

SPLEEN 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.

Our Spleen Center is one of the three awareness centers, and it's the oldest awareness center within our Human Design. This center is connected to our most primal, survival-driven, existential awareness, and the energy of this center is instant and instinctual. One of the tools used by this center is fear as a means of gaining intelligence about what is good for us and what is absolutely not, and through this center we learn how to survive and thrive.

Biologically, our Spleen Center is connected to our immune system, lymph nodes, spleen (duh) and t-cells. Through these body parts/organs/cells, our body battles disease and infection, eliminates waste and toxins, and fights for our physical survival.

This center operates as our internal radar and is highly sensory, taking in information and quickly determining what is right and what is dangerous. Our intuition lives here, and it's through the Spleen Center that we feel out what rings true for us and what's FALSE, what resonates with us and what absolutely does not. These gut-feelings are short-lived, and that's CRUCIAL for us to remember as we work with the energies of this center: **these feelings of fear are fleeting**. They are not meant to last or be held on to. Think of them as an alert you get from an app on your phone. Take note of the information and then move on. Don't hold onto it! The gates that are activated in this center determine our experiences of fear, and which fears are triggered. Fears like:

Fear of death
Fear of failure
Fear of not knowing
Fear of the future/the unknown
Fear of the past
Fear of taking responsibility
Fear of death
Fear of authority



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One thing to remember about working with our Human Design in general that also applies here: not all the energies that we feel are going to be logical or personal. By learning about and through our Human Design, we get the distance and insight that can free us from fear through awareness and understanding.

OPEN/UNDEFINED Spleen Center

As is the case with all open centers, those with the Spleen Center open tend to take in the fear energy of others and either mirror it back or absorb and magnify it. Folks with open Spleen Centers just aren't designed to process that level of fear energy and can get über overwhelmed if they aren't used to navigating how to work with this center. The lesson to be learned from this center? **Most of the time, your fears are unfounded.** Literally. They can come from outside of you, so they have no home, no foundation in your body. Through this center, you learn to be wise and objective about fear: to learn to determine which fears are your own, which fears actually belong to others, and how to release any fear-based energies you may have inadvertently taken in that are not serving you. In *The Definitive Book of Human Design*, Ra Uru Hu talks about how important it is for those with an open Spleen center to avoid those who project this intense fear energy. Instead, to really learn the lesson of this center, you need to experience the fear, observe it, learn what you can from it, and release it since it has no foundation inside of you.

If you have this center open, you're probably really good at reading fear and anxiety in others, as well as telling when someone is ill. You also tend to have a sensitive immune system and are really susceptible to reacting to subtle changes within your body. For instance, you might be super sensitive to certain foods or not be able to drink more than a glass of wine before you're pretty tipsy.

The Spleen Center isn't just a fear energy center; it's a feel-good energy center, too, and those with this center open LOVE to be around those of us with this center closed, especially when the good vibes are flowing, because we make them feel strong, nurtured and secure. Folks with open Spleen Centers also don't have consistent access to intuitive energy that the Spleen can provide. Those of us with this center closed, if it's our **Authority**, can use this energy to make decisions by learning which fear energy we feel is a HELL NO! DANGER! and which is I'M SO EXCITED! AND NERVOUS! BUT MOSTLY EXCITED! Hanging around those of us with this center defined helps those with the center open feel more confident and sure about the decisions they've made. The big takeaway around having this center open is to NEVER MAKE IMPULSE DECISIONS. Your fear/feel-good impulses are so heavily influenced by who is around you that you should ALWAYS ALWAYS ALWAYS defer to your authority and strategy when making big decisions.

