



Conversations on CENTERS in Human Design

Announcer: Are you ready to live boldly, full out and on your terms? It's time to wake up, overcome your fears, embrace uncertainty, access your power and claim your dreams. It's time for Tuck Talk with Tuck Self the Rebel Belle and her guests, Belles with Balls.

Join us now for inspiring conversation and bold self-expression, for living life full out and on your terms. Here is your host for today's podcast, the rebellious Tuck Self.

Tuck: Welcome, everybody. I can't imagine that y'all don't know this by now. My name is Tuck Self, and I am the Rebel Belle. I am a Southern voice for bold self-expression.

You guys have arrived tonight for Tuck Talk. I like to say it is fun and inspiring conversation with the Rebel Belle and her guest belles, Belles with Balls. That would be women, and sometimes mystery guest men.

We actually have some mystery guest men with us this evening. They trust their power, own their boldest voices of self-expression, and share their gifts with the world, full out and on their terms.

I am a coach, writer and speaker. I have a passion to inspire and empower my clients and anyone who has the nerve to step into my interview field to fully express themselves and all their boldness and power, and to do that with passion, purpose, and I hope a boatload of play.

You can find me on the web at www.TheRebelBelle.com. I hope you will. While you're there, grab a copy of *The Rebel Belle: 7 Steps to Outrageous Freedom Full Out and on Your Terms - the Outline* eguide.

I'd like to give a quick shout out to my good friend Penny Calcina and her "Your Inner Journey Talk Radio" talk radio show. I have the delight to be a co-host for Penny's show every Sunday morning at 11:05 a.m. on WOIC 1230 AM radio.

The easiest way for you guys to listen, and I so hope you will, is to go to www.YourInnerJourney.com. When there's an On Air button that's flashing, click on it and you can join us live. If you can't join us live, you can look for the word "archive" and join us that way.

Penny has created an amazing show that I think is just about to take off globally. She interviews individuals from all over the country who get to share their own inner-journey tools and how those have inspired them and are inspiring the lives of their clients.

This week on Tuck Talk we are going to continue a conversation that we started in April on the topic of human energy design. I consider it a very powerful personal empowerment tool that I get to use in my coaching, my family and personal relationships, and when I reference and empower my health and wellbeing, my intuition, and my life's work.

It is an amazing tool that aligns you with your power, your boldest voice of self-expression, your purpose for being on the planet and your soul.

If you're ready to unlock your truth, access the key to your inner power, unleash your talents, gifts and skills, and embrace your wisdom in a whole new empowering way, hold on to your petticoat, britches, hat or whatever you can and get ready for that g-force feel this evening.

What I'd like to do is welcome my friends. I actually have friends tonight. It's one of my fears in life that I won't have any friends.

I'm going to start at the very top. That would be the very oldest. I would like to welcome my older brother Hunt, from Austin, Texas. He is a triple-split, quite defined in many centers, projector. Welcome, Hunt.

Hunt: Hello, y'all.

Tuck: Coming down, but still older, is my sister, Maggie. She is very open, a defined head and ajna, and a single-definition projector. Maggie Self is the owner and founder of www.ChildrenOfSpirit.org. Welcome, Maggie.

Maggie: Thank you.

Tuck: Nan's not here yet.

Now for my significant person, who is a split-definition manifesting generator? We have Larry Reed of Mortgage Advocates. Welcome, Larry.

Larry: Thank you. I'm happy to be here.

Tuck: Finally, we have a pure manifestor with us tonight. She is a split-definition pure manifestor from Charleston, South Carolina, aka The Hormone Lady, Roz Adams. Welcome, Roz.

Roz: Hello. Welcome, everybody.

Tuck: We're just one big, happy family.

We're going to go through the centers tonight. You're not going to get loads of information. Hopefully, you're going to get more of an experience of what that center feels like.

Before we get started, I'm going to ask you two questions. You certainly don't have to answer them, but here they are. Are you living powerfully from your talents and your gifts, or are you allowing your fears, conditioning, vulnerabilities, patterns and limiting beliefs to hold you back?

What if there was an instruction manual that would guide and direct every choice you ever made and a map of your personal DNA that aligns you with your soul?

I believe, and I think many of my friends do, that human design provides that map. It is a profound and revealing blueprint of your energy signature. It identifies your personality, strengths, talents and gifts. It also amplifies and magnifies your weaknesses, vulnerabilities, patterns and conditioning, all by your own self-design.

In other words, you actually designed yourself this way. You're here for a very specific reason and purpose. In alignment with that purpose, you have designed your human-energy signature with the intention of, I believe, living one heck of a fabulous life and in that

process unleashing and discovering your one unique life strategy, which you find in human design.

You will also unleash your talents, skills and gifts and hopefully release those patterns, vulnerabilities and conditionings in a way that you can create the life you desire by unlocking the truth of who you are.

Hopefully everybody has a Human Energy Design Chart in front of them. The first thing I'm going to assume you notice is that you have nine geometric shapes on that chart. Those are centers, which is what we're going to talk about. They are the centers for human design.

The centers are actually hubs of information. They process, move and digest energy. They represent your mind, the way you think and speak, your identity and heart, the way you get under stress, your intuition and emotions. They represent your rhythm and pattern, and the rhythms and patterns that govern your movement through life.

