

OPEN ENERGY CENTERS & DECONDITIONING

Of all the Human Design types Projectors may very well have the most challenge with deconditioning. If you are a Projector with many open centers and have been deeply living in your not-self persona for a while, the 7 year process of deconditioning could turn out to be a rigorous journey. It's a journey that is well worth taking, because at the end of it you arrive at the unshakable place of who you really are.

What is Deconditioning?

It sounds like something you do when you escape from a cult doesn't it? Actually that process is called deprogramming. Deprogramming is about changing your beliefs. Deconditioning goes much deeper and deals with changing you back to who you really are at the cellular level. As I understand it we get conditioned through our open centers to believe that we are who we are not... meaning that our families, schools, friends and neighbors had a certain way of living life. We learned that way and began to act accordingly or we rebelled in reaction to it. Either way our actions and ideas about who we are were formed or conditioned by the people and environment around us.



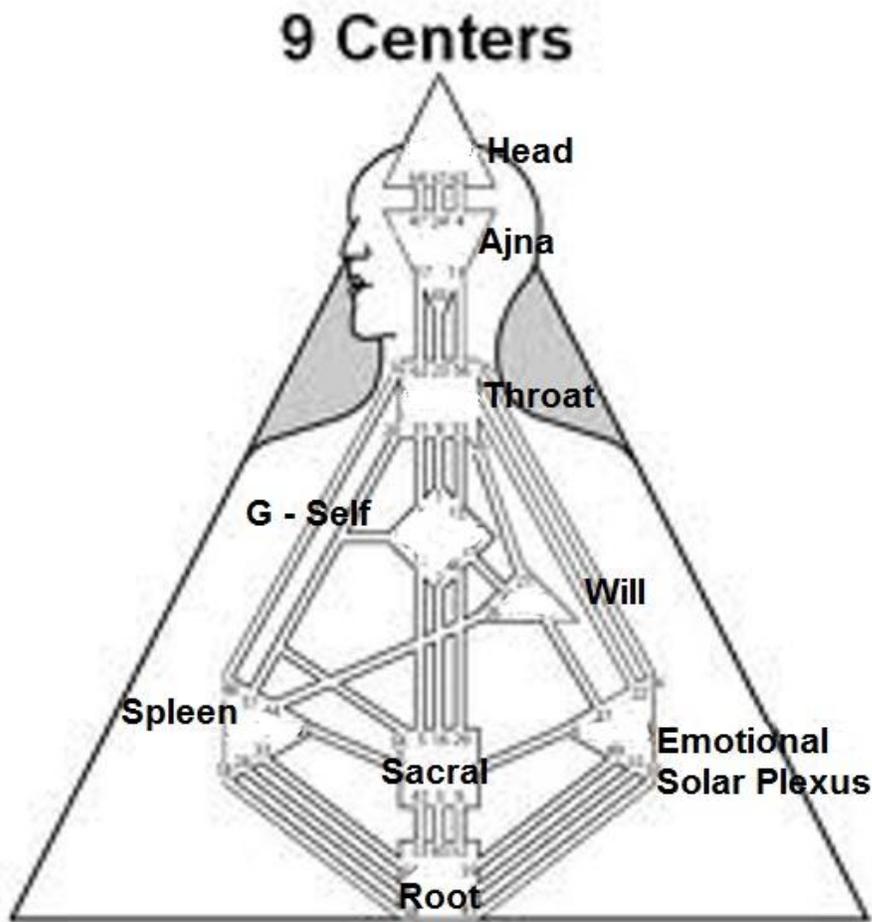
The deconditioning process starts when you are first exposed to your Human Design chart. It's like you get introduced to the real you. Then you spend about 7 years experimenting and working with your strategy while your cells renew themselves and begin to resonate with the truth of who you are. It takes about 7 years for the human body to turn over all of its old cells and emerge with essentially a whole new body.

When all the cells in the body are aligned with the real you, your mind is no longer in charge. If you come from the belief that the mind has the wisdom to make decisions for the human being, then you have just come face to face with one of the assumptions that most people have been conditioned to believe and operate from. Scientists are beginning to understand that thinking, knowing and awareness are full body processes. The mind, a.k.a the head and ajna in Human Design, is for being inspired and filing data that the rest of the cellular structure can use as needed when the body's authority says it's right.

Some Things to Keep in Mind about Deconditioning

- You can't rush the process
- The deconditioning process is a full body experience of integrating the awareness gained from following your strategy and listening to your authority
- Deconditioning is about bringing the mind into coherence with the magnetic monopole which sits in the identity center.
- You are conditioned through your open energy centers, and your conditioning will reflect the theme of that center.
- You take in energy through your open centers, amplify it and think that it's yours

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Conditioned Behaviors of the Open Centers

- **Head** – Takes in pressure from others to find answers to unimportant questions
- **Ajna** – Fools itself into believing in fixed ideas
- **Throat** – Tries to get attention by talking and initiating
- **G-Center** – Holds on to a fixed identity and tries to control love and the direction of life
- **Will/Heart (Ego)** – Tries to prove oneself worthy
- **Spleen** – Holds onto things which are no longer beneficial for too long
- **Solar Plexus** – Avoids truth and confrontation because it feels bad
- **Root** – Lets stress take over or works hard to get free from the pressure of stress... in a stressful way. Addicted to the adrenalin rush
- **Sacral** – Becomes a slave to sacral energy and overdoes work, sex, food etc. Doesn't know when enough is enough

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The conditioning in the sacral center is where Projectors find the heart of their challenges. Because we live in a world of Generators the majority of traditional institutions, companies and even family structures are ordered around the expectation that everyone works in a consistent way for extended periods of time. As you may have already suspected this is the exact opposite of how a Projector is supposed to work and operate in the world.

The way to make deconditioning a more comfortable process is to follow your strategy!

Exercise

Identify you open centers and make some notes on how you may be conditioned in those centers

Open Center	Conditioning

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