



Introduction to

Human Design System

Human Design is a science of self-discovery and a map for living life to the fullest. Your unique Human Design reveals the truth of who you really are and outlines your inherent strengths and weaknesses. By living in accordance with your personal Human Design, you can live an easier, more fulfilled life.

The science of Human Design came into being in January, 1987. It is the synthesis of genetics and sub-atomic physics with the world's great esoteric sciences: Astrology, the I-Ching, the Chakras and the Kabala. The Human Design System is based on new science which is only now being validated by recent advances in physics. As a practical matter, you don't need to understand the science behind the system. The results of the Human Design System have been empirically demonstrated to be accurate, and this testing is being continued and expanded every year.

Understanding Your Type

The most important thing to know about your Human Design is your Type. By knowing your Type, you can learn your Strategy. By following your Strategy, you will be living your Design. You will make better decisions and live life to its fullest.

There are four main Types: Generators, Projectors, Manifestors and Reflectors. Generators, the most common Type, are subdivided into two sub-types: Pure Generators and Manifesting Generators. Your Type is determined by which Centers are defined in your Human Design Body Graph.

Resource Links:

<http://jovianarchive.com> free charts

<http://www.humandesignnw.com/>

<http://www.youtube.com/user/humandesignhawaii>

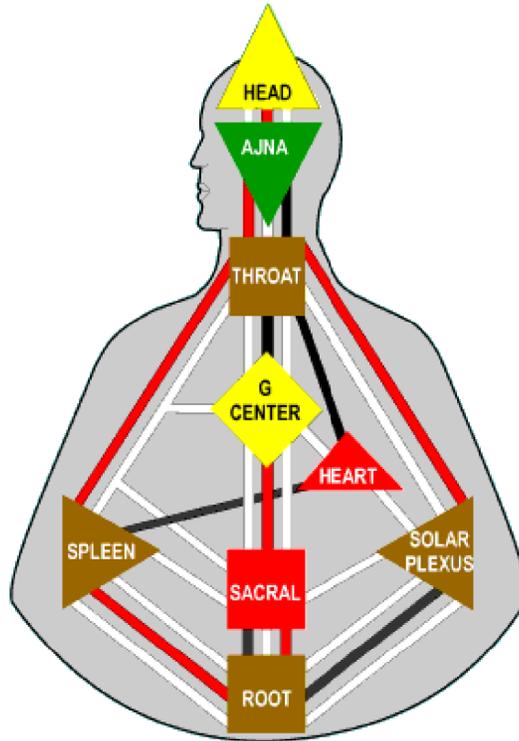
<http://www.geneticmatrix.com/>

Jane's sites:

