

# THE ROOT CENTER

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- **Pressure Center**

- **Also a Motor Center that pulses on and off**

- **Adrenal pressure and stress driver**

- **Momentum to move life forward**

- **Associated with the adrenal glands**

- **40% of the population have it Open/Undefined**

## WHEN IT'S OPEN/UNDEFINED

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- **The pressure to get things done so you can be free is amplified and intensified**