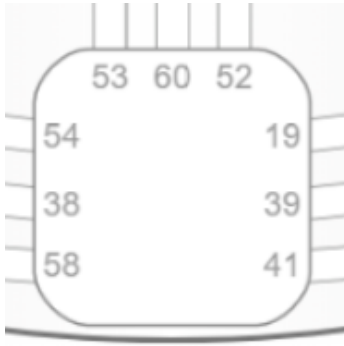


# ROOT CENTER - DEFINED

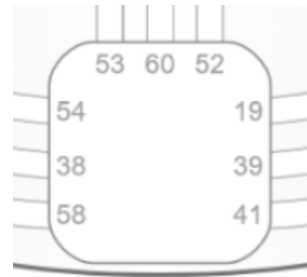


With a defined Root Center, which represents a powerful motor and pressure center within yourself. Naturally, you have a consistent way of handling stress and pressure, a steady energetic drive and reliable pace. However, if you repress instead of releasing pressure to please others, it can result in severe health and emotional problems.

Rush neither yourself nor others. You have the ability to release and process stress in particular ways, using your energy constructively as fuel for creative processes and endeavors in the world.

Note that you shouldn't expect others to be capable of dealing with the same pressure you feel. This will only overpower and overload them, ultimately driving them away. Learn to use your pressure around others without causing them stress.

# DEFINED ROOT CENTER



## HEALTHY EXPRESSION

- Having a consistent way of handling stress and pressure.
- Having stable drive and doing things at a reliable pace.
- Not rushing.
- Having the ability to release and process stress in particular ways.
- Being comfortable with your own needs.
- Using stress constructively as fuel for creative processes and endeavors in the world.
- Knowing how to use your pressure around others without causing them stress.



## UNHEALTHY EXPRESSION

- Repressing pressure to please others, which can result in severe health and/or emotional problems.
- Expecting others to be capable of dealing with the same pressure you feel, overpowering and overloading them and ultimately driving them away.