What your centers are going to tell you is how and why you attract people and circumstances to you the way you do, why you seek or are opposed and repelled from certain things, where you are prone to not be your authentic self, and how to unlock the truth of who you are. I know I've put a copy of the chart on the invitation and on the thank-you page.

If you go quickly from top to bottom, that triangle at the top of chart, which some of you have in yellow and others in white, is your head. The head is the center of inspiration.

Directly under that is a triangle turned down. Some of you have a green one and some of you have one that's white. That's the ajna. That's where you actually conceptualize things.

Underneath that is a square. It can be brown or white. That's your throat. That's the center of communication and manifestation.

Directly underneath that is going to be a diamond. In some charts it shows yellow and in others white. That's the identity center. It's the center for your love and direction.

If you just keep going straight down, you'll find another square second from the bottom. Some of you have a great big red one. For some of you it's white. That's your sacral. It's the center of your vitality, sexuality and creativity.

The square at the bottom is the root. It might be brown or white. The root is your adrenaline. It's where you feel pressure and experience stress.

Looking at your chart, to the left there's a triangle turned on its side, inward. That's your spleen. It's the center of your wellbeing and immunity.

Directly across the chart, over on the right is the same thing, a triangle turned on its side. That's the solar plexus. It's where you are going to experience emotions.

Then there's one little teeny triangle left. It's up on the right by the identity center. That is your heart. It may be red, and it may be white. The heart is also the ego, and that's the center for your willpower.

How do these centers unlock the truth of who you are? They do so through your definition. What you'll notice is that some of your centers have color and some don't.

When your center has color, we're going to call it a defined center and say that the energy that moves through that center is fixed, true and reliable. It's who you are and think you are. It's the you that you express to the world. It's where you're going to find your talents, strengths and gifts.

Where you don't see color, a center may be white or open. We'd call that undefined. The energy that moves through that center is not consistent. Therefore, it's not trustworthy. You probably can't rely on it. These are places where you are open to the influences of the outside world.

In human design we say you're not just open to taking that energy in, you take it in and amplify it. Those areas can become some of the deepest areas of your pain, conditioning, vulnerabilities and patterns. Once you know that energy is not yours and you understand that, you begin to decondition yourself.

These can become centers of your greatest wisdom. It's where you can actually reflect back to the world and to other people who they are. It's where you go to school in this life.

There is one more thing. Out of all these nine centers, I'm going to tell you that two of them are pressure centers: the head and the root. Everybody knows what pressure feels like. When we go through the centers we'll say a little bit more about that, but these two centers are always pressuring your body.

In the Human Design Body Graph, there are four motors. Motors carry a lot of energy. The root, sacral, solar plexus and heart are motors.

There are three awareness centers. I think these are the greatest gifts that human design can give to us. These are there to help us navigate the physical plane.

One of those awareness centers is the spleen. That is the little triangle on the left turned on its side. All three awareness centers have an energy frequency that they operate in. The spleen's energy frequency operates in the now. It is existential and momentary. When we talk about the spleen you'll see these are primal fears.

The ajna is an awareness center. The frequency there is over time. The mind gets lost in the mental. It's thinking on the physical plane about the past, present and future.

The solar plexus is the last awareness center. It's where we carry our spiritual awareness. The trick here, with the emotional solar plexus being a motor and a spiritual awareness center, is in this lifetime to learn to find a place of peace and balance in the emotional wave, or to gain consciousness around our emotions so we can move through this world spiritually aware.

Then we have the identity center and the throat. That's your quick lesson on the summary overview of the centers.

We're going to start with the head center. I know that Sharon and Diana are here. Pam's here and I don't have her chart.

Sharon has a defined head and ajna. I don't know about the rest of you. The head is the center of inspiration and ideas. It's where we take energy and ideas in. When that center is defined, the

individual is going to have a fixed way of being inspired and coming up with their ideas. It's going to be specific to them.

When that center is undefined, the individual is open to being inspired by people in the outside world. Seventy percent of people in the world have that center undefined. That means 30% of people walk around with a very fixed way of navigating their own mental pressure and 70% of us are taking that way in and amplifying it.

With an undefined head, I find myself trying to answer other people's questions. Inspiration and ideas come to us from those gray areas of the brain through questions, for the most part.

I know Maggie and Roz have defined heads and ajnas. Maggie, you've been around human design for a long time. Roz, you're very new to it.

Just for your head, Maggie, is there anything that you can say about what it feels like to have that center defined?

Maggie:

I think I could say more about the ajna. I'm sitting here looking at some of the descriptions around it. "Mental pressure to understand" is a big one for me. I always want to understand things.

These are my only two defined centers. I know that bringing past, present, future and all that is the way I inspire others.

Tuck:

Defined head people and defined head and ajna people are here to inspire the world. They have an amazing gift and mind, and they're here to share that with other people.

Maybe you can confirm this, Maggie. What can happen is that a person who has that center defined, rather than getting that their mind is for other people, can turn it inwards on itself.

That individual can get stuck trying to make sense of things and figure out what the future's going to be like, or just get lost in the minutiae and trying to know things that aren't knowable.

Maggie: Yes. Another thing to add to that is that when people ask me, "What is it that you think?" it's such a confirmation for me. A lot of times, people say, "How do you feel about this?" and that's really not who I am.

Tuck: You're open in all those other centers.

Maggie: It feels really good when somebody does ask me that.

Tuck: A head cannot be defined unless the ajna is defined, obviously. A channel has to connect those two to define the head.

