

ENERGY CENTER PROCESSING

	Body 8, 9, 1	Heart 2, 3, 4	Head 5, 6, 7
What standards do you use in making a decision?	Ethical, morals, goodness	Humane, art, beauty	Objective, scientific, truth
What takes priority in the situation?	Action	Communication	Thought
What problem-solving approach is the best?	Pragmatic, practical	Empathic, empathetic	Logical, linear
Emotions <i>Behaviors</i>	Anger, resentment <i>Grounding</i>	Sadness, grief, shame <i>Kindness</i>	Fear <i>Curiosity</i>
Emotional processing	Emotions are messy	How others' emotions make them feel	Don't like feeling emotionally pressured

Body Center versus Heart Center –

action versus image
instinct versus emotion
ethics versus empathy

Body Center versus Head Center –

acting versus thinking
religion/ethics versus science
practicality versus theory

Head Center versus Heart Center –

male-energy-oriented Head and female-energy-oriented Heart
logic versus love
science versus art
cool versus warm