

## Human Design - Energy Centres - Spiral Dynamics

Energy Centres	Shadow - defined = own, open = conditioned <i>either suppressed or over-reactive</i> open - receptive, defined - strategic	Resource	Essence - transcended	Spiral Dynamics	
<b>9. Inspiration - me</b>	<b>pressure</b> , stagnation, meaning, solution open = search for inspiration, meaning, solution	<b>seeking to non-seeking</b>	consciousness and beyond	<b>violet</b> unitive	Second Tier
<b>8. Intellect - we</b>	<b>anxiety</b> , mental (in)security, concepts open = search for mental security and concepts	<b>thinking and beyond</b>	awareness	<b>turquoise</b> holistic	
<b>7. Expression Manifestation - me</b>	<b>distortion</b> , consistent voice and action open = search for consistent voice and action	<b>metamorphosis</b>	emergence	<b>yellow</b> integral	
<b>6. Self - we</b>	<b>me</b> , self-centred/denial, direction and sense of self open = search for direction and sense of self	<b>self</b>	oneness	<b>green</b> sensitive	First Tier
<b>5. Will - me</b>	<b>ego</b> , pressure to prove willpower, ability and worth open = search for willpower, worth and ability	<b>willpower</b>	surrender	<b>orange</b> achiever	
<b>4. Emotion. we</b>	<b>yearning</b> , emotional instability open = search for emotional stability	<b>feeling</b>	serenity and compassion	<b>blue</b> rule/role	
<b>3. Energy - me</b>	<b>reaction</b> , energy, creativity, fertility open = search for energy, creativity, fertility	<b>response</b>	flow	<b>red</b> impulsive	
<b>2. Instinct - we</b>	<b>alarm</b> , fear of failure, insecurity, independence open = search for security and independence	<b>alertness</b>	presence	<b>purple</b> magic, animalistic	
<b>1. Drive - me</b>	<b>stress, pressure</b> to do and to achieve open = search for balanced rhythm	<b>natural drive</b>	evolutionary impulse	<b>beige</b> instinctive	