There are three channels that play around up there in the head. They have three different modes of processing ideas and inspiration. One is to try to make sense of the past. One is to try to get really clear about the future, and one is just to get lost in the mental pressure of the present time, trying to understand the mysteries of life.

I know that you and Roz each have a different channel. Yours is more about doubting things, being suspicious and worrying about the future. Roz's is more about trying to make sense out of where she's been in her life. How does that feel, Roz?

Roz: That's what I'm always doing. I use that information to help other people.

Tuck: If you find that you have a defined head and ajna, or you know defined head and ajna people, that configuration is designed to give the gift of your intelligence and inspiration to the outside world

rather than turn it in and try to doubt yourself or figure out things about your life and make sense of your past.

Open head people are here to take in that inspiration from the outside world and amplify it. My experience is that I seriously run around trying to make sense of everybody else's questions and life. I don't know how that works for you, Larry. Is that familiar?

Larry: Yours is about life. Mine is about just figuring it out, period. In other words, it's more about just trying to understand and know about things.

Tuck: Here's the thing about the head, whether you're talking about the head or the head and ajna. Each one of us knows our type, and each type has a particular strategy. The way that we align with our soul and create absolute flow in our lives is to live the strategy for our design.

What we all tend to do is to take our mind however it's configured, and have it make decisions for us. That's what you just said. "I try to understand," rather than living by the strategy of who you are.

Larry: That's exactly right. I find myself doing that. One of the good things about learning more about design is that I now am beginning to understand that better. I find myself living somewhat differently and slowly changing those patterns.

Tuck: Let me talk about the ajna very quickly. I want to talk to Hunt because he has an undefined head and a defined ajna, which carries a very different energy than a defined head and defined ajna or having both those centers undefined.

The ajna is where we conceptualize, formulate and bring ideas together. That's just the easiest way for me to say it. It's where we analyze, formulate and conceptualize.

That is to take the ideas, inspirations and all the thoughts that are coming in and make some sense out of them or find a pattern that you're comfortable with so you feel secure about moving into the future. It could also be just having that epiphany or aha that actually brings things together for you.

Even though we can be inspired and can actually conceptualize and analyze that, none of it may get out into the world if that ajna is not connected to the throat.

When you hear Maggie talk about getting stuck in her mind sometimes, it's because her head and ajna are not connected to her throat. She has to be around other people to actually get that expression out.

Maggie: Yes. There was something you said, and I just wanted to share. You said something about the defined head and how I can turn that in. You really need to have a way to express it. That's a good thing to do.

With my design being a projector waiting to be asked, that's exactly what happens. I can be very opinionated and know what I think, but if it's not asked or I'm not around somebody where I can voice it, I've found that I turn it in and then just get lost in it.

Tuck: I know Roz has the same design and so does Sharon. The head and the ajna are defined, and they don't get to the throat. It's not going to be a natural mode of expression to be able to get that out. There does have to be that connection with other people

Defined ajna people have a very narrow, fixed way that they think. I think if you ask many CPAs or you happen to get their designs, you'll discover that many of them have defined ajnas.

I love my brother, and I think he has a very narrow way of thinking. What do you think, bro?

Hunt: That's your opinion.

Tuck: Yes. There's no negative in that. It just is what it is. People who have a defined ajna have a fixed and consistent way of thinking. That is their gift to give to the world.

Hunt: That part I agree with.

Tuck: You are going to have one way that you need to communicate to people, and you're not necessarily going to be able to move from that way.

However, the gift that undefined head and ajnas bring to you is the opportunity to see something in a different way. It doesn't mean you're going to change the way you think, but it allows you to see something in a different way.

Those of us who have an undefined head and ajna can be very conditioned by the way you think. We're taking in your way of conceptualizing and formulating, and we amplify it.

I was an undefined head and ajna person living with a mother that had a defined head and ajna, Hunt, who has a defined ajna and an open head, and Maggie, who has a defined head and ajna.

When I left home to go to college I remember literally having to rethink everything I believed in. I thought, "My god. Do you mean

that's not true? I actually can think something different. I don't have to think that way."

If you are in a relationship with someone whose head and ajna are configured differently than yours, like your children, it really opens up that sense of understanding another person's perspective. They can't think like you. You may want them to, but they're not going to be able to.

Hunt, can you just give your experience of a defined ajna to your throat? I know your particular configuration carries a lot of insecurity around being able to express yourself and feel comfortable that you're expressing yourself.

Hunt: There's a lot of fear in expressing myself and around what is actually going to be said and accepted.

The part that I wanted to talk about was the head and these questions.

Looking at my interests, I remember one thing that Mother used to tell me. I'd do a lot of things, but I'd only do the ones that I enjoyed well. That ties into being inspired by people from the outside and wanting to do a variety of things.

I'd only stick to those things that I really felt confident in. Those are the ones that I excelled at, rather than being just influenced by others. That awareness of, "Are these really my questions?" has been something nice for you to tell me.

Tuck: You bring something up. For anyone who has an undefined head and ajna or either one of those, like Hunt who has an undefined head and defined ajna, it is really easy to get hooked into another person's questions.

Maggie was here one week. While she was living with me, she got really sick and didn't know why. I found myself in another room of the house trying to figure out why she was sick. It was like I kept trying to come up with the answer as to why something was wrong with her.

If you're ever in a business meeting or know you have to negotiate with someone and you know they have a defined head and ajna and you don't, you might want to go to a public place so you don't get over-conditioned.

