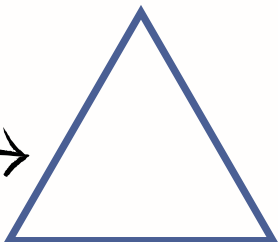


HEAD

Processes Inspiration - Ideas - Mental Activity

Influencing conceptualization and analysis of thoughts. "Ah Ha" moments. Inspiration. Ideas that aren't yet actionable.

PRESSURE & DIRECTION CENTER



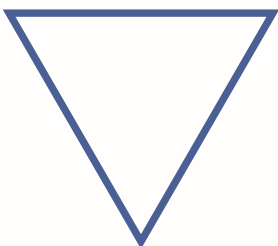
AJNA

Processing -

Analyzing Information - Mental Clarity

Decision-making and conceptualizing thought. Ideas from the head settle and start taking form. Development of opinions.

AWARENESS CENTER

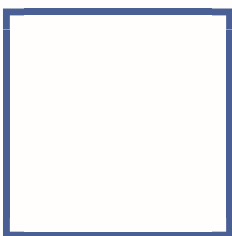


THROAT

Communication - Expression

The outlet for one's ideas, feelings, and creativity. Sharing thoughts and connect with others. Express ideas from the mind (Head & Ajna)

EXPRESSION CENTER



HEART

Ego Center - Willpower - Drive - Love

Influences express and experience of love (for others and self), Drive to achieve personal goals.

MOTOR CENTER, EXPRESSION, & DIRECTION CENTER

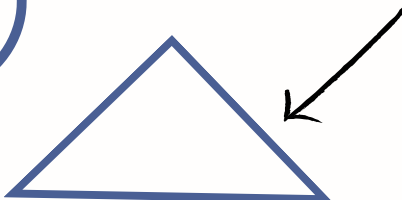


"G"

Identity - Love

Sense of identity and direction in life. Sense of self and purpose. Understanding one's place in the world.

DIRECTION CENTER

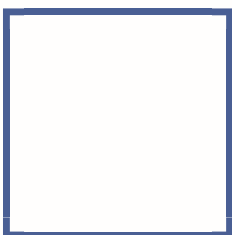


SACRAL

Life Force Energy - Vitality

Center of passion, enthusiasm, and work. Capacity for sustained effort, enthusiasm, and responsiveness.

MOTOR CENTER



SOLAR PLEXUS

Emotions - Feeling

Ebb and flow of emotional energy, impacting mood and decision-making. Experiencing and express emotions. Ride the wave.

MOTOR & AWARENESS CENTER

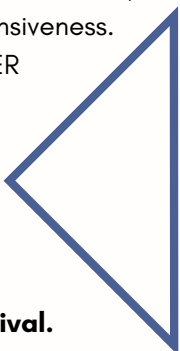


SPLEEN

Intuition - Instinct - Survival.

Decision-making based on gut feelings and an instinctual understanding of situations. An early warning system.

AWARENESS CENTER



ROOT

Stress - Pressure

Determining an approach to challenges, deadlines, and the overall pace of life. Pressure to act.

MOTOR CENTER & PRESSURE CENTER