<http://astrologicalcounsel.blogspot.com/>

<http://expressingyourtruth.blogspot.com>

The Nine Centers



The Aura Types

Generator Projector Manifestor Reflector



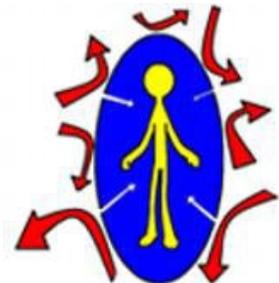
Attracts &
Responds



Absorbs
& Focuses



Impacts
& Repels

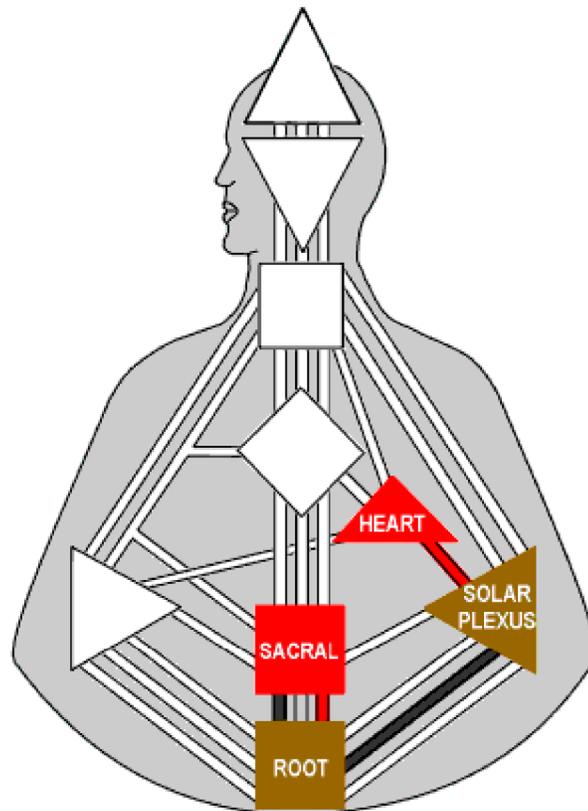


Reflects
& Samples

Generators

If you have your Sacral Center defined (the red square in the Body Graph), you are a Generator. No matter what other Centers you have defined, you are still a Generator. About 70 percent of the population are Generators.

If, in addition to having the Sacral Center defined, you have one of the four motors connected to the Throat (directly or indirectly), then you are a Manifesting Generator. Without a motor connected to the Throat, you are a Pure Generator. About half of the Generators are Pure Generators.



The Four Motors

Look at Cathy's Design. (To display her mandala in a pop-up window, click on this symbol ) Although she has all four motors defined, none of them connects to the Throat. Cathy is a Pure Generator.

The Sacral Center is the most powerful motor, and Generators are designed for work. The Sacral Center and the Throat Center are the only two Centers that speak through sounds. The Throat speaks through words, but the Sacral speaks through primal sounds. This is the key to the Generator's Strategy.

Generator Strategy

If you are a Generator you must not initiate. Your Strategy is to Respond. We capitalize "Respond," because we have a very specific meaning for this word. Responding means answering a yes/no question with a primal sound, the voice of the Sacral. A primal sound is something like "Uh huh" for "yes" and "Unh unh" for "no." Learning to Respond in this very specific way is hard and takes practice. We have been conditioned to use words to answer questions or proposals. We were told that making these "animal sounds" is rude and uncouth. The problem is that Generators are defined by the primal and powerful Sacral. To be who they really are, Generators must learn to Respond.

Other types can use words to answer, but Generators, even those who have a defined Throat, must Respond. Even Manifesting Generators who have a motor connected to the Throat, must learn to Respond.

The primary emotion for Generators who are not following their Strategy is Frustration. Manifesting Generators also have Anger. Frustration comes from trying to initiate like the Manifestors they have been conditioned to be. The Sacral Center is the center of life force and creativity. The other Types need this from Generators for survival and progress. Because they have this power, Generators think that they can initiate. They cannot.

Generators are the busy people. Manifestors initiate, Projectors direct, but Generators work. Often they are working on things that are not in their own best interests, because they have not learned how to Respond. Just because you are good at it, doesn't mean you should do it.

When and How to Respond

As a Generator, you don't have to be specifically asked a question to be able to Respond. You can Respond to events and ideas as well. If you are a Generator shopkeeper, and someone walks into your shop, you can Respond to that. If you hear something on the radio, you can Respond to that. Generators have a clear-cut, well-defined Strategy. It just takes a lot of practice.

The best way to gain insight to life's problems is to Respond to questions someone asks you. That person can be any Type. It's good for two Generators to get together and ask each other questions just to listen to their Sacral Responses. As a Generator, your Sacral knows what is best for you. None of the Types should trust the Mind, but Generators are blessed with a defined Sacral that they can trust.

When you Respond, don't say "yes" or "no." You have to Respond with "Uh huh" or "Unh unh." If your Sacral is unsure, you may Respond with a thoughtful "Hmmm." You can follow up with a word for politeness such as, "Uh huh, yes" or "Hmmm, I don't know." If you are a Generator, ask Cathy Kinnaird for help in learning to Respond.

