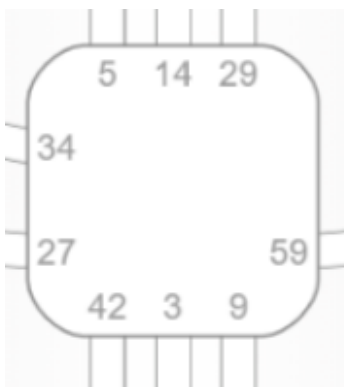


# SACRAL CENTER - DEFINED



You have a defined Sacral Center, meaning you have consistent, reliable access to energy, but only when released through response. For Generators, everything correct for you will arise out of response. The Sacral is the center of life force itself and possesses tremendous staying power to see something through once it responds positively. However, Generators have a tendency to be quitters, jumping into so many experiences not out of response, but out of conditioned desire.

Initiating anything can lead to failure, with things not going the way you expected, possibly resulting in resistance, leaving you feeling stuck and frustrated. If you force an issue prematurely, you are likely to end up losing your power. Attempting to initiate anything may lead to exhaustion. When all this combines, you may end up quitting, having entered into something incorrectly in the first place.

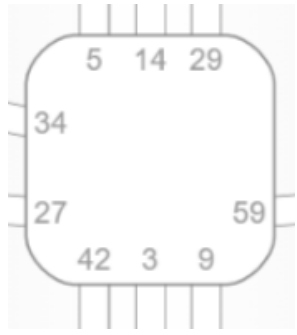
Your strategy is to relax in the knowledge that you never have to initiate, but simply surrender to your response. By being patient, even when you are frustrated, you will not compromise your own power or end up doing things you resent having to do.

# SACRAL CENTER - DEFINED



## HEALTHY EXPRESSION

- Having a consistent and reliable access to energy, released through response.
- Having tremendous staying power to see something through once the sacral responds positively.
- Relaxing in the knowledge that you never have to initiate, surrendering to your own response strategy.
- Being patient even when frustrated.



## UNHEALTHY EXPRESSION

- Getting so stuck and frustrated waiting that you force the issue prematurely, thus losing your power.
- Exhausting yourself through trying to initiate your own direction in life.
- Having a tendency to quit things entered into incorrectly.
- Compromising your own power and ending up doing things you take no pleasure in through lack of patience and response.