



# HUMAN DESIGN

## Undefined Centers & Conditioning *Living from the Not Self*

- SPLEEN** Are you still holding on to what's not good for you?
- AJNA** Are you still trying to convince everyone that you're certain?
- SOLAR PLEXUS** Are you still avoiding confrontation and truth?
- HEAD** Are you still trying to answer everybody else's questions?
- ROOT** Are you still in a hurry to be free (of the pressure)?
- SACRAL** Do you know when enough is enough?
- EGO (HEART)** Do you still have something to prove?
- G/CENTER (SELF)** Are you still looking for love and for your way (right person, right place)?
- THROAT** Are you still trying to attract attention?