

HEART 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.

In Human Design, the Heart/Will Center is related to more than just your heart. Biologically, this center connects to our hearts, our stomach, our gallbladder and our thymus. Along with the Sacral, Solar Plexus/Emotions and Root Centers, the Heart/Will Center is one of our four motor centers, which means these centers provide us with the energy we need to manifest. If this energy center were a tarot card, it would be The Magician. The Heart/Will Center is primarily concerned with being a source of energy to convert our thoughts into things. And just like The Magician is spiritually enlightened, the more connected we are to Source/Spirit/God/the Universe/our Higher Power, the more energy we have access to than by sheer will alone.

The Heart/Will Center is responsible for manifesting things on the physical plane. This is the center that pushes us forward in life and fuels our heart's desire. Money/business/financial matters are processed through this center, as this is where we get our drive, to invoke the GODDESS Rihanna, to "work work work work work work." Seriously though, a monetary transaction is an energetic exchange, and value-based energy is very much a Heart/Will Center concern, as money is an energy closely related to the wishes of the heart. This center gives us the energy to create or seek out the resources we need and the strength and tenacity to endure when things get tough.

Here's the bad news: only somewhere between 12.5-37% of the world's population has a closed/defined Heart/Will Center (two of the texts I consulted gave fairly different stats, so I'm presenting both). Only folks with a closed/defined Heart/Will Center have 24/7/365 unfettered access to this motorized energy and willpower.



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As for the rest of us, the 63-87.5% of us with an open/undefined Heart/Will Center, we RELY on taking in that auric energy from those with this center closed/defined. Not that we're energetic vampires. Not at all. Just like hanging out with someone with a defined Self/Identity Center can energetically influence us take on more of their decisive, purpose-filled energy, keeping company with those who have this center defined influences/motivates/energizes those of us with that center open/undefined and gives us the kick-in-the-pants to GET TO WORK. This is one of the many reasons why starting a new habit, like Whole30 or training for a marathon, is shown to work better when we're in a group rather than solo, especially if someone in the group has this center defined. Closed/defined Heart/Will Centers have intrinsic motivation, and it's like we get an energetic contact-high just being in their presence.

Welcome to the 63-87.5%. It's not that we don't have willpower, it's just that we can't get high on our own supply, so we rely on others for that sweet sweet energy burst that we need to get to WORK.

One tactic that works well for those of us with an open/undefined Heart/Will Center, and that works in conjunction with our official TYPE strategy is to **make promises or commitments**. If you're a Generator, and you RESPOND (your strategy) by promising to complete a task, that harnesses the energy we do have access to. OR, if you're a Projector, and you've waited for the invitation and now you're involved, and it's worth your energy, commit to take on a part of the project.

Here's the catch: we can't just commit and promise to take on everything. If we fail to act according to our TYPE strategy and overpromise/commit to ALL THE THINGS, we're going to burn energy we don't have and burn out. So in addition to using our type's strategy, we just need to make sure what we take on is truly worth our energetic output. If you have a Sacral Authority in your chart, combining the tactic of listening to your gut (*applying the "FUCK YES" or "No, Thanks" litmus test*) with our TYPE'S strategy can be super helpful as we decide what commitments to give our time and (*limited*) energy to.

Some shadow stuff a lot of us with this center open/undefined might deal with is feeling a push to constantly prove our value or worth. Because we don't have the consistent energetic access to the willpower that those with this center closed/defined do, we might have somewhere picked up conditioning and programming that said we didn't have inherent value (*which is FALSE! WE DO!*). We might subconsciously feel that we need to be constantly working and pushing and demonstrating how productive and committed that we are so that our value can be noticed and validated. We, as a group, also have a tendency to wayyyyyy undervalue ourselves. We might find ourselves accepting a lower salary or not asking for a raise or pricing our offerings well below market value (*or even give them away!*) for a variety of shadow-y reasons. If any of that resonates with you, a good gut-check question is: ***what am I trying to prove? and who am I trying to prove it to?***

One thing I personally try to keep in mind (*given that 6 of my 9 centers are WIDE OPEN*): our open centers are our deepest sources of wisdom. I'm going to channel Gabby Bernstein for a minute who talks about switching our mindset around obstacles and to instead look at them as opportunities. YES, open centers in a chart can be frustrating AF because we're susceptible energetically to taking SO MUCH of the outside world in, whether we consciously want to or not, but there are so many layers here and there's an opportunity for beautiful work to be done around where the outside conditioning influence ends and where our purest, most authentic selves begin.