You can easily get pulled over to someone else's way of thinking. Then you move out of that energy and wonder what the heck you just did. While you were with that person you were totally on board with what they were thinking.

Maggie: Pam has both of those undefined. You don't have her chart.

Tuck: Undefined head and ajna people are just here to take it in and be inspired by it all. Watch how you relate to people if you know they have a defined head and ajna or just ajna. It's never personal. It's just energy.

We will move down to the throat. It's just such an important center in the human design chart. Everything needs to get to the throat to either speak or express itself through action.

A defined throat is going to feel really comfortable with its voice. Based on what gets to the throat, the throat is going to speak that way.

If a solar plexus gets to the throat that person speaks emotionally. My solar plexus goes to my throat. Roz, so does yours. When you're speaking about emotions and talking about hormones and

how they relate to the emotions, you're probably very passionate. You speak from your emotions.

We say people who have an ego that goes to their throat speak from their ego. You hear them say "I" a lot.

People who have an ajna that goes to their throat, like Hunt does, speak from their minds. I don't want to say they can be very heady, but they speak their minds and are very comfortable doing so.

When the identity gets to the throat, that person speaks from the core of who they are. Know that that individual can be very sensitive to criticism.

An undefined throat is not going to feel the same sense of consistency about how they speak. I have a defined throat and so do Larry, Roz and Hunt. I would say all of us are pretty comfortable with how we speak.

Nan: I have one, too.

Tuck: Your head goes to your throat. Your ajna goes to your throat, too. You're open everywhere else, so you're always going to be speaking from your mind.

Larry: Is that as opposed to speaking from your heart or from some other source?

Tuck: When Hunt speaks, his comfort level is where he communicates what he's conceptualized and formulated. When he explains to us why the back muscle is hurting, twisted to the right and strung over to the left, he could talk until the cows come home because he's very comfortable doing that.

Larry: He can go on for an hour about that one. I get it. Thank you.

Tuck: That was a compliment, Hunt.

Hunt: Thank you.

Tuck: When someone has an undefined throat, there is not that same sense of comfort around speaking. The throat gets under pressure to let the energy out. It's like the air that builds up in a balloon. That individual is going to do whatever they can to attract attention.

Maggie: That would be me.

Tuck: There you go. Maggie, you can pipe in any time you want to, open-throat person that you are.

Open-throat people are going to speak for everybody else in the room. You'll hear them. They won't be able to shut up or they might just be as quiet as a mouse.

There's an insecurity about how you speak, Maggie.

Maggie: I was going to say, usually that's what I am unless I get into an energy field and it's different. I notice when it changes. Usually it's very quiet.

Tuck: It was funny. I would always come home with a report card that said, "Tuck's a perfect child. She never opens her mouth. She never says a word." You would come home with a report card that said, "Maggie can't be quiet. She talks too much." Maggie has the open throat, and I have the defined throat. I thought that was very interesting.

We have not hit a motor. We've only talked about three centers. The head and the ajna have no access to energy. There's no action there. That's why your mind cannot be your authority. The throat,

however, has the potential to either speak or do, based on how it's defined.

Your throat is going to make you feel comfortable or not with being your boldest voice of self-expression in the world. It's really important for you to understand how that's designed. If you are undefined, do not put yourself under pressure to speak if you're not connected up in a way that speaks.

Maggie, as a projector with an open throat, needs to be recognized to get the brilliance of her mind out into the world.

Maggie: [Coughs]

Tuck: Was that your way of getting attention?

Maggie: Yes. You noticed that.

Hunt: You keep saying that those who have the defined throat are comfortable expressing themselves. That doesn't totally sit well with me. Can you explain that? It doesn't feel good.

Tuck: You have a defined ajna that goes to your throat. It is an unconscious channel. It's red. We haven't really talked about black and red.

When you see black in your channel, that's something that the individual really knows about themselves. They're familiar with it and can control it. When it's red, they have no idea. It's in their blood, genetics and body, and they can't control it.

You're going to speak from your mind all the time. You also have the channel that's called the "genius to freak." That's someone who is very uncomfortable talking to a group of people if they're not

totally comfortable that the group can hear what it is that they have to say.

Speaking from your mind is going to be the most comfortable way that you can speak. Speaking from your emotions, like Roz and I would do, is not something that's going to be recognizable to you or the people around you.

I would say that Maggie, Larry and I, and the people who know you, are very comfortable saying that you speak from your mind all the time.

Hunt: When you say "mind" you're talking about ajna and not head. Is that right?

Tuck: Yes.

Nan: I have that red channel, too.

Tuck: Maggie, you would probably say that about Nan, too.

Maggie: I would. Who's laughing?

Tuck: Does that answer your question, Hunt? The centers are what they are, and the way all the activations come into play flavors the truth of that center.

Hunt: It just goes back to what I mentioned earlier about being uncomfortable talking to some groups. With the others, depending on what they ask, if they ask me to do it I'm okay with it.

Tuck: The identity center is a great center. It's the G-center for love and direction. It's where the higher self sits. It's what pulls us together from a space of love and holds us together in this illusion that we are all separate. We are all one. That higher self is in the G-center.

This is the center where we experience love and direction. When it's defined, we are clear about who we are and where we're going. We're just not sure sometimes how the heck we're going to get there.

When the center is undefined, there's not that same consistency of knowing who you are, what love is and what your life purpose is going to be about. There is a sense of longing there.

