

HEAD 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 Head/Crown Center is the seat of inspiration and the center from which all truth, doubt and possibility emerge. Depending on which gates are present, the questions we pose and the answers we seek through the Head/Crown Center can either be logical, abstract or personal in nature. This center is unique in that it's only linked to one other center in the body (the Mind Center), and it's one of two pressure centers in the body. The pressure we experience from the Head/Crown Center is pressure to find meaning in life, or the urgency to seek an answer to a problem. In the physical body, it's associated with the pineal gland, which produces melatonin, a hormone that regulates sleep and wakefulness. It's through our Head/Crown Center that we either experience life as AWAKE and INSPIRED or as the walking dead, checked out and operating on auto-pilot.

Those with a closed or defined Head/Crown Center are the inspirational powerhouses of the world. They have a consistent supply of inspiration and inquiry inherent in their makeup and radiate that energy outward. They are constantly asking questions and strongly compelled to leave no question unanswered. If you have a closed/defined Head/Crown Center, you might not even realize how frequently you question the world around you, because that's resting stasis for you. It's just how you operate: you're always reviewing, thinking and conceptualizing the world around you. The challenge comes when you allow yourself to stress about how to make your internal workings external for the benefit of others: a lot of time can be wasted trying to break down the big things you're thinking about into practical, tangible concepts you can communicate to others. This is the pressure center pushing you to understand and explain, so choose your battles. Maybe it's enough that your energy alone arouses deep reflection and inspiration in others. Another important self-care action item: make sure you're giving yourself the time and space to reflect and process. Practice patience. Every question that comes to you doesn't need to be acted upon and solved immediately.

