

# Which Power Center Controls Your Life?



# Take The Test to Find Out Which Of The Four Power Centers Controls Your Life?

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**1. You have an evening all to yourself—that means your favorite food & Netflix in bed! Which movie/TV show do you choose?**

- A. Gilmore Girls (moonstone)
- B. 365 Days (ruby)
- C. The Wolf of Wall Street (pearl)
- D. True Crime: Catching Killers (diamond)
- E. Grease (moonstone)

**2. When you look at your “to-do” list for this week, which tasks take up the most space?**

- A. Work (pearl)
- B. Life admin (paying bills, getting groceries, cleaning the house, etc.) (diamond + pearl)
- C. Social activities (ruby + moonstone)
- D. Studying/reading (pearl)
- E. Leisure & self-care activities (ruby)

**3. If you could wave a magic wand and create one thing in your life, what would you like the most?**

- A. Your dream house (diamond)
- B. A best-selling book (pearl)
- C. A dream relationship (moonstone)
- D. Perfect health for the rest of your life (diamond)
- E. Being able to eat all your favorite desserts without putting on weight (ruby)
- F. Have enough money to never have to work again (ruby)

**4. You meet a great guy and you have chemistry with him, but he has a girlfriend. What do you do?**

- A. If he also likes me, I give it a chance (ruby)
- B. I choose not to pursue him, but I struggle not to think about him. Deep inside, I wish there was a chance to explore this connection (moonstone)
- C. You don't entertain him at all; there are other men (diamond + pearl)

### **5. How do you prefer to spend your free time?**

- A. Taking a bubble bath with candles (moonstone)
- B. Hanging out with my friends (moonstone)
- C. Reading a book or going through an online course (pearl)
- D. Working out (diamond)
- E. Spending quality time with my partner (moonstone)
- F. Taking myself out on a date (ruby + moonstone)
- G. Self-pleasure or having sex with my partner (ruby)
- H. Working, because I enjoy it (pearl)

### **6. What are you manifesting in your life right now?**

- A. My soulmate/a relationship (moonstone)
- B. A promotion/reaching the next level in my business (pearl)
- C. More money (diamond)
- D. Losing weight & getting the body I want (diamond)
- E. More passion and intimacy (ruby)

### **7. How important is love for you at this time of your life?**

- A. I'm focusing on my career and that takes priority (pearl)
- B. My relationship/finding a partner is the most important thing for me (moonstone)
- C. I'm open to dating and if that leads to a relationship, then great; if not, that's also ok (pearl)
- D. I want a lover and to have fun; I'm not looking for a serious relationship (ruby)
- E. I'm healing from a breakup and not ready to date yet (diamond)
- F. I feel neutral about it. It's important, but it's not the most important thing in my life (pearl)

### **8. How important is your work for you?**

- A. I love my work and focus most of my energy on it (pearl)
- B. I dislike my work; I do it because I need money (diamond)
- C. I work just enough to make enough money to sustain my life; I don't push myself (ruby)
- D. I don't work and don't want to; I prefer being provided for (ruby + moonstone)
- E. I have to work; I have no other choice (diamond)

### **9. How is your sex life?**

- A. It's ok, and I'm satisfied; it's not the most important thing for me (pearl + diamond)
- B. I struggle to relax and don't easily experience orgasms (diamond + pearl)
- C. It's fantastic! I experiment a lot, experience multiple orgasms, and play out my various fantasies (ruby)

- D. Right now I'm celibate (either by choice or by circumstances) (diamond)
- E. I feel rather shy about it (diamond)
- F. It's a very important part of my life. That is when I feel closest to my partner (moonstone)

**10. Imagine you just got \$10,000. How do you spend the money?**

- A. I put it into my savings (diamond)
- B. I invest it (pearl)
- C. I treat myself to a luxury vacation (ruby)
- D. I buy something for my parents as a thank-you for their love and support (moonstone)