Roz, Hunt, Maggie and Nan, all of you have undefined identity centers. Larry and I are pretty clear about who we are and where we're going. We just don't know sometimes how we're going to get there. Right, Larry?

Larry: Absolutely.

Tuck: You guys that have that center open, my experience of listening to y'all and being around you is that there's just that longing sometimes.

Maggie: Is that to know who we are and where we want to go?

Tuck: Yes. The thing for you guys to do when you get that way is to get out into nature. Go into a place where you can connect into the oneness of the universe and feel that sense of love and direction. The gift of the defined-center people is that we get to tell everybody where they're going.

Undefined people, you are here to reflect those of us who are defined back to ourselves. What a gift that is. Some of the greatest mentors and coaches that I have had had an undefined identity center. That reflection was absolutely brilliant.

Each one of these centers, when they are white and open, carries a question. If you feel like you get stuck in one of your patterns and

conditionings, you can ask yourself the question. For the head it is, “Am I stuck in trying to answer questions that aren’t mine?”

For the ajna it is, “Am I trying my best to be certain about something?” That’s what defined-ajna people do. They need to be certain. We take that in, and we amplify it.

Open-throat people ask, “Am I trying to attract attention?”

Open-identity people ask, “Am I still looking and longing for life purpose and direction?”

The little baby ego center looks so sweet and small. It’s such a powerful motor. Only 35% of the population actually has this center defined. That is a small piece of the population for a world that’s trained to live with willpower, pull themselves up by their bootstraps, get it done and make it happen.

Those of us who have that center undefined are taking that in and amplifying it. Undefined-ego people just don’t have a clear sense of the value of who they are and what they’re here to do. They tend to undervalue themselves and think there’s something they have to prove.

They become overachievers, whereas the defined-ego people are pretty clear about all that. They have courage and willpower. They can make promises.

I love being around Larry because he has that defined ego. Mine is undefined. I feel like I have power to do anything I want to when I’m with him. Then he leaves and I sort of shrink.

Hunt, you have a defined ego.

Hunt: Yes.

Tuck:

You lived your life in the military with courage and willpower. Roz, yours is undefined. Maggie, yours is undefined. I know all three of us have gone to rallies with our fists pumped in the air, saying, "Yes! We're with you. We'll go platinum next week." Then we leave and we say, "Oh my god. I can't do that."

Think about money and how people make a living by what they sell. People can sell us until the cows come home through that open ego. They're selling us how to be powerful and have that courage and willpower.

It's just not going to happen. It doesn't mean we're less than. It just means we don't have that consistent willpower. I know when I'm with Hunt, Larry and my daughter, who have that center defined, I feel really sure of myself.

The question when you have that center undefined is, "What am I trying to prove to the people outside me? Where am I undervaluing myself about who I am and what it is that I'm doing?"

The sacral center is the defined center for all generators of the world. It's pure creative power, sexuality and vitality. We live by response. It's what generators do. It's our life-affirming strategy.

Are we available to give our committed "yes" to something? If we are, here we go. Life is fulfilled through doing what it is that we love to do. We have to live life through response.

Seventy percent of us live like that. That means 30% of the people on the planet are taking that energy in and amplifying it. That is just fabulous if we're doing what we love to do.

If we're not doing what we love to do, are miserable, have entered into something incorrectly and are frustrated, these manifestors and

projectors are taking in our energy and amplifying that. Dudes, how does it feel? I'm talking about Maggie, Hunt, Roz and Nan.

Maggie: It feels pretty lonely.

Nan: I feel resentment sometimes.

Tuck: Here was my experience of it last night. I went to dinner with Maggie, Penny, Roz and Michelle. At about 10:30 p.m., I was just about to fall asleep. My generative motor was just about to shut down. It was tired.

I was in the car with Penny, pure manifestor, open sacral that she is, and she was wound tight. She could have stayed up for three more hours. Open-sacral people don't know when enough is enough. Is that right, open-sacral people?

Participant: Yes.

Tuck: I've been on many a trip with Hunt where he's had to take a nap. I look at him thinking, "What the heck is wrong with you?" Open-sacral people need to rest.

Maggie: We don't always know we need to, though.

Tuck: It's a great thing to know. Open-sacral people need to rest. They are not configured to give a commitment to doing something for the long term. You go in and do it.

Projectors, you get recognized and play with it. Manifestors, you initiate it, and then you get to go home and sleep. Larry, Sharon and I are just going to work our little fannies off while you people go home and rest.

Roz: I'm ready to get to that point.

Tuck: You just do it. It's about truly trusting your strategy and the way you designed yourself to be. It's probably part of your life lesson. You have a boatload of activations on your open sacral.

Let's do the awareness centers of the spleen and the solar plexus.

The spleen, like I said, is the center for your immunity. It's your intuitive awareness and instinct. It's what you viscerally feel in your body. This is all about pure survival. Am I secure in this world? Am I protected? Am I okay? Am I going to be eaten by the lion under the bush that I can't see? Am I going to be taken care of by my parents? Am I safe?

Those of you who have that center defined, your body is talking to you all the time. It's letting you know whether you're safe or not. Your job is to listen to it.

Listen to your intuition. Go with that gut instinct and what your body feels in the moment. Your body is only going to tell you once. It's called spontaneous judgment, and it's yours to live that way.

