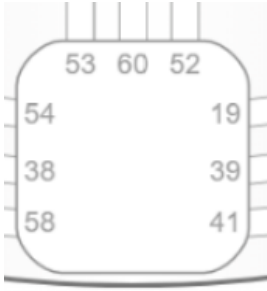


ROOT CENTER - UNDEFINED



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.

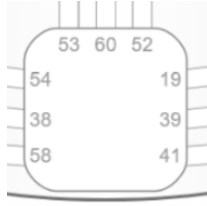
When you are with others there is a tendency to go hyper or get carried away by the rush; however, running off others' stress and adrenaline can lead to an overload of pressure, leaving you exhausted and burnt out.

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.



UNDEFINED ROOT CENTER



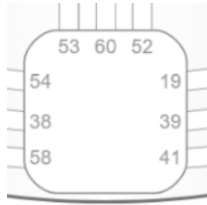
HEALTHY EXPRESSION

- 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



- 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.

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.

