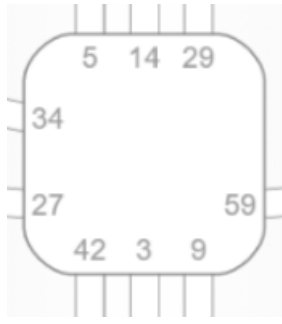


SACRAL CENTER - UNDEFINED



You have an undefined Sacral Center, which at its core means you are very open energetically. The most important thing for you to discover is when enough is enough.

You are very susceptible to becoming a conditioned worker, overworking and burning out.

Those in your life with defined Sacral Centers, roughly 70% of humanity, have a powerful impact on how you feel energetically. If you do commit while under this influence, once you find yourself alone and away from the energy, you may realize you cannot deal with the workload, losing confidence and eventually crashing.

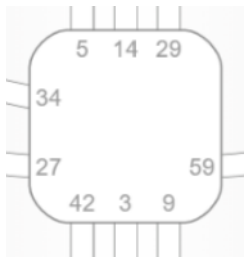
In fact, you are not here to be a tireless worker. Your body is not designed to handle great pressure to work.

In the long run, this will only overwhelm and exhaust you.

You are here to enjoy the buzz of those with defined Sacrals, letting it vitalize and flow through you, but always ready to withdraw and discharge when your body needs rest.

In essence, you are here to be wise about life and about how the life force energy works. Instead of feeling pressured to do things or get things done, you are able to step back and relax and allow others to do some of the work.

And finally, the Sacral Center is also the source of sexuality. Instead of repressing your sexuality or identifying with others' sexual conditioning, which can lead to neediness and confusion, enjoy your openness without identifying with any particular role.



UNDEFINED SACRAL CENTER

HEALTHY EXPRESSION

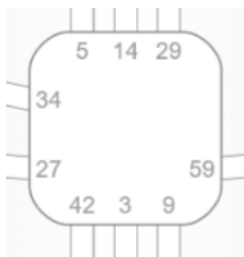


- Being wise about life and the life force.
- Knowing when enough is enough, knowing when to stop and when to rest.
- Being able to surrender to the buzz of the generator world without getting involved in it.
- Allowing others to vitalize you, letting life flow through you, knowing when to withdraw and discharge.
- Being able to step back and allow others do their share of the work.
- Enjoying the diversity of sexual roles without identifying with any particular one.



UNHEALTHY EXPRESSION

- Being conditioned to be a worker, overcommitting, overworking, burning out.
- Not knowing when enough is enough.
- Trying to take on too much and overcommitting, being unable to say no, especially when influenced by others.
- Putting yourself under great pressure to work, frequently becoming overwhelmed and exhausted by other people's energy.
- Being away from that energy you cannot deal with the workload, losing confidence and eventually crashing.
- Repressing sexuality or identifying with sexual conditioning from others, leading to neediness and confusion.



UNDEFINED SACRAL CENTER

UNHEALTHY EXPRESSION



- Being conditioned to be a worker, overcommitting, overworking, burning out.
- Not knowing when enough is enough.
- Trying to take on too much and overcommitting, being unable to say no, especially when influenced by others.
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- Being away from that energy you cannot deal with the workload, losing confidence and eventually crashing.
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NOT-SELF TALK

- Let's keep working.
- We really need to get this done.
- We need to say yes to that, otherwise we might miss out on something.
- I can keep going.
- Let me just get a cup of coffee.
- We can do that, too. Not a problem.
- I have to do it myself.
- Yes, we are doing all the work but then someone has to do it.

