

KEY NOTES FOR YOUR OPEN CENTERS

Compiled by Leslie vanWinkle, Reflector

When you have a lot of open centers, there is no kind of bio-shield to prevent yourself from feeling these energies, but you can learn to stop taking them personally.

You begin by learning to identify the source of the influence – to know how certain people influence your energy – your emotions, your thoughts, your fears and anxiety levels. Some people broadcast truly toxic energy, and if you are unaware of their impact on you, you can have a really bad day! Or life!

Your awareness becomes a source of wisdom as you better understand yourself and other people. So, here is a cheat sheet to help you understand the kind of pressure your open centers exert on you, and to be able to identify when you are being invaded by unwelcome energy.

HEAD – Under pressure to figure things out. Always wants answers to questions. Is easily inspired by other. Will often ask WHY and be riddled with self-doubt, or suspicion. Open can be wise about what is truly inspiring. To be inspired does not mean to take action; use your strategy before taking action (including the action of deciding.)

AJNA – Under pressure to be certain, to explain big ideas in a linear and logical way. Sees and understands information from multiple points of view. Struggles to hold onto a single idea, belief system, goal, or vision, adding to the confusion of the open Ajna. Often judged as indecisive.

THROAT – Under pressure to get recognition. Cannot initiate, needs help. Can blurt out instead of waiting to be invited. May behave inappropriately to get attention. Feels invisible and unheard even when talking. Born communicators; when recognized they can reflect the attitude of a whole room. What is connected to the throat determines what it talks about and how it frames its speech.

- Head/Ajna – speaks the mind “What I think”
- G- center - “I am what I talk about” speaks from the heart & soul, from love, expressing authentically.
- Spleen - talk about knowing “I sense, it seems to me that.”
- Solar Plexus – talk about feelings. “I feel.”
- Will – talk about ME, talk about resources, money.
- Sacral – talk about work, relationships
- Root - talk about what “I DO”

G CENTER – Under pressure to prove his lovability. Can feel they have changeable identify and no life direction. Can be judged as indecisive. Social chameleons adapt to whatever group they are with. Struggles with authenticity, because they experience everybody else's identity so it is difficult to know which one is theirs. They must be in the right place with right tribe to find good fit for work, relationships, expression, etc. Environment is critical for the open G Center.

WILL – Under pressure to prove themselves. Issues with self-worth, self-value, self-esteem, self-confidence and getting paid what they are worth. Often under-paid or exploited. Very subject to burn out as they strive beyond their stamina, especially with an open Sacral, which does not know when enough is enough.

SOLAR PLEXUS – Under pressure to be nice. Avoids conflict. Abdicates or denies personal feelings or needs. Tends to misconstrue reality to avoid unpleasant truths. Often exploited or sucked into co-dependency. Easily overwhelmed by vortex of emotions from a room full of people. May become addicted to drama – thinking they are the ones who are emotional. In families, open Solar Plexus may express the combined emotions of the family. Compassionate, empathetic, can make excellent therapists and healers.

SACRAL – Doesn't know when enough is enough. Unsustainable energy, but can draft energy from Generators and even out work them! Reflectors should sleep alone to allow time to discharge physical energy. Open Sacral may fear being judged, so they overcompensate so people won't think they are lazy.

SPLEEN – Holds onto stuff too long. Can be paralyzed by fears (Spleen is home to the 7 fear gates). Can struggle with time. Intuitive, but doubts their intuition because they receive information inconsistently from a variety of channels – audio, voice, signs, or just know. Can be powerful medical empaths and healers.

ROOT – Under pressure to finish things so you'll be free. Can feel strong sense of urgency to complete things. Doesn't know when enough is enough. It's just pressure; you don't have to do everything on your list.