

# SELF/IDENTITY 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.

Biologically, the Self/Identity Center is connected to our livers, which is referred to in Human Design as the seat of our soul. Who knew? I always pictured my soul residing somewhere a bit sexier, like in my heart or chilling around my crown/ajna chakra....anyhoo...

Regardless, the Self/Identity Center, as all centers do, presents as either open or closed in our charts, and how it presents actually determines how we filter our life experiences.

The Self/Identity Center is all about love and direction. This center governs our purpose and direction in life. Think of the Self/Identity Center as our GPS: it tells us WHO we are, WHERE we are and TO WHAT we are guided. It's our consistent connection to our souls, as all love resides here (*spiritual love; physical love; familial/friend love; love of humanity; love of LIFE*). This also makes the Self/Identity Center a key center for the mechanics of the Law of Attraction and manifestation: in Human Design jargon, the Self/Identity Center is also referred to as the Magnetic Monopole, which in understandable terms means that its job is to be like a magnet with only one pole that just ATTRACTS. Our goal for this center is to attune to it according to our strategy so that we can be open and receptive to all that life offers, as this center is all about our personal expansion.



# SELF/IDENTITY CENTER

## CLOSED

### THE SELF/IDENTITY CENTER AND MANIFESTATION

According to the text *Abundance by Design*, there are eight energies that determine our level of abundance:

1. self-love
2. personal empowerment
3. alignment with our authentic self
4. how we've internalized past lessons
5. alignment with Spirit/the Universe/Higher Power
6. embodiment and body image
7. capacity to allow and receive
8. service to the greater good

Through the Self/Identity Center, we attract into our life the experiences that will teach us how to expand: to love ourselves more deeply; to stand in and embrace our personal power; to express ourselves authentically; to let go of the past while simultaneously learning from it; to trust in a power greater than ourselves; to take care of our bodies and emotional well-being; to surrender to the Universe's flow; to make choices that serve ourselves and the greater good. When we're out of alignment, the Self/Identity Center attracts in lessons and tests that will push us back into alignment.

### CLOSED/DEFINED Self/Identity Center

As much joy as I take from the twisty, turn-y journey that is having an open Self/Identity Center, I am low-key jealous of those with this center closed. I have spent many a meditation session or sleepless night pleading with the Universe to just TELL ME WHAT I'M SUPPOSED TO BE DOING ALREADY, whereas folks with a closed/defined Self/Identity Center JUST KNOW. Their motto is "I am who I am" and they truly are deeply authentically themselves in all they do. Think about Jennifer Lawrence. I LOVE HER. No matter who she is talking to (the Hollywood Foreign Press, Kim K while guest-hosting on late-night) she is the exact same authentic person. I looked up her chart and sure enough, she has a defined Self/Identity Center. BAM! I find her to be so refreshingly real and authentic and love that she just lives her life outloud...she's the type of closed Self/Identity energy that I want to surround myself with :)

Those with a closed Self/Identity Center have a strong sense of purpose and direction in life and are super consistent and solid with regard to their character. They have a strong internal compass, and really seek to be the absolute best versions of themselves...where they might struggle is with how to get there (but don't we all!).

If you have a closed Self/Identity Center, your purpose in this part of your design is to give love. You're like the North Star: shine your light bright so that others can catch some of that warmth and light as they search out their direction. The challenge here for you is to not transition from STAR to SHEPHERD: it is not your job to sherpa folks on that path. Shine your light, but don't join their journey, carry their baggage, etc. That will only drag you down and deplete your energy.

