

SELF/IDENTITY 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.

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.



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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.

OPEN/UNDEFINED Self/Identity Center

Those of us with an open/undefined Self/Identity Center are prone to asking the question: "WHO THE EFF AM I?"...a question we can't answer in any consistent way because it changes over the course of our lives. We're going to wear many hats over the course of our lifetime, and that's by design. Maybe a way to reframe our existential question is to turn it into a statement or mantra: "WHERE I am is WHO I am right now." My fellow open Self/Identity Center folks and I gather our sense of self from the people around us and the environments we place ourselves in, therefore it is CRUCIAL that we're surrounding ourselves with energy we want to take on as our own: We need to trust and admire who we get our bearings from. We should surround ourselves with people who bring out the best in us and seek out environments that are alternately stimulating or soothing, depending on the energy we need in the moment.

Here's an example: I am a hopelessly messy person, something I'm working hard at rectifying. When my workspace at home is a cluttered, scattered mess, I AM a cluttered, scattered mess. I have a hard time focusing on just one task, I lose track of my thoughts, I try to take on too much at once...you get the picture. (sidebar: *I also have an open Mind/Ajna Center, so keeping all my thoughts in order is a challenge as it is! Mess just begets mess here*). When I'm working at a clear, clean desk or table, it's a completely different vibe: my focus is better, I crush my to-do list, etc.

One strategy to help harness the potential inertia of our open Self/Identity Center is to put ourselves in the right places with the right people at the right time. DUH. Wouldn't we all love to be in the right place at the right time all the time? So how do we accomplish this? First, the right place isn't just one place. Ditto with people. We need to feel out what places and which people give us that deep inner FUCK YES feeling, the ones we feel the click with. We need to pay attention to our guts: if we're somewhere with a group of people and something feels off, it probably is...and these places/people are going to bring us the "wrong" opportunities (lessons and tests) or none at all. So our job is to actively seek out our tribe of "right" people and to spend as much time in our "right" places to attune ourselves to attract the most flow & abundance through this center.

Because the center is open, we have the ability to take in the energy of those with a closed/defined Self/Identity Center and we AMPLIFY it. This gives us so much insight into the perspectives of others, as we're able to really understand the other people's sense of self and direction in life. We also act as mirrors, reflecting back to others who they really are. As a result, we likely have a super diverse group of friends and acquaintances, since the goal of our design is for us to be wise about experiencing others. And there is definitely a beauty in our flexibility: when we're in alignment with our Design, we're able to be the true social chameleons and are able to go with the flow and live in the moment.

There are two common challenges to living with an open Self/Identity Center: 1) feeling as if we have to prove our lovability and 2) taking on a direction that is not our own.

First: a common feeling of those with an open Self/Identity Center is the need to demonstrate value...as if someone who doesn't have one clear path or direction isn't as valuable as someone who does. When we're young, we probably envied or looked up to our peers who seemed so sure of themselves or seemed to KNOW their direction in life, and may have taken in some wrong-headed messaging that KNOWING = VALUE. We should remember: having an open Self/Identity Center means we're here to be beautifully flexible and to be wise about experiencing others. Many super effective teachers, therapists, and coaches have open Self/Identity Centers.

Second: we need to make sure we're not taking on the direction/purpose of someone else through our open center. This is especially dangerous if you have an open Head/Crown Center and tend to get super easily inspired (GUILTY). How do we know if we're following a direction or path that's really authentic? Do a gut check, ask yourself some hard questions (is this really my path, or am I just super energized by watching another follow theirs?), take some time alone to recalibrate, and then act according to your type's strategy (*more on those when we get into types, but here's a brief explainer*).



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