



HUMAN DESIGN

The Nine Centers

<u>CENTER</u>	<u>RESPONSIBILITY</u>	<u>CHARACTERISTICS</u>	<u>DEFINED</u>	<u>UNDEFINED</u>
HEAD Pressure Center	Fuels inspiration & mental conceptualization	Pressure: to make sense, to know, to understand	Inspiring to others. Mental pressure to understand; always reviewing.	Inspired by others, open to outside influence. <i>Are these questions mine?</i>
ROOT Pressure Center/Motor	Fuel & drive for life itself; how we deal with stress	Fuel: aliveness, stillness, fight-or-flight mechanism	Use stress to motivate, get things done, & make changes. Channels show what is fueled by drive and how energy operates.	Experience and take on pressure and stress from others. <i>Is this stress mine?</i>
SPLEEN Physical Awareness Center/ Body Consciousness	Well-being, immunity, intuition	Frequency: awareness in the now, physical survival, instinct, intuition, taste	Honor gut feeling. Spontaneous, strong. Tend to ignore physical issues.	Their spontaneity can be dangerous. Sensitive. Physical issues are obvious. Take on unwell energy of others. <i>What am I holding on to and attached to?</i>
AJNA Mental Awareness Center/Mind	Thinking, analysis, research, interpretation	Frequency: seeing things in context of past, present or future, anxiety, thought process – abstract, individual, logical	Rely on own thought process; confident in thinking; opinionated. Know what they think without thinking about it.	Flexible and open to influence of others in thinking and processing information. <i>What am I trying to be certain about?</i>
SOLAR PLEXUS Spiritual Awareness/ Emotion/Motor	Emotional clarity & awareness, passion, romance, pleasure, desire, sexuality	Frequency: emotional wave, nervousness, feelings, emotion, sensitivity	Emotional responses have no truth in the now; wait until emotions subside. Wave is from hope to pain.	Vulnerable to moods and feelings of others, shame & guilt. <i>Where are you being nice and tolerating?</i>
SACRAL Motor	Empowerment for vitality, fertility & reproduction, intimacy, nurturing	Response, senses resistance or receptivity, generates/regenerates, gets stuck	Use response/resistance to know commitment. Never initiate; wait to respond.	Open to life force in all manifestations. Sexuality dependent on partner. Promiscuous or prudish. <i>When is enough enough?</i>
Ego/Will (Heart) Motor	Material security, status, hierarchy within a group, power, drive for success	Courage, competitiveness, ego, command of resources	Make & keep promises. Strong-willed, self-reliant, & empower others.	Never make promises. Defensive. <i>What am I trying to prove? Do I know my worth?</i>
THROAT Gearbox	Manifestation of communication & action (speak/do)	Style of expression defined by connections; motor manifests action through its connections	Comfortable expressing themselves, know what to say, where they are coming from when communicating. Initiate action from connected centers.	Feel pressure to speak, struggle to find the right words. Speak more effortlessly when responding. <i>Where am I looking for attention?</i>
G/CENTER (SELF) Identity	The higher self; center of our identity	Love and direction in life; the guide in one's life trajectory	Know who they are and where they are going, trust their potential for love and direction	Open to experience love and direction in many ways. <i>If you are in the wrong place, you are with the wrong people.</i>