

SACRAL 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.

The Sacral Center serves as the engine room for our chart. Within the Sacral Center we find the vital life force energy that empowers us to endure hardships and challenges and fuels our growth and expansion.

Biologically, the Sacral Center is associated with the ovaries and testes, and our energy for work, labor, movement, persistence, sex and reproduction all originate here. If you have Sacral Authority in your chart, pay attention, because the section on the closed/defined Sacral Center has some crucial insight into your ideal decision-making process.

CLOSED/DEFINED Sacral Center

Fact: if you have this center defined in your chart, you are either a Generator or a Manifesting Generator, and according to Human Design, you were designed to do two things:

- work, devoting your energy to something you're passionate about AND/OR
- "to have and raise children."

#2 comes courtesy of Karen Curry in her book Understanding Human Design, and if it feels a bit reductive (I think it does!), take that up with her. The part I think she leaves off in her statement is "if that's something you're called to do and feel passionately about." THAT'S the thing that's crucial to understanding and working with this center, if you're like me and have it defined: **if we give our energy to something that we don't feel turned on by, we burn out. And fast.** So whether it's our careers or baby-making/raising, it's über important that we really tune in to our Authority and the ah-HUH ☺ or UHN-uh ☹ messages this center provides. Here's the GIANT KICKER of having this center defined and it is TOTALLY COUNTERINTUITIVE: **those of us who have this center defined are supposed to wait until things show up that light us up and then respond to them.** We are absolutely not supposed to initiate (*potentially* unless you're a Manifesting Generator, than it depends on the breakdown of your chart...more on that to come). To know which opportunities to devote our energy to, and which are a hard pass, we need to listen to the language of our sacral center as it tells us what turns us on, and what definitely does not.



SACRAL CENTER

CLOSED

It's important to note that the Sacral Center is NOT an awareness center, so the intuition and insight we receive from this center isn't rational...it's a split second YES or NO, with the simplicity and ease of how babies and toddlers communicate. Think about the last time you tried to give a baby a toy it didn't want. Remember the sound they made? UHN-uuunnnnnnnnn...probably accompanied by the adorable tiny face of anger and maybe even some tears. Now think about what happened when you gave them the toy they wanted and the joyous, gleeful, giggly sound of ah-HUH they made. That's language of our Sacral Center, but as adults, many of us have long been conditioned to rationalize and think through every option presented to us and have lost touch with the simple language of UHN-un and ah-HUH we used to know. This center's function as our inner guide actually evolved before speech did, hence the guttural noises.

For those of us with this center defined, our charge is to figure out a way to ignore our conditioned habit of deferring to our logic and reason and shift our habit back to listening to the UHN-un/ah-HUH from our Sacral Center to guide our decision-making. We're able to tap into the POWERHOUSE of energy of this center, but only if we're choosing to take on a task that truly lights us up, that elicits the ah-HUH. If we commit ourselves to an UHN-un, we'll overextend our Sacral energy and burn out.

If you're having a hard time hearing the guttural UHN-un or ah-HUH, try feeling for either a contraction in your gut, or a rising of energy. Contraction is usually the NO and the rising is usually the YES. You might even feel a physical pull toward a YES or a contracting away from a NO. For me, I feel pull and the contraction, and I know I've hit the YES jackpot when I can feel a whole body vibration of energy waiting to be released. Since my work is primarily writing and not physical, when I'm really in the zone, sometimes I notice my legs vibrating slightly or feel the urge to get up and walk around to burn off some of the energy otherwise it doesn't really have a physical outlet. That buzz, though, let's me know I've hit my ah-HUH. Since there's no energetic "off" switch, once you commit your energy, it surges until the task is completed, so it is CRUCIAL to our long-term health that we only commit ourselves to the ah-HUHs or we start to experience our not-self emotions like frustration, anger and impatience.

Sleep is super crucial to those who have this center defined, as we're intended to commit our energy to what lights us up during the day and then sleep when that energy is exhausted. If you find yourself having a hard time sleeping, chances are you didn't burn off enough of this energy during the day, as we're supposed to empty out this center on the daily and recharge it overnight. Most of the texts say that physical exercise can help with this.

We are the custodians of an enormous reservoir of power, and our goal is to, through this center, find personal expression and satisfaction doing work we love, whether in the traditional workplace, by creating and raising children, or both.

