

HUMAN DESIGN

"Shoulds" of the Defined Centers

The 9 Centers in Human Design are subject to conditioning. We often take on "shoulds" based on the messaging we receive.

Defined Head:

I should know what to do with this information.

Defined Throat:

I should fill the silence with conversation.

Defined G-Center:

I should be more adaptable.

Defined Spleen:

I should be more concerned about the risks I take.

Defined Sacral:

I should say "yes" to doing that.

Defined Root:

I should hurry up and not be so relaxed..

Defined Ajna:

I should explain my opinions and ideas.

Defined Heart:

I should settle to make others feel comfortable.

Defined Solar Plexus:

I should stop feeling this way.

