

SACRAL 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 Sacral Center serves as the engine room for our chart. Within the Sacral Center we find the vital life force energy that empowers us to endure hardships and challenges and fuels our growth and expansion.

Biologically, the Sacral Center is associated with the ovaries and testes, and our energy for work, labor, movement, persistence, sex and reproduction all originate here. If you have Sacral Authority in your chart, pay attention, because the section on the closed/defined Sacral Center has some crucial insight into your ideal decision-making process.

OPEN/UNDEFINED Sacral Center

Those folks with the Sacral Center open/undefined have unlimited capacity to take in and experience this life-force/sexual/work-fueling Sacral energy. Your goal, through this center, is to become wise about your workload and your sexuality. As with all open centers, you don't have consistent access to your own life-force energy, but you are specifically designed to absorb and amplify this energy from those who have the center defined. You're only designed to do this in short bursts, however. BUT within that short burst of time, you can actually outwork a Generator or Manifesting Generator, as they're engineered for stamina. Be careful of the contact high: while you're taking in this energy, you can feel INVINCIBLE and inadvertently overcommit. Remember: once the person with the closed center is gone, this energy isn't as readily available to you for much longer...be realistic about what you can accomplish, delegate, outsource, and if possible, look for careers that allow for a flexibility in your schedule. Healthy boundaries and realistic expectations are the name of the game for you. You have SO MANY GIFTS to offer the collective, but being a workhorse isn't one of them.

PERK ALERT: having an open Sacral Center means that you need naps and plenty of alone time to discharge this acquired Sacral energy from your system. A healthy bedtime practice for you involves plenty of time to release unwind and relax before you expect to fall asleep. Think lighting a candle, meditating, reading a book, all about an hour or so before you plan on turning off the light...otherwise, you might not be able to completely shut down and rest. In fact, you might even want to carve out time to sleep alone a few times a week, ESPECIALLY if your partner is a Generator or a Manifesting Generator so you can truly unwind and reset...otherwise, you're just constantly taking in their Sacral energy, while your poor body just wants to rest!

