

ROOT CENTER

OPEN

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.

OPEN/UNDEFINED Root Center

As is the case with all open centers, if you have this center open you are susceptible to taking on the stress of others and **AMPLIFYING** it. Stress gets fed into your system by others as you don't have consistent access to your own adrenaline. This amplified pressure from others is not comfortable at all, so many times your impulse is to just get the task done **ASAP** so you can finally be out from under that stress! If you don't give yourself an appropriate timeline to complete this task or feel compelled to agree to an insane unrealistic deadline, mistakes and sloppiness will ensue, and you'll probably have to go back and correct them or even start again. **BOO TO THAT**. The problem is that you have **THE HARDEST TIME** relaxing until all your tasks are complete, so the cycle of stress--> rush --> repeat just continues ad infinitum.

The lesson of this center is to be wise about which stresses are externally sourced and which are our own. Most people with this center open operate completely without this awareness and just spend their lives **RESPONDING** to all the stress that floods in and allow that pressure to drive them. But once you respond to one stressor, another quickly takes its place, and it can all feel very Sisyphian after a while. (That was for my fellow mythology nerds in the back. I see you!)

There are ways to work with this center and harness that energy for good rather than letting it push you back down the hill with that boulder rolling after you.

1. **Practice identifying which pressure is external and which is your own.** If the pressure is coming from someone else (which mostly, it will be) remind yourself **THIS PRESSURE I FEEL IS NOT MY OWN**.
2. **Meditate.** Take a step back, sit in the seat of conscious awareness and watch the feeling without engaging with it. Breathe.
3. **Don't commit to things outside your integrity.** Use your type's strategy and the guidance of your authority before you enter into commitments.
4. **Set your terms and timeline.** Give yourself a longer runway than you think you need. Try to break larger tasks down into component parts and meet goals on your own terms.

There are dangers that come with working against and not with this energy. Think about the health problems related to stress: adrenal fatigue, panic disorder, struggles with focus, hyperactivity, and the list goes ON. You might have even gotten so used to operating under pressure that you seek ways to stimulate that adrenal response on the regular, maybe through a caffeine addiction, by taking on too ambitious of a deadline or workload, or through serial procrastination. The goal of working within this center is to develop the skills necessary navigate your own response to external stressors in a way that you're harnessing and not working against this pressure.

