

MIND/AJNA 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 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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Whereas an open Mind/Ajna center is like a computer, the closed Mind/Ajna center is like the external hard drive, still processing, but also constantly comparing, reviewing, categorizing and storing information (or maybe computers do that, too...not great with technology analogies!!). If you put your mind to solving a problem or researching a specific topic, you are focused, you work it out, and you move on to the next thing. When you're deep in it, though, sometimes all the focus can read as INFORMATION OVERLOAD. You have a methodical way of working, and you approach each new task in a fairly fixed way. I mean, if it isn't broke, why fix it? Overall, you're trustworthy and reliable, engineered to hold information, and uniquely capable of certainty in a way that those of us with open Mind/Ajna Centers just aren't. In fact, you bring a grounding energy to a conversation: those with an open Mind/Ajna Center, left to our own devices, will attack a problem from ALL OF THE SIDES, but when we're around those with a closed Mind/Ajna Center, we're able to channel some of your decisiveness. So, THANK YOU.

People with closed Mind/Ajna Centers are fantastic at jobs like consulting because they're able to really nitpick, in the best sense of the word, and surface problems or issues others might not have noticed. And to paraphrase an old AA adage, the first step toward a solution is actually admitting that there's a problem.

Where a closed Mind/Ajna Center can become a problem is when it gets fixated on anxiety and worry. Just like those of us with an open Mind/Ajna Center get yelled at because we can be indecisive, we yell at those with a closed Mind/Ajna Center with "You're worried about NOTHING!!" or "STOP worrying about something that LITERALLY hasn't happened yet!!" Maybe we should just stop yelling at each other in general?

Now you may not be able to completely turn off your thoughts and worries, but those with a closed Mind/Ajna Center might find meditation to be helpful for practice with observing thoughts without engaging with them.

