



The splenic center, located just below the sacral center in the BodyGraph, is the center of intuition, health, and well-being. It is our early warning system, guiding us through life's challenges with instinctive wisdom. The splenic center is the seat of our body's intelligence, helping us navigate the present moment with ease and grace.

When the splenic center is defined, that is, when there is an activated gate, the person has access to clear and reliable intuition. They can trust their "gut feelings" to make decisions and avoid potential dangers. Individuals with a defined splenic center often have a keen sense of their own well-being and may be very adept at healing themselves and others.

However, this definition can also create a heightened sensitivity to stress and the environment. Individuals with a defined splenic center can easily feel overwhelmed by external energies and may need plenty of alone time to recharge. They may also tend to worry excessively about their health and well-being.

When the splenic center is open, the person does not have this constant intuition. Instead, they may have flashes of intuition from time to time, but may struggle to trust them. Individuals with an open splenic center can be very open to the healing energies of others and may possess the gift to soothe and comfort those around them.

Nevertheless, they can also easily absorb the stress and diseases of their environment. They may need to learn how to protect their energy and discern when an intuition is genuinely coming from them, or when it is influenced by others.

A key aspect of the splenic center is its relationship with the present moment. When we are connected to our splenic center, we are fully engaged in the here and now. We can respond

to life's challenges with spontaneity and flexibility, adapting to changing circumstances with ease.

Imagine a nurse with a defined splenic center. She has always known she wanted to work in healthcare and has a natural gift for comforting and healing her patients. She trusts her intuition to diagnose problems and find the best treatments. Her sharp sense of well-being allows her to take care of herself despite the emotional and physical challenges of her job.

On the other hand, a person with an open splenic center might be drawn to alternative therapies and healing practices. She might possess the gift to soothe others with her presence and touch, but may struggle to protect herself from negative energies. She may need to learn techniques to strengthen her energy field and trust her own healing intuition.

Understanding one's splenic center is essential for maintaining optimal health and well-being, both physical and emotional. Whether the splenic center is defined or open, it is vital to learn to listen to our body's messages and trust our inner wisdom. By aligning ourselves with our splenic intelligence, we can navigate through life's challenges with resilience, adaptability, and grace.

The splenic center is closely related to the sacral center and the root center. Together, these three centers form a powerful energy triangle related to vitality, health, and resilience. Understanding how these centers interact in our unique BodyGraph can optimize our well-being and allow us to live a more fulfilling and vibrant life.

Key points to remember:

1. The splenic center, located beneath the sacral center, is the seat of intuition, health, and well-being.
2. When the splenic center is defined, the person has access to reliable intuition, but may be overly sensitive to stress and the environment.
3. When the splenic center is open, the individual may have occasional flashes of intuition and be open to the healing energies of others, but can easily absorb stress and diseases from their environment.
4. The splenic center is linked to the present moment, enabling responses to challenges with spontaneity and flexibility.
5. An individual with a defined splenic center may excel in health professions, while a person with an open splenic center might be drawn to alternative therapies.
6. Understanding one's splenic center is crucial to maintaining optimal health and well-

being, by listening to the body's messages and trusting one's inner wisdom.

7. The splenic center forms a powerful energy triangle with the sacral and root centers, linked to vitality, health, and resilience.