Defined-spleen people feel so good, especially to us undefined-spleen people. You think you can party all night long so you don't pay attention sometimes. You'll end up being very sick very unexpectedly because you didn't pay attention to what was going on in your body.

Does that feel correct for you, Hunt?

Hunt: Yes it does.

Tuck: You've picked up the modality of exercise, which keeps you very in tune with your body.

Hunt: You were talking about the sacral and when enough is enough. I think I've always known what my limits were. I find that when I get to a point, I feel it up to my eyes. I've always said that I get my energy back from being with myself. I just leave. I could be someplace for 10 minutes, and I leave because I've had enough.

Tuck: That is honoring the truth of your design, which is open sacral, open identity center. Move away and give yourself the chance to clean that energy out and do it in a place where you can connect to yourself and the universe.

Hunt: It's a chair in my garage, or in my hammock on my porch.

Tuck: That's very correct for you. For those of us who have this center undefined, I don't want to say it's dangerous, but in an odd sort of way it is. We are looking for the feel-good. We don't have that consistently in our body.

We hold onto people and substances that feel good. We hold onto circumstances, jobs, places and relationships for longer than may be healthy for us because we need to feel good.

What there is for us to do with that open spleen is just to be very aware of other people's energy. We can feel their fears and the frequencies of their bodies. Distinguishing what's ours and what's theirs is important.

If you find yourself stuck in a relationship, job or that type of thing, then that could be the question you ask yourself to move forward. "Am I hanging onto this for longer than is healthy for me?"

I'm going to do the root next. The root is the root of the whole body graph. It is where we feel pressure and drive, and where we experience stress. Those of us who have that center defined have

a consistent way of experiencing pressure. "I'll get it done when I get it done." Hunt, you have a defined root. You'll get it done when you get it done, right?

Hunt: Yes.

Tuck: I'm not saying that we don't get under pressure, but we have a particular way that we have created to navigate that pressure.

Hunt: I'm trying to formulate what I wanted to say. I've noticed that recently it hasn't upset me much. I just do the things that I've put on my plate to do in the time that I set. That feels so much better than trying to put 50 things on my plate at one time and do them all at once. I just take them as they come up.

Tuck: It would be interesting to have Maggie, Roz and Nan respond to that. They have open roots. There is no way they're going to do it that way. They'll have six things on their plates at one time. If they get one off, seven more are going to be on their plates. Is that right girls?

Maggie: My plate is full. It never gets empty. That's my experience. I say, "I'm going to get this done, and then I can go and do something else." When I get that done I say, "No, I didn't get that done." Sometimes it's like a vicious cycle.

Tuck: What's really nice about you people is that we love giving you things to do because you're so fast. You're going to get it done to get it off your plate, and we're going to say, "Oh, goodie. Let's give them something else." You're going to be continuously under pressure if you don't know what you're doing.

Maggie: I'm under pressure so much sometimes. I don't know if it comes from that. Sometimes I just start putting it all to the side. That

causes a lot more anxiety. It's all sitting over there and nothing's done.

Tuck: You can ask yourself the question, "Am I trying to do this quickly to be free of this pressure that I'm under?" That's why you look like you're getting things done so fast. "Am I letting this pressure of the outside world stress me and run my life?"

Just know that it's going to be like that. When you're around me, Hunt or Larry, you're taking in our adrenaline, and it's pumping you up.

Think about what happens to kids in school with that open root. They are being pumped up and can't sit still at those desks. What they're doing is just taking in that energy from the other people in the room.

It's just a matter of learning how to use that energy to your advantage. Know that you're taking it in and use it, for goodness' sake. Then move off and rest.

The last center is the solar plexus, that spiritual-awareness center that we talked about. It carries the frequency of the wave. This is probably one of the most important centers in human design. Fifty percent of people have this defined and 50% have it undefined.

I am emotional. Roz, Hunt, Pam and Sharon are emotional. Diana is not emotional.

Here's how that works: I am on the wave of my emotions right now. My wave is up. You can come with me, but I'll probably crash the minute I hang up the phone and say, "I am tired." If you're still riding that high wave with me and you don't know how it works, you may

suddenly think you did something to make me go down on my wave. Isn't that right, Maggie?

Maggie: Absolutely.

Tuck: You may take responsibility for it and think that you've done something wrong.

Nan: It's that old shame and guilt.

Tuck: Exactly. Doom, gloom, shame and guilt live in the undefined emotional solar plexus.

Nan: What did I do?

Tuck: What happens to you guys since you think you did something is that you begin to avoid conflict. You begin to not rock the boat. You start leading this very quiet, secret life. You are not going to go there.

Maggie: That's true. We hide away.

Tuck: Maggie, I can't imagine what it was like to live with the emotional outbursts of me and Hunt.

Maggie: You'd just hide.

Participant: She puts up with me pretty well.

Tuck: Each of us who has an emotional solar plexus, based on how it's defined, has a different wave that we release. Some of us build it up and then just explode. Some of us are up and down all the time. Some people go up, and then they just crash.

The most important thing for emotional people to do is take responsibility for that wave and know what their emotions are doing.

I am very clear. I see people step back from me sometimes when I'm not even emotional about anything, or I don't think I am. They look at me and literally take a step backwards.

For undefined emotional people, it's not about you. It's really not. It's about you not taking responsibility for somebody else's emotional wave.

Nan: I think that's what I've learned through this and through Tuck and I sharing because of her having the defined emotional and me having it undefined. It's not about me. I need to step away from that and not feel like I'm responsible. It took a long time to get there.

