



EMOTIONAL AUTHORITY

- Emotions occur in waves
- Clarity comes after the high/low
- Highs feel AWESOME!
- Lows feel AWFUL!
- Don't make an important decision on the high OR the low
- Sleep on it; give a decision 24 hours
- Wait to feel calm, easy, neutral confidence
- "Serene in-between"
- Practice saying: "I'll get back to you tomorrow"

SACRAL AUTHORITY

- Instantaneous knowing
- Gut signal that's always responding YES or NO
- May emerge as a sound; "uh-huh" or "nuh-uh"
- YES may feel like bubbles in the belly, shoulders opening, leaning into. NO can feel like the body closing, lean away
- Listen to & follow the instant response
- The Mind can start feeding you with doubt, what-ifs, perseveration: this is just noise
- The body knows what it wants
- Can make commitments challenging
- It wants joy
- Can be confused with the desire for a dopamine hit

SPLENIC AUTHORITY

- In the now; instantaneous intuitive knowing
- Animal instinct; awareness of threats, safety, survival
- Always seeking comfort & safety
- Answering the question: 'What is safe for me *right now*?'
- Fear/survival-driven
- Quick and quiet knowing, can pass swiftly & be gone
- Very sensitive to timing/must be the 'right' time
- Follow your instinct in the moment
- Pre-planning is hard for them; decisions/safety/awareness in the moment may change
- Highly sensitive to their environments; if they don't feel safe, they perceive a place as a threat

SELF-PROJECTED (G-CENTER) AUTHORITY

- Needs to talk out loud
- Must let the voice speak to connect with true self
- Let it speak unfiltered (even if you're alone; talk to the Universe)
- NOT seeking others' input/advice
- Simply saying it out loud makes clear what's 'right'
- As you talk, you'll start to hear yourself say what you want/need
- You may surprise yourself
- Alone time is important - so you're not soaking in others' choices; you're not asking for input; you're asking for clarity to be revealed to you via your inner direction/sense of self



MENTAL AUTHORITY

also known as: Outer, Environmental, or Sounding Board

- Needs a sounding board (or several) to listen to them process
- Must offload clutter of the mind by saying thoughts out loud
- These people talk a lot! But they're not asking for input; just need to process out loud & hear the echo of their voice
- No one is designed to rely on the chatter of the mind; this Authority needs to process energy get OUT of the mental space; there's tons of pressure pushing down on its Ajna
- Needs to be surrounded by trustworthy people
- Others' aura will affect their thoughts/perceptions, so they do well when being able to regroup alone after purging
- Easy for them to see solutions for others, but hard to see them for self
- Always searching for the 'right' environment

EGO (HEART) AUTHORITY

- Verbalizes the impact it wants to make
- Needs to make "selfish" decisions
- 'stay true to the heart'
- Blurts out the truth - 'unfiltered'
- Can feel like "too much" for others (embrace this!)
- Musters the will to follow through + persevere
- Always asks, "What's in it for me?"
- 'Selfishness' winds up being what's best for all
- Needs recognition + invitations; the 'right' ones will turn on the Heart's motor & make it GO
- Boredom means you've compromised

LUNAR AUTHORITY

- Only Reflectors have this; ruled by the cycles of the Moon because they have no defined Centers
- Rushed decisions don't work well for them
- They do best when waiting for clarity over time, preferably ~30 days
- Because they constantly sample their surroundings, their feelings/thoughts/perspective will change depending on who's in their aura
- It helps to talk out decisions/challenges with different people in different environments over time to see what comes up
- It's essential to have alone time to regroup, recenter & reflect on what choice intuitively feels good
- Listen to inner knowing after others' energy has been drained from you to see what feels right
- Clarity emerges over time and consideration; practice saying to others, "How soon do you need a decision? Can we circle back in a few weeks?" See what happens!