Swayed and pressured by other people’s ideas
Feeling pressure to act on those ideas
Confusing other people’s ideas with your own, then not having the energy or interest to follow through…blaming yourself
Difficulty in coming up with ideas on your own
Feeling bad that they think about things in a wide variety of ways – feeling mentally “inconsistent”

Ajna Center

Defined –
More thinking, thinking, thinking
Tend to think about things in the same way – hard to imagine thinking any other way
Mind wants to make the decisions – but can’t let go of the other options, causing endless second-guessing
Feeling bad because those mind-based decisions often don’t work out

Undefined –
Feeling bad because you don’t feel comfortable being “certain” about anything
Or going the other way and becoming rigid in your thinking to over-compensate
Distractible – hard to stay focused, always something else to check out
“Do I have ADD?”
Feeling like there is something wrong with your thinking about things in different ways at different times

Throat Center

Defined –
Can be overly, impatiently impulsive
Can trigger other people to talk compulsively – “They never ask about me!”
Tend to talk in patterned ways, and with consistent themes, depending on the gates associated with it

Undefined –
Fear you won’t be heard
Attention-getting behaviors
Trouble knowing when to stop talking
Unpredictability in what comes out of their mouths
Ultimately fear of, or lack of confidence in, self expression

G-Center

Defined –
Clear idea of where you’re going, tendency to expect others to do the same or follow you
Clear idea of where you want to go, but get talked out of it or second-guess it, leading to disappointment and frustration
Feeling pressure to lead others, who are inspired by your self-confidence

Undefined –
Feeling insecure about your lack of solid identity – “who am I and what do I want to be when I grow up?”
Not sure where you’re going
Being hyper-sensitive about your environment – feeling bad about it
Feeling bad about needing/preferring to be “shown” options when it comes to deciding on something
Lack of direction, at any level

Heart Center

Defined –
May feel like a control freak
Can be hyper-competitive
Can be perceived as “conceited” or one with an “inflated ego”

Willful – gotta do what they gotta do!
Can be too forceful
Can be perceived as arrogant

Undefined –
Sense of worthiness comes and goes – not feeling good enough
Trying to prove themselves worthy – building up “credits” for the worthiness bank
Feeling like you can’t compete
Pressure to overachieve, overcompensate, overdo – trying to be/prove “good enough”
Feeling like a failure when you don’t follow through on things you had been excited about
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Making promises you can’t keep
Accepting less than you should – of everything
Overcompensating by trying to control everything
Trying to prove how brave you are by doing foolish things
Trying to prove how great you are by bragging about yourself and your accomplishments
Imposter syndrome!

Solar Plexus Center

Defined –
“I’m so moody!”
“My moods go up and down so much – am I bipolar?”
Feeling bad about needing a lot of time to make a decision
Pressure to be more spontaneous, but then it doesn’t work out

Feeling bad about needing time to shift gears
Feeling bad about being a “slow processor”
Feeling bad because you feel differently about the same thing at different times
Feeling like you’re too intense
Pressure to make decisions on either the high or low end of the wave

Undefined –
Difficulty in being around other people’s intense emotions
Tendency toward conflict avoidance
Tendency to shut down emotionally
Pattern of emotional explosiveness
Dissociation
Feeling responsibility for other people’s emotions
Overly placating

Emotional boundary issues
Feeling emotionally chaotic/out of control
Making emotional decisions
Hiding how they really feel – secret life

Sacral Center

Defined –
Hard to stop once you get going, even if you don’t want to
Feel pressure to initiate, even though it usually doesn’t work out
Tendency to ignore or override gut response
Can feel enslaved/put upon by others who expect you to work, work, work!
Tendency to quit when frustrated
Have a hard time waiting
Undefined –
Don’t know when enough is enough
Don’t have sustained energy – can’t keep up with others
Don’t like working – especially 9-5 jobs
Easily burn out when trying to keep up

Spleen Center

Defined –
“Intuition? What intuition?” Letting the mind override intuitive information, with lots of negative consequences
Nervously twitchy, hyper-aware of all potential risks
Ignoring health
Overplanning, overthinking, when spontaneous action is more beneficial
High degree of concern about safety

Undefined –
Overwhelmed by life in general, fear of life
Becoming emotionally dependant on those they feel safe with, regardless of health of rest of relationship
Feeling pressure to be spontaneous
Sensitive to traditional medicines/medications

Holding on to things too long – difficulty in letting go

Root Center

Defined –
Initiating things to relieve the pressure, instead of waiting for right timing
Gets depressed when nothing to focus on
Obsessiveness

Undefined –
Pressure to relieve the pressure! Driving too fast, rushing to get things done, etc
Can appear hyperactive, restless
Stage fright – overwhelm from the adrenaline of others
Burnout