

SPLEEN CENTER

CLOSED

SOME BACKGROUND ON OUR CENTERS

There are nine energy centers within the body, and within our charts which roughly correlate to the seven chakras:

- head/crown (Sahasrara)
- mind (Ajna)
- throat (Vishudha)
- heart (Anahata)
- solar plexus/emotions (Manipura)
- sacral (Svadhithana)
- root (Muladhara)

plus two more centers that don't specifically correlate to a chakra:

- spleen
- self/identity/G

Each center present as either open or closed, defined or undefined.

- If the center is **closed/defined**, it indicates that this function/aspect of your personality is more fixed or consistent.
- If the center is **open/undefined**, it means that this function/aspect of your personality is more flexible or malleable, leaving you more open to the influence or energy of others. These open/undefined centers are where we're the most open to the conditioning and influence of others, whether we're conscious of taking on that energy or not.

The knowledge of where our traits are the most fixed and where we're the most open to the influence can help us sit in our power on a daily basis; they help us figure out which of our choices, feelings and actions are coming from a place of truth, and which are opportunities for reflection and change.

These centers correlate to not just emotions but to physical body parts as well. Our physical, mental, spiritual and emotional wellbeing is all interconnected. Many times, when we experience physical symptoms (discomfort, illness, etc) in these areas of our physical body, it may indicate that we've fallen out of synch with our overall human design.

Our Spleen Center is one of the three awareness centers, and it's the oldest awareness center within our Human Design. This center is connected to our most primal, survival-driven, existential awareness, and the energy of this center is instant and instinctual. One of the tools used by this center is fear as a means of gaining intelligence about what is good for us and what is absolutely not, and through this center we learn how to survive and thrive.

Biologically, our Spleen Center is connected to our immune system, lymph nodes, spleen (duh) and t-cells. Through these body parts/organs/cells, our body battles disease and infection, eliminates waste and toxins, and fights for our physical survival.

This center operates as our internal radar and is highly sensory, taking in information and quickly determining what is right and what is dangerous. Our intuition lives here, and it's through the Spleen Center that we feel out what rings true for us and what's FALSE, what resonates with us and what absolutely does not. These gut-feelings are short-lived, and that's CRUCIAL for us to remember as we work with the energies of this center: **these feelings of fear are fleeting**. They are not meant to last or be held on to. Think of them as an alert you get from an app on your phone. Take note of the information and then move on. Don't hold onto it! The gates that are activated in this center determine our experiences of fear, and which fears are triggered. Fears like:

Fear of death
Fear of failure
Fear of not knowing
Fear of the future/the unknown
Fear of the past
Fear of taking responsibility
Fear of death
Fear of authority



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One thing to remember about working with our Human Design in general that also applies here: not all the energies that we feel are going to be logical or personal. By learning about and through our Human Design, we get the distance and insight that can free us from fear through awareness and understanding.

CLOSED/DEFINED Spleen Center

Those of us with a closed Spleen Center are designed to be in the moment and decide in the right now, as this center provides us with **IMMEDIATE INTUITIVE INSIGHT**. We have constant access to a fear/feel-good impulse to help guide us. For some, this center might be your main decision making Authority. This is another **FUCK YES** or **HELL NO** center. Something happens, we get that instantaneous ping from our Spleen Center one way or another, and then it's gone. Our charge is to learn to recognize when we're getting those sensory pings and **LISTEN**. This center tends to communicate with us using the language of fear, so these pings can manifest as a sudden feeling of unease, or a tightening or clenching internally, for example. We just need to learn how to read this energy: is it unease because something is bad for us, or unease because something is exciting but unknown? Once we learn how to read our pings, we need to say **HELL NO** to the things that are bad for us and walk away, and alternately ride out the fear feeling if the ping is one of nervous excitement. Our gates in this center will give us a clue as to what fears trigger a response in us, and our authority and type strategy will give us rules as to how to respond. A major key for this center is to avoid using our Mind/Ajna Center to try to deconstruct or analyze these pings as they're happening. Don't try to rationalize the decision in the moment. Save the reflection for *after* you act.

We are also tend to lights up the room with our warmth. Those with this center open tend to gravitate toward us because in our presence, they feel nurtured and strong. We are designed to be intuitive, and this intuition allows us to make spontaneous decisions, so we shouldn't allow others to stop us from following our gut.

We also tend to miss the early signs of illness, or willfully ignore them, and when we do get sick, we are down for the count. We need to pay attention to those around us and what they notice about our health. If someone tells us that we look ill or asks how we're feeling, that's our clue to slow down and check-in with ourselves.

