



The Solar Plexus Center, located just above the Splenic Center in the BodyGraph, is the center of emotions, clarity, and personal identity. This is where we process our emotional experiences, develop our sense of individuality, and learn to navigate the complexities of human relationships. The Solar Plexus Center is the seat of our emotional intelligence, helping us to understand and manage our own emotions as well as those of others.

When the Solar Plexus Center is defined, that is, when there's an activated gate, the person has a clear sense of their emotional identity. They know who they are and what they feel, and they're able to make decisions based on this inner clarity. People with a defined Solar Plexus Center are often very emotionally independent, able to manage their own emotional states without being overwhelmed by those of others.

However, this definition can also create a certain emotional rigidity. People with a defined Solar Plexus Center may have difficulty adapting to emotional changes and may tend to suppress or deny emotions that do not match their sense of identity. They may also tend to project their own emotional states onto others, assuming that everyone feels things the same way they do.

When the Solar Plexus Center is open, the person doesn't have this consistent emotional clarity. Instead, they are very open to the emotional states of others and may struggle to distinguish their own emotions from those of their environment. People with an open Solar Plexus Center are often very empathetic and gifted at "reading" the emotions of others. They can serve as "emotional barometers," reflecting the emotional state of a group or situation.

However, this openness can also lead to some emotional confusion. People with an open

Solar Plexus Center may struggle to make decisions based on their own feelings, as they are constantly influenced by external emotions. They might need to learn how to build emotional "armor" and discern which emotions truly belong to them.

A key aspect of the Solar Plexus Center is its relationship with emotional truth. When we are connected to our Solar Plexus Center, we can communicate our emotions with clarity and authenticity. We can express what we feel without fear of being judged or misunderstood. We can also create relationships based on emotional honesty and vulnerability.

Imagine a therapist with a defined Solar Plexus Center. He has a deep understanding of his own emotional processes and can use this clarity to guide his clients. He's able to maintain a certain emotional distance, allowing him to be present for his clients without being overwhelmed by their emotions. His emotional clarity allows him to navigate the sometimes tumultuous waters of therapy with confidence and stability.

On the other hand, someone with an open Solar Plexus Center might excel in a mediator or diplomat role. Their ability to sense and reflect the emotions of others can allow them to create a bridge between conflicting parties. They can use their empathy to understand everyone's emotional needs and find common ground. However, they might also need to regularly take a step back to reconnect with their own emotional center.

Understanding one's Solar Plexus Center is essential for developing healthy and authentic emotional intelligence. Whether the Solar Plexus Center is defined or open, it's important to learn how to honor one's own emotions while being open to those of others. By aligning with our emotional truth, we can create deeper, more honest, and more fulfilling relationships.

The Solar Plexus Center is closely related to the Splenic Center and the Heart Center. Together, these three centers form a powerful energy triangle connected to personal identity, intuition, and self-worth. By understanding how these centers interact in our unique BodyGraph, we can navigate the emotional world with more grace, authenticity, and resilience.

Key points to remember:

1. The Solar Plexus Center is the seat of emotions, clarity, and personal identity. It helps us to understand and manage our own emotions as well as those of others.
2. When the Solar Plexus Center is defined, the person has a clear sense of their emotional identity but may exhibit emotional rigidity and have difficulty adapting to changes.
3. When the Solar Plexus Center is open, the person is very empathetic and skilled at "reading" the emotions of others, but may struggle to distinguish their own emotions from

those of their environment.

4. The Solar Plexus Center is connected to emotional truth. When we are connected to this center, we can communicate our emotions with clarity and authenticity.
5. Understanding one's Solar Plexus Center is essential for developing healthy and authentic emotional intelligence, whether the center is defined or open.
6. The Solar Plexus Center is closely related to the Splenic Center and the Heart Center, forming a powerful energy triangle connected to personal identity, intuition, and self-worth.
7. By aligning with our emotional truth and understanding the interaction of the centers in our unique BodyGraph, we can navigate the emotional world with more grace, authenticity, and resilience.