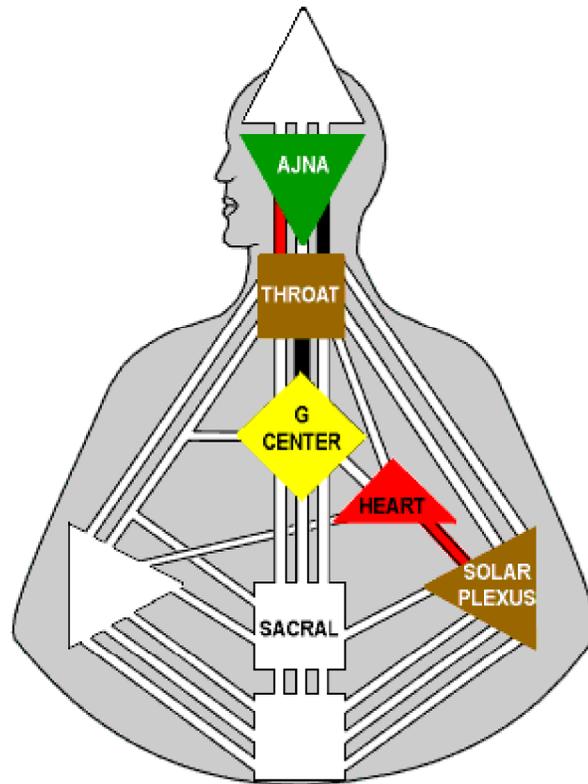
Learning to Respond is especially hard for Manifesting Generators, because they have a motor connected to the Throat. If a Manifesting Generator answers using words, he is abandoning his most powerful asset, the Sacral Center. Using words

to answer is like using scissors to cut the grass when you have a powerful garden tractor at your disposal.

The hardest part of Generator Strategy is waiting. You have to wait to Respond. Do not try to initiate; wait for life to come to you. You can put yourself in promising situations, but you have to wait.

Projectors

Projectors have at least two Centers defined, but not the Sacral Center. In addition, they cannot have a motor connected to the Throat, or they would be Manifestors. They can have a non-motor center connected to the Throat. In fact, it is possible to have eight of the nine Centers defined and still be a Projector. Projectors make up about twenty-one percent of the population.



A Projector

In the Bodygraph above, although the Heart, a motor, is defined; it does not connect to the Throat. The G Center and Ajna Center, which do connect to the Throat, are not motors. The Sacral Center is not defined.

A Projector is a "people person." They have the ability to bring people together and organize them. Projectors excel at managing other people's energy. They can't manifest or generate, but they can direct, organize and manage.

Projectors stand out in a crowd. They are easily noticed and get more recognition than any other Type. In fact, they need to be recognized for who they are in order for them to be successful.

Projectors constantly draw energy to them, but they need to direct and distribute this energy and not try to hoard it. The energy that they draw to them can take the form of money and material things as well as people's efforts and support. Projectors are here to manage other people's energy, but only when they have been invited to do so. Projectors have a tendency to over-control. They should guide and influence rather than try to control.

Projectors can read people's energy. They know who can get things done and who will just get in the way. Projectors, unlike Manifestors and Generators, are not energy types. Projectors are not meant to work hard; they are meant to direct others. Whereas Manifestors have been our leaders in the past, Projectors should be our leaders in the future.

Projector Strategy

Projectors have a rather difficult Strategy. While Generators only have to wait to Respond, Projectors have to wait to be invited. For every significant event in their lives, they have to actually be invited. They have to be asked to dance, proposed to for marriage, invited to join a club, offered a job without asking for it. Because Projectors instinctively understand the power of invitation, they often end up doing the inviting instead of waiting to be invited. This is a dangerous thing for Projectors.

In order for a Projector to feel the energy of a proposal and make a good decision they have to be invited. Emotional Projectors (who have a defined Solar Plexus) even have to be invited more than once over a period of two or more days.

Sometimes Projectors, if they are needy and not following their Strategy, can suck other people's energy and drive them away. The primary emotions for Projectors who are not living their Strategy are bitterness and resentment. Not receiving the recognition they need and failing at things they have tried to initiate makes Projectors exhausted and bitter.

As a Projector, you must realize that you are here to be recognized, but you can't force this to happen. By waiting, you will draw to you the people that you need and who need you. If you are confident and not needy, you will have an aura about you that people cannot resist. Your aura shouts "Invite me!"

Because you have to wait to be invited, your progress will be slow. You may be a "late bloomer." Be watchful and notice who recognizes you and who does not.

Just because you are invited, doesn't mean you have to say "yes." (By the way, you can use words; ignore what we said about Generators.) Wait for the invitations that are really delicious.

