

Questions for My Open Centers

Head Center

"Am I under pressure to answer other people's questions and live out their ideas and inspirations?"

Ajna Center

"Am I struggling to be certain about making up my mind or to convince others (and myself) that I am certain?"

Throat Center

"Am I trying to get attention (perhaps inappropriately) so that I can be heard?"

Identity (also called "G") Center

"Do I question my loveability? Am I struggling to find direction? Do I love where I live, where I work, and who I'm with?"

Will Center

"What am I trying to prove?"

Emotional Solar Plexus Center

"Am I avoiding truth and conflict, and trying to keep everyone happy?"

Root Center

"Am I still trying to get things done so I can be free?"

Spleen Center

"Am I holding on to things (or people or pain, etc.) for longer than I should?"

Sacral Center

"Do I know when enough is enough?"