

ROOT CENTER

CLOSED

SOME BACKGROUND ON OUR CENTERS

There are nine energy centers within the body, and within our charts which roughly correlate to the seven chakras:

- head/crown (Sahasrara)
- mind (Ajna)
- throat (Vishudha)
- heart (Anahata)
- solar plexus/emotions (Manipura)
- sacral (Svadhithana)
- root (Muladhara)

plus two more centers that don't specifically correlate to a chakra:

- spleen
- self/identity/G

Each center present as either open or closed, defined or undefined.

- If the center is **closed/defined**, it indicates that this function/aspect of your personality is more fixed or consistent.
- If the center is **open/undefined**, it means that this function/aspect of your personality is more flexible or malleable, leaving you more open to the influence or energy of others. These open/undefined centers are where we're the most open to the conditioning and influence of others, whether we're conscious of taking on that energy or not.

The knowledge of where our traits are the most fixed and where we're the most open to the influence can help us sit in our power on a daily basis; they help us figure out which of our choices, feelings and actions are coming from a place of truth, and which are opportunities for reflection and change.

These centers correlate to not just emotions but to physical body parts as well. Our physical, mental, spiritual and emotional wellbeing is all interconnected. Many times, when we experience physical symptoms (discomfort, illness, etc) in these areas of our physical body, it may indicate that we've fallen out of synch with our overall human design.

The seventh of our nine centers is the Root Center which, like the Emotional Solar Plexus, also pulls double-duty, but this time as both a pressure center and a motor center. In a sense, this center is both the gasoline and the engine.

The Root Center works in conjunction with our Head/Crown Center and Throat Center: ideas and inspiration come in through the Head/Crown Center where they are pushed down through our other centers until they trigger the Root Center. At the Root Center, the key is turned and the engine revs up, pushing pressure and energy up to our Throat Center so we can act on and engage with this idea on the physical plane. Notice how there's no direct connection between the Root and the Throat. That would be WAYYYYYYYY too intense for our systems to handle. Instead, all that energy heading to the Throat from the Root is processed through and tempered by the Spleen, Sacral and Emotional/Solar Plexus Centers on its way up, which absolutely impacts what comes out when it reaches the Throat.

In its resting state, the Root Center is all about grounding, stillness, and joy. This center's energy doesn't come in waves, like the emotional energy in the Solar Plexus Center, but in pulses once it's triggered by inspirational pressure from the Head/Crown Center.

Biologically, the Root Center is associated with our adrenal glands, as this center houses our adrenaline and processes stress. There are nine characteristics associated with this center:

- ambition
- joyfulness
- stillness
- contentiousness
- restlessness
- limitation
- neediness
- provocation
- imagination



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One of the things we want to watch out for: the pressure from this center is meant to go up and out through the Throat, not turned inward on ourselves. Physically pushing ourselves too hard can cause adrenal fatigue and a host of health problems (I'm currently still recovering from learning this the hard way!!) and lead to depression.

CLOSED/DEFINED Root Center

Those of us who have this center defined have a fixed way of processing adrenaline and stress, and HOW is determined by which channels are active between this center and our Sacral Center. There are three channels between the two centers: 52-9 The Channel of Concentration, 53-42 The Channel of Maturation, and 60-3 The Channel of Mutation. Depending on which of these centers and gates are activated, we either operate with stress in a way that is logical and focused (52-9), cyclical and developmental (53-42) OR unpredictable and changeable (60-3). More on channels soon...

An easier way to look at it: we have natural cycles of access to this adrenal energy. We are *somewhat* immune to external stressors, though they can still seep in through the open/undefined centers in our design. Our goal through this center is to learn how our own natural adrenal energy cycle and stress response works, and then work with it and not against it.

One of the bonuses of having this center closed is that we get to be the spark that lights the fire in others, and we are AWESOME at getting people and projects launched. When we're in the flow working with the energy of this center, we can also find our calm in the chaos around us and are super adept at handling stressful situations and crazy amounts of pressure.

Our challenge comes when we get those pulses of energy to ACT. The drive comes from within and if we don't have somewhere to funnel and direct that energy we get restless and can't sit still. But just because something triggers us to act doesn't necessarily mean we should. Just like folks with this center open, we need to honor our **type's strategy** and **authority** to make sure we're acting within our integrity when we take on projects or decide to act, or we too will burn the eff out.

Some of the same tools apply that work for those with this center open:

1. **Timeline management is CRUCIAL.** Just because we can crush to-do lists and finish ALL OF THE THINGS doesn't mean we should. Working at that clip constantly will cause us to crash, so we need to make sure we're setting reasonable timetables for ourselves.
2. **Be generous with others.** Not everyone is designed to GO GO GO the way that we are when it comes to completing tasks. We need to be aware that our stress energy is taken on by others, and we should periodically check ourselves to make sure we're not setting up unreasonable expectations for those we work with.