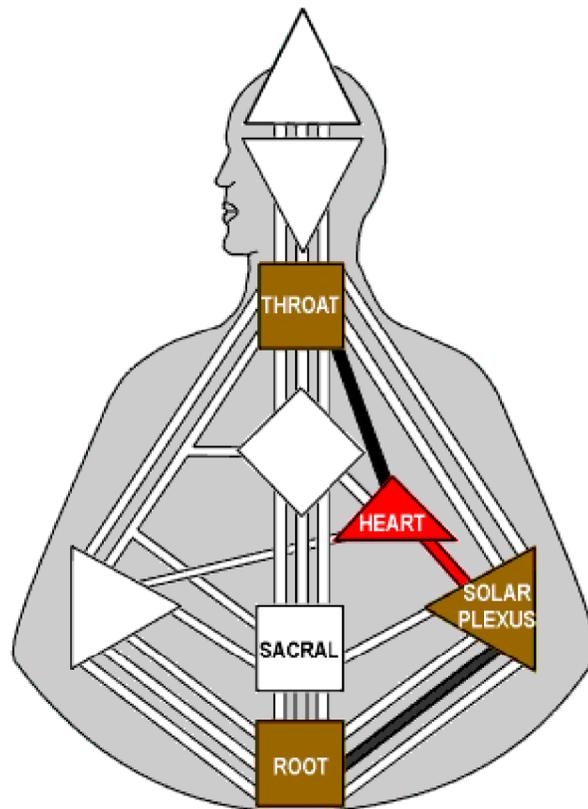
This may sound like a passive Strategy, but think of it like karate. You use other people's effort and energy to accomplish things; you don't attack. If you are invited, people will enjoy your direction. They will think you are the best co-worker they ever had. You will guide them by doing what you do naturally. You are a motivator,

not a commander. You are here to be recognized; enjoy it. You should not have anyone in your life who does not recognize you for who you really are.

Manifestors

Manifestors make up about eight percent of the population. You are a Manifestor if at least one of three motors connects, directly or indirectly, to the Throat Center. In the Body Graph below, three motors connect to the Throat, but it is only necessary for one motor to connect to the Throat to be a Manifestor. In the figure below, the Heart connects directly to the Throat, and the Solar Plexus and Root Centers connect indirectly to the Throat through the Heart Center.

There is a fourth motor, the Sacral Center, but if the Sacral is defined, you are a Generator, not a Manifestor. A Manifestor can have additional Centers defined, but not the Sacral Center.



A Manifestor

The Throat is the center of action and communication. Because a motor (energy source) is connected to the Throat, and therefore has an outlet of expression, a Manifestor can initiate action. This is the key attribute of Manifestors; they can successfully initiate actions and conversations without needing to respond or be invited.

In America, most of us are raised and conditioned to be Manifestors, but very few of us have the Design to be one. Trying to force things to happen, without a motor connected to the Throat, causes frustration, pain, disease and unhappiness.

Throughout history, until the middle of the Twentieth Century, the ability to initiate was so important that Manifestors became our kings, queens and leaders. Manifestors effectively enslaved the other Types by harnessing their energies for the Manifestors' objectives. Today, by following our Strategies, the need for a Manifestor leader has passed.

Manifestors are not here to be controlled by anyone. You can't tell them what to do. Ironically, although we are raised to be Manifestors, children who actually are Manifestors are often severely punished because they do things of their own accord without asking permission or informing. This can lead to very repressed Manifestor adults. As the parent of a Manifestor child, your job is to teach him or her to be polite. You shouldn't keep them from initiating, but by being polite, they will encounter less resistance.

Manifestor Strategy

As an adult Manifestor, your Strategy is to inform. Adult Manifestors should not ask permission, but their lives will be much easier if they inform the people around them of what they plan to do. The energy of a Manifestor is intimidating and people naturally resist or retreat from it. By informing, the Manifestors diffuse this fear and resistance allowing others who are so inclined to follow their lead.

The primary emotion of Manifestors who are not following their Strategy is anger. They are angry at people trying to control them and resist them. They hate being told what to do, and they should not be told what to do. If you are a Manifestor, experiment with informing. You will see resistance diminish and your anger subside.

