

# HEART 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 (Svadhisthana)
- 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 sync with our overall human design.

In Human Design, the Heart/Will Center is related to more than just your heart. Biologically, this center connects to our hearts, our stomach, our gallbladder and our thymus. Along with the Sacral, Solar Plexus/Emotions and Root Centers, the Heart/Will Center is one of our four motor centers, which means these centers provide us with the energy we need to manifest. If this energy center were a tarot card, it would be The Magician. The Heart/Will Center is primarily concerned with being a source of energy to convert our thoughts into things. And just like The Magician is spiritually enlightened, the more connected we are to Source/Spirit/God/the Universe/our Higher Power, the more energy we have access to than by sheer will alone.

The Heart/Will Center is responsible for manifesting things on the physical plane. This is the center that pushes us forward in life and fuels our heart's desire. Money/business/financial matters are processed through this center, as this is where we get our drive, to invoke the GODDESS Rihanna, to "work work work work work." Seriously though, a monetary transaction is an energetic exchange, and value-based energy is very much a Heart/Will Center concern, as money is an energy closely related to the wishes of the heart. This center gives us the energy to create or seek out the resources we need and the strength and tenacity to endure when things get tough.

**Here's the bad news:** only somewhere between 12.5-37% of the world's population has a closed/defined Heart/Will Center (two of the texts I consulted gave fairly different stats, so I'm presenting both). Only folks with a closed/defined Heart/Will Center have 24/7/365 unfettered access to this motorized energy and willpower.



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As for the rest of us, the 63-87.5% of us with an open/undefined Heart/Will Center, we RELY on taking in that auric energy from those with this center closed/defined. Not that we're energetic vampires. Not at all. Just like hanging out with someone with a defined Self/Identity Center can energetically influence us to take on more of their decisive, purpose-filled energy, keeping company with those who have this center defined influences/motivates/energizes those of us with that center open/undefined and gives us the kick-in-the-pants to GET TO WORK. This is one of the many reasons why starting a new habit, like Whole30 or training for a marathon, is shown to work better when we're in a group rather than solo, especially if someone in the group has this center defined. Closed/defined Heart/Will Centers have intrinsic motivation, and it's like we get an energetic contact-high just being in their presence.

## CLOSED/DEFINED Heart/Will Center

Those of you with a closed/defined Heart/Will Center have consistent access to your willpower. You like to be in control and you know your value. You're able to take on almost any task you put your mind to because you have a near-constant source of energy and drive. In fact, you DOMINATE at building new habits, like working out first thing in the morning or eating within a certain set of dietary parameters, because you're able to attack new tasks or projects with determination. This cycle of commit --> follow thru --> commit --> follow thru just strengthens your sense of self as one who CRUSHES goals. In fact, you thrive on projects/in work environments where you can set your own schedule and deadlines, and that allows you to alternately work or rest as your body dictates.

And you're in (mostly) good company: a lot of famous former (and current UUUGGGHHHH) politicians and leaders had/have a closed/defined Heart/Will Center: Winston Churchill. JFK. 45. Al Gore. The Dalai Lama. See? Mixed bag. Regardless of their politics, each of those men had/has the ability to GET STUFF DONE (maybe not always legally, in one case in particular...). With this center defined, you definitely have the ability to stand in your own power and take control of the situation. You are the one we turn to when things get tough.

Seriously tho, what it takes you five minutes to accomplish, it can take those of us with an open/undefined Heart/Center HOURS to finish. Unless, of course, you're in the room with us and letting us bask in your energy. Here's a fun game: next time you're working with a team, take note of how much gets done WITH you in the room versus when you're gone. The problem with our mooching off your willpower energy is that it's not residual. Where you go, it goes. Womp womp. Inefficiency probably drives you up the wall, so before you push us out of the way and just take care of the thing yourself, just remember: we can only do what we can do. Your unrealistic expectations of our willpower and energy, if you choose to share them in a forceful way, by applying pressure or expressing frustration, can definitely mess with a team's dynamic and eventually will cause resistance or will push us beyond our capacity. Just know as driven as you are to complete the task, we're probably pushing ourselves as hard as we can to prove to you how productive we are. Lest dysfunction beget more dysfunction, the goal should be operating with a generosity of spirit.

**Case study:** Remember that old SNL skit "Nick Burns: Your Company's Computer Guy"? No? Here's the gist: Jimmy Fallon played a tech support professional with a closed Heart/Will Center who never had patience with anyone in the office, so when he came to respond to their tech issues he just yelled "MOOOOVVVEEE" before anyone could really explain what their issue was or even attempt to follow his directions to fix it themselves. And before he left, he made sure his efforts were duly recognized (see above gif). And yes, in some cases, y'all with the center defined may over-inflate your worth, a la Nick, or MAKE SURE WE KNOW how invaluable you are. Moral of the story: thank the member of your team with the closed Heart/Will Center. They like to hear it.

Moving on. A bit of a light/shadow mix for the closed/defined Heart/Will Center: you can put undue pressure on yourself to follow through on each and every commitment you make, no matter how trivial, because you see yourself as SOMEONE WHO FOLLOWS THROUGH. This can manifest in positive and negative ways, so it's CRUCIAL that those with a closed/defined Heart/Will Center don't over-promise or over-commit themselves and really only take on tasks that they feel motivated by or are worth their time and energy.

**Fact:** just because the closed/defined Heart/Will Center is motorized and has that near-constant connection to energy and willpower DOESN'T MEAN YOU CAN NEVER GET TIRED. I mean, that would be truly superhuman. Think of your Heart/Will Center like one of those super-charged phone batteries: you need to RECHARGE the phone regularly or it DIES. Same goes for closed/defined Heart/Will Centers: if you aren't consistently taking time to REST and RELAX and RENEW, you will eventually deplete the battery so much that you'll burn out big time.



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