

# MIND/AJNA CENTER

## OPEN

### 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 Mind/Ajna Center is where we store all of our thoughts, concepts and belief systems and is focused primarily with research and conceptualization. This center is all about taking the information that flows down from the Head/Crown Center and distilling, filtering and rationalizing it, with the ultimate goal being understanding. Remember: the Head/Crown Center is one of the pressure centers, so it's pushing down all of the inspiration it absorbs in the form of thoughts into the Mind/Ajna Center for processing and analysis, resulting in a pressure to understand or find an answer. The Mind/Ajna Center is the ultimate connection-seeking device: as one of our three awareness centers, it's taking in all of these thoughts and ideas and beliefs and connecting them to our past and present so we can project and extrapolate this information into the future.

In the chakra system, the Mind/Ajna Center correlates to the 6th chakra (Ajna), also known as our third eye, which empowers us to see the world with intuition and deeper insight, assisting us to see more clearly what we need to learn. When we have a blocked 6th chakra, we feel fuzzy, hazy and confused, which leads to feelings of agitation and worry, two feelings that also live in the Mind/Ajna Center. Think about it: how do we usually feel when information we're taking in just isn't clicking, despite our best efforts? Anxious and agitated 😬. It makes sense these feelings would live alongside our rationale.

Biologically speaking, the Mind/Ajna Center is associated with the pituitary gland. Just like the Mind/Ajna Center is like the master computer for our Human Design, constantly taking in and processing information, the pituitary gland is the master gland for the body, directing our hormones. Working in conjunction with the hypothalamus, the pituitary takes in information and directs messages to multiple other major glands in the body, just like the Mind/Ajna Center takes in information and ideas for analysis and eventually, action.



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If you have an open/undefined Mind/Ajna Center, you're someone who is empathetic, judicious and open-minded (duh). You have the GIFT of being able to approach information or a situation from multiple sides/perspectives, look at all the different layers and process what you find in a myriad different ways. You're thoughtful and intellectual, and really have no fixed way of thinking or interacting with new thoughts or information. This also has a tendency to frustrate those with a closed Mind/Ajna Center. Ever been told to just "DECIDE ALREADY!!!" or to "JUST MAKE A DECISION AND STICK WITH IT" before? I have!! ALL THE TIME. **Just remember:** those of us with an open Mind/Ajna Center were engineered specifically to take in information this way, so it might prove super challenging for us to lock onto any one fixed idea or belief, precisely because we see all the layers and nuances in a way that not everyone does. Our world is not black and white: it's far more shades of grey than fifty. Those of us with open Mind/Ajna Centers are here to really be wise and considerate of thoughts and ideas and beliefs, not to necessarily adopt them as our own, which is a mantra we need to keep in mind especially since open centers are open to the conditioning of others. When our Mind/Ajna Center is open, we live in the land of uncertainty, so rather than fight it, we should embrace it, because with uncertainty comes potential and possibility and expansion.

On a practical note: have you ever wandered around your bedroom or torn your car apart frantically looking for your sunglasses, only to find that they're on the top of your head?

#openmindcenterproblems As a tribe, we can be super absent-minded (our Mind Center is OPEN after all). A practical tool is keeping a to-do list to keep track of tasks that must be completed or keeping a journal of conversations we want to remember, lest they flutter away from us whilst we're focused on something else. Another perk: because this center is open, we are able to, in a sense, trap the thoughts of others. This presents as being able to tune in and perceive what others are thinking, which makes us highly engaging in conversations and able to sense what those around us are thinking and feeling.