If you are a Manifestor, you really don't need any help or permission to get things done. All the other Types need interaction with others. You are inherently unpredictable and uncontrollable, and this upsets people and causes them to dislike you. Try experimenting with informing.

If you are an emotional Manifestor (your Solar Plexus is defined), you still need to wait before making decisions. You don't need input from others, you just need to feel the question for two or three days, throughout your emotional cycle, so that you have considered it while you are up as well as down. Then you can make a good decision.

Because you can initiate, people (including yourself) think you are in charge and responsible for what is happening. You are not. Life moves on with or without us. Just because you can start things, does not mean you can control them. Chill out. People will look to you to save them and blame you for things they don't like. Follow your Strategy and take pride in who you are.

It is important for a Manifestor to rest. Although they are doers, they do not have the most powerful motor, the Sacral Center. Generators are the ones equipped for hard work. Your open Sacral Center causes you to be influenced by Generators

around you, and to work twice as hard, but this is unhealthy for you. Rest in bed at night before you are tired. You can read or watch TV before sleeping, but rest before you think you need it.

Reflectors

If none of the Centers in your chart are defined, then you are a Reflector. Reflectors make up only about one percent of the population.

Reflectors have nothing fixed and reliable in their Design. They are totally open, but they are not weak. Reflectors can actually handle life pretty well. If you are familiar with tornadoes, then you know that you should open all the windows in your house if a tornado is coming. By opening all the windows, you equalize the pressure to prevent damage to the house. Reflectors have all their windows (Centers) open. The storm can rush through without damage.

Reflectors are here to experience wonder and awe. They process things slowly and should not be rushed. They have the capacity for the greatest wisdom because they are here to learn and experience in every area of life.

Reflectors are at the mercy of the people they have relationships with, because being in the aura of others will define the Reflector's Centers. Reflectors should choose their relationships carefully. They have no inner authority, so they must be with people they trust. The primary emotion of Reflectors is disappointment.

Reflectors are like the canary in the coal mine. They will feel things before others do and be the first ones affected by external events. In a group, look to a Reflector to judge the feelings of the group.

Reflector Strategy

Reflectors have the most difficult Strategy. Because they are totally open, the Moon, moving completely around the chart in twenty-eight days, greatly influences Reflectors. By moving through a Reflector's chart, the Moon will activate gates and define Centers that can temporarily change a Reflector's Type. Reflectors should consider a proposal for twenty-eight days before making a decision.

If you are a Reflector, see Cathy for more specific information on how to live your Strategy.

Authority

In Human Design, we talk about your where your "Authority" comes from. There are five kinds of Authority:

Emotional Authority

If your Solar Plexus is defined, you have emotional definition, and you have Emotional Authority. Part of your Strategy is to consider a proposal or question for two or three days before making a decision.

Sacral (Generated) Authority

You have Sacral Authority If your Design has these characteristics:

- You are a Generator (your Sacral Center is defined)
- Your Solar Plexus is not defined
- You do not have a motor connected to the Throat Center

Splenic Awareness Authority

You have Splenic Awareness Authority If your Design has these characteristics:

- Your Spleen Center is defined
- Your Solar Plexus and Sacral Centers are undefined

You can be spontaneous.

Ego (Manifestor) Authority

You have Ego Authority If your Design has these characteristics:

- Your Heart Center and Throat Center are defined and connected
- Your Sacral, Solar Plexus, and Spleen are all undefined

Self-Projected Authority

You have Self-Projected Authority If your Design has these characteristics:

- Your G Center and Throat Center are defined and connected
- You have no other Centers defined except possibly the Head and/or Ajna

Decision Making = Strategy and Authority

Authority is what you can rely on to make decisions about your life and begin new things. There is inner authority and outer authority.

It is important to understand that you cannot get to correct authority or decision making without first being correct in your aura strategy.