**11. How do you feel about masturbation?**

- A. I love giving myself orgasms! (ruby)
- B. I'm in a relationship and don't need it; my sexual needs are met by my partner (pearl)
- C. I feel rather embarrassed and awkward about it (diamond)
- D. Sometimes I do it (pearl)
- E. I treat it as "me time", when I can connect deeper with myself and my body (moonstone)
- F. I struggle to fully let go and enjoy it (diamond)

**12. How do you feel about money?**

- A. I love it and want to make lots of it! (pearl)
- B. It gives me safety (diamond)
- C. It allows me to enjoy life (ruby)
- D. It's not the most important thing. To me, people and relationships matter more (moonstone)

**13. You met a guy and you really want to spend the night with him, but the next day you have a busy day with a lot of important things to take care of. What do you do?**

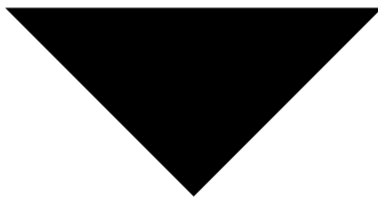
- A. I postpone the date (pearl)
- B. I meet with him, and I'll just power through the next day (ruby)
- C. The date is more important to me, so I meet with him. I'll get those things done another day (moonstone)
- D. It feels too rushed like this; I'd rather meet with him another day when we have plenty of time for cuddles and hanging out (diamond + moonstone)
- E. I meet with him; otherwise, I fear he may lose interest (diamond)

**14. You're with a guy. Both of you want to have sex, but he doesn't have a condom.**

- A. I ask him if he has been tested; if he has, I'll have sex without a condom (moonstone)
- B. I don't want to risk it. You never know, and I wouldn't trust him just because he says he doesn't have anything (diamond)
- C. I understand there are diseases, but I don't want to let worry dictate my life (ruby)
- D. I still engage intimately but without penetration (pearl)

**15. How do you feel about not working and letting a man provide for and take care of you?**

- A. I don't want to be fully dependent on another person. What if something happens to them or they leave? (diamond)
- B. I'd like that. It feels nice to have my man take care of me so I don't have to worry about anything (moonstone)
- C. When a man provides for me, it makes me feel very feminine and desire him more. For me, it creates polarity and keeps the spark alive in our relationship (ruby)
- D. I would like to have my own career. I want to create things, and I have my own goals. It's ok if he provides for me, but I still want to work (pearl)



**Now count your precious stones**

# Which Power Center Controls Your Life?

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## Mostly Diamonds: A Gut Woman

If your gut is your main leading center, it means that at the moment, your main concern is your safety.

This means something has shaken your sense of security, and you're on high alert now. Your survival mechanisms have been activated, and your main focus is protecting yourself from pain.

This happens when we get deeply hurt by someone, when we fail at something we really cared about, or when we get disappointed by life. It impacts your confidence and how you show up for yourself: how much you'll challenge yourself, your willingness to try new things, and your ability to take risks.

You may feel frustration. This comes from not growing and living to your fullest potential. Deep inside, you know you want more and that you're meant for more, but you may not be able to act on it yet.

## Mostly Pearls: A Head Woman

When the head becomes the leading center, it means your main focus is on success, hitting goals, and making progress in life.

This, of course, is important. But when the head takes over, it's a sign you may not want to deal with something. This usually happens when something painful gets activated that you do not want to face, as the best way to avoid our feelings is by getting very busy!

Like I mentioned earlier, my head took over when my father went bankrupt and we lost our house. Becoming very driven, setting big goals, and becoming future-oriented was my way of protecting myself from the pain. After a devastating break-up, I hit \$10,000 a month in profits for the first time. Not wanting to deal with emotions can be a great motivator, but it takes a toll on you. You'll first feel tired, then exhausted, and eventually you'll burn out. In this state, your immune system goes down. This is when we often end up sick because our body breaks down, unable to sustain such a fast tempo.

# Which Power Center Controls Your Life?

## Mostly Rubies: A Pussy Woman

If the pussy is your leading center, it means your main priority in life is pleasure. Pleasure is important, but if the pussy rules over the other three centers, the consequences can be far from pleasant.

