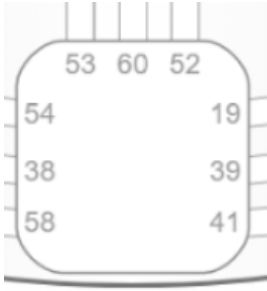


# ROOT CENTER - UNDEFINED



You have an undefined Root Center, meaning you naturally amplify pressure and stress. The trick is not to let it determine your actions. Rushing through everything in a hurry to be free of the pressure is the general theme of having an open Root, but it's not the way to live.

You aren't here to be in a hurry; don't allow yourself to be pressured into making hasty decisions.

When you are with others there is a tendency to go hyper or get carried away by the rush; however, running off others' stress and adrenaline can lead to an overload of pressure, leaving you exhausted and burnt out.

You need to give yourself more time and room to discharge and unwind. Don't judge yourself for being lazy; instead, realize that your body needs rest.

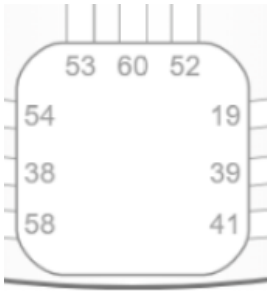
Enjoy the rush and adrenaline of stress, but deal with it without becoming overwhelmed by it.

Don't succumb to pressure to do things more quickly. This will only result in a never-ending cycle of actions you think need to be done to be free.

The more you are pressured, the less you should respond. Your natural state is stillness; always make sure to withdraw to rejuvenate your body.

# COMPLETELY OPEN ROOT CENTER

Not Knowing When to Hurry.



The Root Center is a deeply powerful motor. It is the adrenal system, the power system and it drives so many functions. Somebody with an open Root Center with an activated Gate is always feeling the pressure, because they take in and amplify the stress and pressure of others.

The classic thing for somebody with an open Root Center with an activated gate is an inability to hold on to pressure, they simply can't sustain it. So they rush. Everything about having an open Root is about being in a hurry.

For example, you're on the job and you've got an open Root Center and your boss comes up to you and says, "I need this report in 24 hours." You're going to do it in two hours; get rid of that pressure because you're carrying it inside your system and all you want to do is simply get rid of it.

Of course the sad joke, because this is all conditioning and Not-self, is that the next pressure is going to come in the next minute. And you spend your whole life racing through things, which means that you're not going to do them particularly well and they're not going to be fulfilling, and so on. But when you have somebody with a totally open Root, as in your case, you don't know what pressure is.

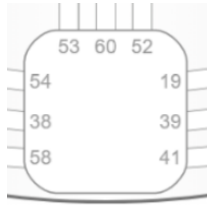
Your boss comes in and pressures you to get something done in 24 hours. You don't know what to do with that pressure or how to use it productively, so you end up not knowing when to hurry. You have no idea what to do with any kind of pressure coming into your system as you neither understand nor recognize it.

This is where you get extreme cases, for example, of stage fright, panic attacks where you're unable to do anything. You can't move towards anything and just become locked.

Another way that this completely open Root functions is that you find yourself vacillating between hyperactivity and periods of complete stillness or inactivity, without understanding why. It is simply amplifying the pressure, or lack thereof, of your environment. There's nothing you can do about it until you become aware of the pattern.

Once you are aware of the pattern, using your Strategy and Authority you can establish a healthy and productive balance. Alternating between periods of moving with pressure that is needed to get things done, and periods of inactivity and stillness that are essential for you to disengage from the pressure and stress that is all around, and recuperate.

Above all, you recognize pressure that is not your own and learn to let it pass through you.



# UNDEFINED ROOT CENTER



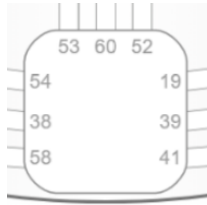
## HEALTHY EXPRESSION

- Not letting others' stress and pressure determine actions.
- Not being in a hurry.
- Never allowing yourself to be pressured or hurried into making a decision.
- Enjoying the rush and adrenaline of stress and dealing with the pressure without letting it overwhelm you.
- Refusing to succumb to pressure to do things more quickly.
- Knowing the more you are pressured, the less you respond.
- Always being able to withdraw into your original and natural stillness.



## UNHEALTHY EXPRESSION

- Rushing through everything.
- Hurrying through life to be free of the pressure.
- Trying to get things done as quickly as possible to release this pressure.
- Making hasty decisions under pressure from others.
- Tending to go hyper or getting carried away by the rush, and buckling under the pressure of running off other people's stress.
- Allowing insufficient time and space to discharge and unwind.
- Judging yourself for being lazy.



# UNDEFINED ROOT CENTER

## UNHEALTHY EXPRESSION



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## NOT-SELF TALK

- I'd better hurry up and get this done.
- I have to start something new now.
- How can I get past this limitation?
- I need something to focus on.