Summary of the Profiles

1/3	Investigating Martyr	These people are introspective and love to learn. They learn by trial and error and by making mistakes. They are pessimistic until their foundation is secure. They make their foundation secure by intense study, and they have the core strength to rip down what no longer works for society.
1/4	Investigating Opportunist	These people love to research and study and are always being approached by their friends to share what they have learned. Surprisingly, they hold strong points of view. They need a well-rounded education as a child to have a broad perspective or they will be too narrow-minded.
2/4	Hermit Opportunist	These people are very private. You may not know their real mission in life. These are "naturals" in some area that interests them and must be "called out" of their seclusion by their friends and community. This is the profile of the missionary, because when called to an interest they pursue it with zeal.
2/5	Hermit Heretic	These people are very practical, and their reputation is essential for them to maintain their place in society. They are naturally brilliant in some area and they prefer seclusion. Because people have false expectations of them, they are reluctant to engage. However, on rare occasions, if they have a practical solution, they can "call themselves" out of seclusion.
3/5	Martyr Heretic	These people are the great experimenters in life. They are problem solvers with a scientific inclination. They will bump into everything that doesn't work in society and will find practical solutions for it. Often others get tired of hearing from them about everything that doesn't work. This can lead to social isolation.
3/6	Martyr Role Model	These people have some of the deepest wisdom about the trial and error process of life. As they mature, they become living examples of how to handle the challenges of life. They have an underlying optimism and innocence that allows them to endure life's trials and tribulations.
4/6	Opportunistic Role Model	These people are the witnesses of their social environment. They are the great networkers in their immediate community and circle of family and friends. They are seen as friendly and sociable by others. Through observation, they develop good interpersonal skills. Ultimately they must mature into role models of what they have observed that works.

4/1	Opportunistic Investigator	These people are excellent teachers. It is not in their nature to change who they are or what they stand for. They have a very specific and fixed purpose in life, and it belongs to no one to change that.
5/1	Heretical Investigator	These people are often our leaders, generals and gurus. They are natural leaders. Their personal nature is very private, but in times of need they are good at finding solutions for organizations, governments and society as a whole. Others have the expectation that these people have the answers, and if they don't deliver a practical solution, their reputation is ruined.
5/2	Heretical Hermit	These people are natural geniuses in some particular thing and have leadership potential, but they often don't see it in themselves. Because of the great expectations others place on them, they retreat into a private world. They often feel oppressed by these overblown expectations of society.
6/2	Role Model Hermit	These people are here to be living examples of what they have learned in the three phases of their lives. In the first phase, they experience great challenges and trials. In the second phase, they withdraw and become objective observers of how to deal with those challenges. In the third phase of their lives, they walk in the world as natural, living examples what they have learned.
6/3	Role Model Martyr	These people are eternal optimists no matter what challenges life brings to them. Although they also have three phases to their lives of challenge, observation and example; the challenges never end for them. This adds an eternal element of chaos to their lives, and they are always learning from their experiences. A good sense of humor and the ability to laugh at themselves will make life easier.



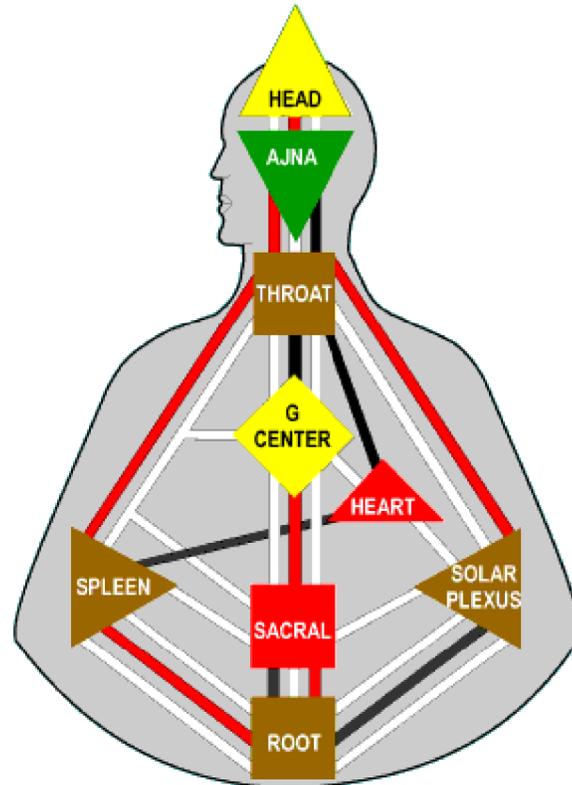
The Nine Centers of Human Design

As we discussed on the "Your Human Design" page, a Center can be either defined (colored) or undefined (white). It isn't "better" to have a Center defined; it's just different if it is defined.