Maggie: Me, too. It was really hard having a brother who was on the fiery end.

Tuck: Those of you who have the emotional solar plexus connected to the ego, like I know you do Sharon, will come out as being emotionally willful and willfully emotional. That's pretty strong, too.

I'm curious as to your feedback too, Roz. You have an emotional solar plexus that goes straight to your throat, just like I do. My experience was that people could always tell what kind of mood I was in the minute I opened my mouth.

Roz: I would say that's probably true.

Tuck: The emotional state of your wave is in the vibration of your vocal expression. The question for the undefined solar plexus is, "Am I avoiding conflict and truth? Am I hiding from other people?"

Larry, do you want to speak as we wrap up? You are an undefined solar plexus that is in a relationship with a defined emotional solar plexus person.

Larry: All of us know Tuck can be very emotional. I find myself doing exactly what Maggie described earlier. I feel myself taking blame for stuff I didn't do. I get caught in that vicious circle from time to time.

That's been one of the major gifts of learning about this. If Tuck and I are going to be together, that's something I need to understand about her.

Watching her be vocal, high and happy, and then shut off just like turning off a switch could be a real experience until I got to the point where I understood that's just the way it is. It's not something that's likely to change in her.

Every once in a while she gets it. By the way, I'm probably going to be in trouble for talking about this.

Tuck: I was trying to lead you toward the avoiding conflict and truth piece.

Larry: I know where you were trying to get me to go.

Tuck: You're avoiding that one. That's okay.

Larry: She's exactly right. I find myself avoiding things. I avoid the conflict. It doesn't go just to our relationship. I'm aware of it now. I find myself doing it in other parts of my life.

Tuck: I want to recognize Nan. She is a projector, and it's so important that she be recognized. I think she was the one that said thanks to Maggie. I thought I'd throw that in.

Do any of you have a question about your centers? Please open up and ask if you do.

Nan: There are all these open centers that I have. I'm beginning to get a picture again. It's very good to refresh and look at all this.

I'm troubled over why I hide and how to pull out from that. Is it because I'm a projector and no one's recognized me? Is it because of the solar plexus? What is keeping me from coming out of hiding and stepping into it?

Tuck: That's a great question.

Nan: I don't expect you to answer. Does it have anything to do with the chart? I'm just trying to figure out how these centers being so wide open plays into that.

Tuck: It's really interesting that you say, "I'm just trying to figure out." That would be your head, and it would be totally correct for you because you have a defined head, ajna and throat. You're going to go inside and try to figure it out. You're open in every center but those three.

Your strategy is to wait until you are recognized and invited to share what's in your mind with other people. It's very hard for a projector not to be recognized and have to wait.

The pattern from the day you were born with all these open centers is to let the mind make decisions out of those centers because you don't have a filter on them

You probably have a lot of patterns and conditionings that are keeping you hidden. I don't mean this in a negative way. It's just a matter of asking those questions. "Am I holding onto something for longer than is healthy for me? Do I know when enough is enough? Am I really under pressure?"

Go into the fear questions. "What is my greatest fear about coming out of hiding? Is everything okay just the way it is or am I making up that there's something I need to figure out because there's something I'm supposed to be doing?"

Nan: That one sounds really familiar.

Tuck: You are a gift to the world when you're not stuck trying to figure all that out, and you are okay with you and love yourself as you are.

Through all these open centers, you get to reflect back to those of us who have these centers to find who we are. I get to see where I'm being emotional. I get to see my identity. I get to feel my vitality by being in partnership with you. We would get to use my adrenaline to get things done. It's all about energetic partnership.

Nan: That's what's so beautiful about human design.

Tuck: It's about loving who we are. I don't know if that answered your question or not.

Nan: It did. It got me the right questions.

Tuck: It's still a good question. The answer is in the question.

Is there anybody else?

Pam: I'm curious about having an undefined throat. Most of my career and life, everything I've done has been through speaking.

Tuck: Listen to this. Oprah Winfrey, Bill Clinton, John Payne and Dolly Parton have open throats. These are just some people I'm thinking of. I'm doing a lot of that from memory.

Open-throat people can be some of the greatest spokespeople in the world. They have the ability to speak in many different ways.

There isn't going to be one consistent way that they communicate. They're feeding off the energy of the people they're with.

Maggie: You might want to think of times when it felt different for you, too, and if it was easier to speak, there was a different way of speaking or more action came out.

Pam: I can teach a class. That's not difficult for me. I can do things like that. When it comes to talking about emotions and stuff, I'd be fairly decent when I'm in the field, but the abstract is sometimes tough.

Tuck: It would be interesting to actually see what the activations are in your throat and then begin to look at how you connect up and who you're with when you feel that confidence.

When you feel uncomfortable and when you do feel comfortable talking about your emotions, who are you with at those points in time?

I think the greatest example is Oprah Winfrey. She has an open throat. She is an amazing speaker and conversationalist.

Pam: I thought undefined people would have problems speaking.

Tuck: It's more about consistency and reliability in how they speak than being able to speak or not.

Pam: Thank you.

Tuck: At least for you, friends of mine, I hope this has been helpful.

Who is that laughing?

Sharon: This is Sharon.

Tuck: Sharon, what do you want to say?

Sharon: I was looking at this chart. I'm so new to it. I really don't know if I'm grasping all of this, but when you say "open throat" would that have no color?

