



The Velocity Method

Human Design Undefined Centers

What is an Undefined Center?

There are nine Human Design Centers. These centers are displayed on all human design charts - although they may be presented slightly different based on the chart . On Courtney's charts and her website they are displayed as white triangles, diamonds, and squares.

Each center has a gift or job that it does. When the center is undefined it means you can harness this gift with environment, mood, and intention. This gifts are not stable or always there.



Crown

My inspiration is ignited by others.

The Crown's gift is inspiration.

You are open to the inspiration of others.

If you are feeling a lack of inspiration go to a neutral location (such as a coffee shop or a park) or talk with a friend. This can ignite your inspiration.

Serenity Action- Find support for inspiration. Sometimes this looks like permission to take time to develop a new offering. Do something creative that you enjoy.

Ajna

I am open to ideas and points of view of others.

The Ajna gift is ideas.

You are open to other peoples ideas, POV, and opinions. This will spur on your own ideas and point and view.

Give yourself time to reflect and take time time to develop and settle on your own ideas.

When there is pressure - like you are asked a question you were not prepared to answer - your mind can draw a blank.

Serenity Action- Take off that pressure and have ideas ready. Release the idea of feeling you need to force something. When you relax more, ideas will come toward you.

Throat

I speak with confidence and calm assurance.

The Throat's gift is communication and speaking.

You can struggle to express yourself.

When you are speaking, personally and professionally, it can be hard to express the message that you want to get across.

Building support around speaking can be really helpful. When you are speaking, have notes or write out what you are going to say. Take your time to communicate. Think about what you are going to say a head of time. Feeling safe in the environment that you are speaking also helps.

This is not to say that you should not speak up, talk in public, share your thoughts in meetings, or have hard conversations. It means in those moments it is important to have support so you can speak messages, thoughts, or feelings.

When you have hard conversations you need to build support such as taking your time, thinking it out ahead of time, and having a safe environment/connection.

Serenity Action- Build support around speaking professional and personally. What can you do to be able to communicate and express yourself?

G Center

I am a person people like to be around.

The gift G Center is direction.

You are a social chameleon. Different groups bring out different flavors of your personality. Blend in with a lot of different people and situations. You can mix with a lot of different people.

Change your thinking that blending or shifting means that you are not your own person. There is strength in shifting. You are your own person but you are able to create relationships with a lot of different kind of people.

Serenity Action- What positive things have you seen in being able to blend and meld in with lot different kinds of people?

Heart

I bring value to the world.

The gift of the Heart is will power.

Your will power comes in ebbs and flows.

You can be inspired by people that have will power, energizing songs, or stories of people who have will power to overcome challenges.

Release the thought that you have to hustle harder, muscle through things, overcompensate, or the thought you won't be successful because you don't have enough will power.

You are tied to your passion and so it will come back

Just honor your body saying it needs a break and know that in these ebbs and flows of will power, it will come back to you. You might just need a short break or get back to that task or project tomorrow.

Serenity Action- How can you listen to my body more and honor the ebbs and flows of your will power?

Solar Plexus

I am cool, calm, and collected.

The gift of the Solar Plexus is emotions.

You might think you are an emotional person, but you often ride on the emotions of others. You laugh when others laugh and cry when others cry. You are triggered by people's emotional waves.

You are an empath. You sense what everyone else is feeling. You pick up on it. You are actually carrying other people's emotions. These emotions give you intelligence about situations and people. This can be a good thing.

Serenity Action- Create a practice of releasing other people's emotions. This can look like journaling, having alone time, and going for a walk.

Sacral

I pour my energy into achieving my goals.

The gift of the Sacral is energy.

Your energy comes in waves. You will have times when you have lots of energy and times when you have little energy.

Create support for your energy so you are not taking on more than you can handle. Delegate, diminish, and delete tasks and projects so you are not spreading yourself thin.

Be grateful for your efficient times and then relax.

Working on what you love isn't work

Just because you can do this sometimes doesn't mean you can do it all the time

Serenity Action- Manage how you think about yourself. You can beat yourself up for not being able to do everything. Create a ritual of celebrating the things you do accomplish.

Root

I am driven by my passion and purpose.

The gift of the Root is drive.

You can access more drive by riding the wave of other people's drive and momentum.

It is also helpful to create and achieve goals on your own terms, not due to external pressure. You be thrown off by other people's deadlines, so create your own to order to meet those deadlines.

You're vulnerable to burn out. Be wise about what you focus on. Use your inner authority to help you discern and decide.

Serenity Action- Are you creating support to accomplish building your business, tasks, and projects? Are you releasing pressure, anxiety, and stress by taking care of yourself?

Spleen

My intuition helps me understand others deeply.

The gift of the Spleen is intuition.

You are an empath with the ability to feel the feelings, fears, and anxiety of others.

You are able to gather information that is unspoken. You are good at reading the room.

As you are feeling a lot of other people's anxiety, make sure you recognize what you are feeling vs others.

Serenity Action- Make sure you are creating alone time to release other people's fears and anxiety.