The pussy steps in when we ignore our need for rest, self-care, and fun. If you've been denying yourself pleasures, focusing on the "shoulds" and not on the "wants," and if you haven't been listening to your desires—then the pussy removes the current government and seizes power. And when that happens, you may struggle with staying committed to your goals.

If you've ever tried dieting and failed, you can blame it on your pussy. Imagine you've been on a diet, not allowing yourself any desserts and sugar for some period of time. At some point, the pussy will have enough of it, and she will make you binge. She's the one behind the yo-yo diet effect. This is why many nutritionists say that no restrictive diet will ever work long-term.

The pussy will also sabotage your work and projects. She'll tell you to go out, watch that new series, or take a nap instead of doing what needs to be done.

## Mostly Moonstones: A Heart Woman

If your heart is your leading power center, it means your main priority in life is love, connection, and intimacy.

This happens when you haven't felt loved in a while. This can originate in childhood if your parents were not very affectionate or were absent from your life. This may also happen after a break-up, getting rejected, or abandoned, or in response to negative beliefs around not being worthy or deserving of love.

You will find yourself dependent on other people to feel love and connection. When this happens, you'll start prioritizing all your relationships over your personal commitments, work, and goals. You may skip the gym to meet your girlfriend for coffee; you may break your diet to go out for dinner with colleagues; you may postpone working on a presentation to spend more time with your beloved. Or you may find yourself bingeing on comfort food, watching too many romantic comedies, or reading romantic stories. These, too, are strategies to fill up ourselves with love.



# So What's Next?

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As you can see, if any center takes the lead at the expense of the others, you're stepping into her shadow. All your actions turn toward this one center, and your life falls off balance. You may be thriving in one area in life, but you'll be paying the price for it with everything else.

This might look like a super successful woman who goes to bed every night feeling all alone.

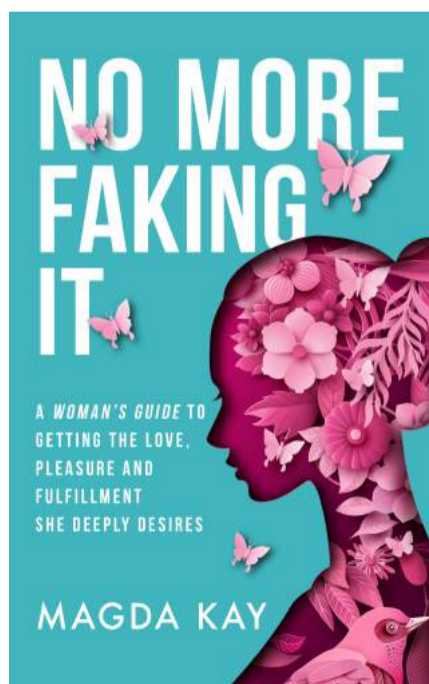
Or like a caring mother who just discovered her husband is cheating, but she can't leave because she has dedicated her whole life to her family.

This might also look like a girl in a loving long-term relationship who struggles to build her career.

If you've ever wondered how you can have it *all* in life, the answer is: by working with ALL four power centers.

So how can you take care of all your centers equally? How can you make sure that all of them feel they matter to you, that they are all made to feel important, seen, and acknowledged? How can you stop '*center-switching*' and balance them all?

Make sure to grab your copy of **No More Faking It** to learn about your four power centers and how to balance them!



[Click here to get your copy now!](#)



# About The Author



Hi, my name is **Magda Kay** and I'm a **intimacy expert and a relationships coach**, on a mission to help individuals around the world experience **more love, pleasure, and intimacy**. For almost a decade, my advice on relationship dynamics has helped countless singles and couples alike live more fulfilling and authentic lives in and outside of the bedroom.

I'm an **international speaker** and a founder of **the School of Intimacy**, an online academy that teaches people essential skills for building happy, passionate relationships with others and themselves.



Learn more about my services: [www.MagdaKay.com](http://www.MagdaKay.com)