Tuck: That is correct.

Sharon: If there's no color then you're wide open.

Tuck: You don't have to worry about that. Everything in your chart is defined except for your identity center.

Sharon is a pure generator, 2/5 quadruple-split definition. The only center that she has open is her identity center.

We were talking about that feeling of longing. I can't speak to it the way Maggie, Nan, Roz and Hunt could because my identity center is defined.

"Will I ever really find and experience true love and direction?" I can say the words, but I can't tell you what it feels like because it's not me. These other people can. All of them have that center open. Would you like to give Sharon some feedback?

Maggie: I'm always questioning direction, love and purpose. Does that mean I'm going to my head again? One thing I can say about it is that when I am in an energy field with a defined G-center person, I feel like I have a sense of how I'm feeling about the expression of love and about direction. It just feels comfortable.

That's like you saying you felt more powerful being with Jamie or Hunt and their defined wills.

Tuck: Yes.

Participant: I would agree with that, too. If I'm around people who believe I have something to offer, that makes a difference.

Tuck: I know place is very important to you open-identity people. It's important that you be in the right environment. Sharon, with only that center open, that would be a very interesting thing for you to experiment with.

Human design really is all about experimentation. You don't have to believe a thing we've said tonight. Just go and play with it. Experiment with it.

I think we're here to share what it is to be us with the others and to interact with one another. It would be an interesting exercise for you.

Sharon: Thank you.

Tuck: Family and friends of mine, thank you so much for being here.

Hunt: You're welcome.

Tuck: Let's just go down the line. Give human design a little hoo ha. Roz, I'll go last with you since you're newest. I won't put you on the spot. I'll start with Maggie. What does human design mean to you?

Maggie: I can't put that in one word. I think it's so powerful to get an understanding. We can see where we come from and have been conditioned, but also how we can support each other.

Tuck: Yes. You use it as a tool with parents and children in your business.

Maggie: Absolutely. It's very powerful that way. If you want to have that lifelong loving relationship and family unification, it's really good.

Tuck: Hunt, you don't have to go into a long, elaborate thing. Just say what it's meant to you. Maybe it means nothing to you.

Hunt: The biggest thing is that it has made me aware that everybody else has their own way of thinking and doing things. I need to learn how to accept that and stop trying to force my own will on them.

Tuck: That is beautiful, you defined-ajna person. That was good. See how brilliant you are when you express yourself, dude? You're a genius.

Larry: I appreciate what Hunt just said. It's simply been a gift to me. It's been a gift of understanding myself, and particularly Tuck and how we relate to each other. I now expand it far beyond that.

Hunt: Can I say one other thing?

Tuck: Yes.

Hunt: One of the adages that I used to live by, especially when I was in the service was, "When you know you're right, you have a moral obligation to impose that right on everybody."

Tuck: Are you sure that wasn't Mother? Are you complete?

Hunt: I'm complete.

Nan: I think the biggest thing for me was finally starting to see, and having a picture of why different things were struggles for me in my life. Understanding that has helped me to start to let go of some of the things. There's no longer all that conditioning. It doesn't really belong.

I understand where it's coming from and realize that I have this larger part of me that I'm not even aware of. I'm working toward understanding that and allowing it to come in.

Tuck: It's interesting. I like that you said that, because you are a projector. Projectors work very well when they have a system to work with. You said it helped to have a visual to see. That's very clear for a projector. That was pretty cool. It was good.

Roz, now you're on the spot.

Roz: It's so interesting. We were talking last night about chakras and my experience with that. I'm really excited about it. As I hear you more, some of it is sinking in. It's still overwhelming to me to take it all in. It really rings true.

I'm excited and looking forward to learning more about it and how to use it with my work and the issues I have and how I can recognize the patterns and do things about them to change it.

Tuck: Isn't that great? This is why I love human design. Roz has a defined head and ajna. The actual channel that defines her head is the one that can be flooded with images and get overwhelmed. We find that we actually speak our design all the time, which to me is so funny.

Thank you all for being here tonight. I'm going to give out a URL. I have an offering called The Ticket on the Freedom Train which is actually an overview consultation on your human design. It's usually \$150, but now it's \$99. Roz, I think you took advantage of that?

Roz: Yes. It was very good.

Tuck: If you guys would like to take a look at that you can go to <http://www.TheRebelBelle.com/freedomTool/programs/>. You can see that there.

We're going to see if Adam won "American Idol" and Shawn won "Dancing with the Stars." If you know, don't tell me.

I really want to thank you so much for chatting with me tonight and for being here, Hunt Self, Maggie Self, Nan Ford, Larry Reed and Roz Adams. Thank you so much for joining me this evening.

I am going to say goodnight and give you a hoo ha and a Rebel Belle Yell, and hopefully inspire you with this call to live your boldest voice of self-expression in the world, full out and on your terms.

Next Tuesday night on Tuck Talk we have Joannie Spear from Bantam, Connecticut. She is going to talk to us about bone health and what you can do about it. For those of us who happen to be in the upper 40s on up, that might be something really interesting. Join us next Tuesday night.

I'm going to say goodnight and goodbye to everybody.

Tuck Self, The Rebel Belle
A Southern Voice for Bold Self-Expression
www.TheRebelBelle.com
Tuck@TheRebelBelle.com
(803) 736-9240

Facebook: www.therebelbelle.com/facebook
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