

SPLEEN CENTER - UNDEFINED

You have an undefined Splenic Center, meaning your physical wellbeing and general sense of feeling good is inconsistent and susceptible to others' conditioning.

You must accept this inconsistency, as it is what makes you sensitive and highly attuned to your body's needs, as well as others' needs.

Among your gifts is the natural ability to diagnose the physical wellbeing of others. You are open to how someone feels and can naturally assess a person's or even a place's health. However, as you are open to another's wellbeing, or lack thereof, you automatically take in that conditioning and amplify it.

This is where you must be careful to choose people and things that are healthy for you, and most importantly, be strong enough to let go of things that are not. By holding on to what isn't good for you out of fear and a need to feel safe and secure, you are harming yourself.

There are many people in your life who make you feel good. The trick is not to become dependent on anyone or anything, and to let go when necessary for your own sake.

The Splenic Center holds primal fears for our survival and wellbeing, and each Gate represents a primary fear for survival.

With an undefined Spleen, these fears are easily magnified; you therefore tend to hold on to those things and people that help to dissipate these fears, irrespective of whether this is ultimately beneficial for you.

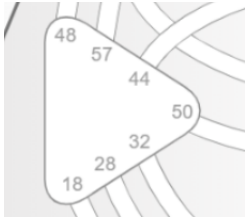
It is important that you tackle and handle these fears to cultivate your own sense of security, build physical resilience and avoid becoming dependent on others or potentially overwhelmed by fears.

Constantly chasing that "feel-good," and trying to address inconsistencies through diet, therapy, relationships or helping others will not fix anything in the long run.

Remember, you experience inconsistency and always will. When you are in the aura of someone with a defined Spleen you may feel pressured to act spontaneously in the hope of feeling better, or making the fear go away. While it is correct for a defined Spleen to be spontaneous, this is generally not true for open Spleens who lack reliable or consistent intuition to guide you in the moment.

As a general rule, acting spontaneously with an open Spleen potentially jeopardizes your safety and wellbeing. Simply put, never sacrifice your own security for the sake of feeling good.





UNDEFINED SPLEEN CENTER



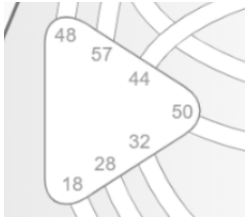
HEALTHY EXPRESSION

- Gaining wisdom about health and wellbeing, choosing people and things that are healthy, able to let go of what is not serving you at the right time.
- Accepting the inconsistency of physical wellbeing, knowing that it is what makes you sensitive and highly attuned to the body's needs. Being adept at diagnosing ill-health and disease in others or the environment.
- Being unafraid of fear itself, but learning to be wise about its nature by not suddenly reacting to it or trying to fix it.
- Enjoying others' aura without becoming dependent.



UNHEALTHY EXPRESSION

- Holding on to what isn't good for you out of fear and a need to feel safe and secure.
- Constantly chasing after feeling good and trying to fix the inconsistency through diet, therapy, relationships or helping others.
- Getting caught up in how it feels, physically "becoming your own problem."
- Trying to be spontaneous to feel better and make the fear go away.
- Sacrificing security for the sake of wellbeing.
- Becoming dependent and possessive in relationships.



UNDEFINED SPLEEN CENTER

UNHEALTHY EXPRESSION



- Holding on to what isn't good for you out of fear and a need to feel safe and secure.
- Constantly chasing after feeling good and trying to fix the inconsistency through diet, therapy, relationships or helping others.
- Getting caught up in how it feels, physically "becoming your own problem."
- Trying to be spontaneous to feel better and make the fear go away.
- Sacrificing security for the sake of wellbeing.
- Becoming dependent and possessive in relationships.

NOT-SELF TALK

- Let's not do that, because it makes me insecure.
- I'm afraid that I will feel inadequate if I do that.
- I'm not going to do that, because I might fail.
- I'm afraid of doing that, because I'm afraid of what the future will bring.
- I'm afraid of doing that, because I'm afraid of the responsibility or the criticism.
- I can't do that, because I might lose my connection with that person. They might leave.

