

The Human Design System

The Wisdom and 'Not-Self' Questions from the Open or Undefined Centers

HEAD

Open Head Center - The Wisdom to know the appropriate questions to ask. Am I thinking about things that don't matter? Trying to answer everybody else's questions? Am I making decisions about my life from my mind?

AJNA

Open Ajna Center - The Wisdom to apply appropriate processing to the situation or circumstance.

Am I trying to convince everyone that I am certain? Am I holding onto concepts that do not serve me? Am I ridged in my beliefs? Am I letting my mind run my life? Am I trying to figure out my life from my mind?

THROAT

Open Throat Center - The Wisdom to know healthy communication and manifestation.

Am I trying to attract attention? Am I trying to be a doer? Am I worried about what I am going to manifest? Am I acting like a Manifestor? Am I initiating the conversation?

G

Open G Center - The Wisdom to experience all the dimensions of love and to experience many different roles in life.

Am I looking for love? Am I looking for purpose and direction in life? Am I trying to find out who I am? Am I worried about the future? Am I aware that in order for me to be with the right people I need to be in the right place? Does my environment feel correct?

EGO

Open Heart Center - The Wisdom of appropriate use of willpower. Do I feel and think I have something to prove, or to improve? (i.e. am I smart enough, successful, sexy, etc.) Do I say yes when I mean no? Do I value myself (are my prices too low)? Am I making promises I can't keep?

SPLEEN

Open Splenic Center - The Wisdom to know what is truly healthy and safe.

Am I holding onto relationships, jobs and places that are not good for me? Do I know when I am being abused? Do I end abusive relationships or do I hang on with the hope that they will change?

SACRAL

Open Sacral Center - The Wisdom of efficiency and proper use of energy.

Do I know when enough is enough? Do I stop when I need rest? Do I "know" when I need rest? Do I honor the inconsistency of my energy?

SOLAR PLEXUS

Open Emotional Center - The Wisdom to experience and understand the full range of emotions.

Am I avoiding confrontation and truth? Am I afraid and hiding from the consequences of upsetting someone? Do I hide my truth so I don't rock the boat and have to deal with the consequences? Am I acting out or making decisions out of my emotions?

ROOT

Open Root Center - The Wisdom of appropriate use of pressure and adrenalin to be alive and active in the world.

Am I in a hurry to get things done so I can be free of the pressure? Am I letting the pressure of the outside world influence my behaviors and run my life?

If you're not living Your Strategy, you're living out distortion.