If a Center is defined in your Human Design, then the qualities of that Center are fixed and reliable in you. These stable qualities are influenced by which gates of that Center are activated. Each activated gate acts as a filter for energy coming into the Center. The ways that a Center can influence you are also affected by which Channels are defined that connect to that Center. A Human Design Analyst can interpret all these variations of the qualities of a Center.

If the Center is undefined, then you don't have a stable, preferred way of dealing with those qualities. An undefined Center is an opportunity for learning. An undefined Center is "open" and susceptible to outside influences. Because it is not "cast in stone," you will seek to learn the qualities of the Center. For example, some of the greatest singers have an undefined Throat Center.

When you are with another person, that person can influence you through your undefined Centers. Your defined Centers are not susceptible to this influence. Your defined Centers determine who you are when you are alone. Your undefined (open) Centers allow you to be influenced by others. You cannot rely upon undefined Centers. The energies or experiences that come in through these undefined Centers are transitory. Undefined Centers are learning Centers, and as such, they can be sources of pain, frustration and (believe it or not) wisdom. Although each Center corresponds to one or more organs in the body, it also has other characteristics that define who you really are.



The Nine Centers

The Mind

The top two Centers (Head & Ajna) make up the Mind. Neither of these two Centers is connected to a motor (we'll identify the motors later). The Mind is not designed to actually do anything; it is not a source of power. The thoughts, ideas and inspiration that come from your Mind are for the benefit of others; they are not for making your own decisions.

The Mind is your computer. It can't know the magic of life and it can't know the truth about you. The secret of Human Design is to follow your Strategy rather than your thoughts.

The Head Center

The top Center, the Head, is the source of inspiration, anxiety and mental pressure. If it is defined, you are always under mental pressure that can even cause headaches. The Head is under pressure to make sense of all the inputs of daily life. The Head is the source of worry, especially if you think your thoughts are for your own benefit.

If the Head is undefined, your inspiration is always coming from outside of you. If you are with someone whose Head is defined, you will be filled with inspiration that vanishes when you are alone.

The Ajna Center

The Ajna Center is the Center of conceptualization. It measures and categorizes. If your Ajna Center is defined, then your thinking works in a set, reliable manner. It is constantly making choices, comparing, evaluating and organizing.

If the Ajna Center is undefined, you do not have a consistent thinking process. Your thinking will be influenced by the people you are with. With an undefined Ajna, you should have important conversations in a public place so that your thinking will not be completely influenced by the person with whom you are speaking.

With an undefined Ajna, you cannot filter the thoughts that enter your mind, and you will have trouble holding on to them. You may not say the things you intend, and you may not sound intelligent if you try to initiate discussions without being asked.

The Throat Center

The Throat is the Center of communication and action. In order for anything to happen, it must pass through the Throat to become a reality. Biologically, the Throat is the Center of our metabolism. It is the Center for manifestation.

If a Center is connected to the Throat by a defined channel, then the qualities of that Center can be easily manifested in the world. If your Throat is defined, you are here to verbally share with others what it is to be you.

If your Throat is undefined, you are always under pressure to communicate with words. Unless you are a Manifestor Type, you should not initiate conversation because this can damage your immune system. Other Types must wait to be asked before sharing their thoughts, feelings or ideas. We will discuss this more when we talk about the Types.

The G Center

The G Center is the Center of Self. It is our identity and is the Center of Love and Direction in life. We have been taught that the Heart is the Center of Love, but this isn't true.

If your G Center is defined, you have a strong sense of Self and have the ability to know yourself. You also have a strong sense of personal direction.

If your G Center is undefined, you will be on a lifelong quest to know who you really are, and it is easy to let others shape your identity for you. Just as some great singers have an undefined Throat, many treasured spiritual leaders have an undefined G Center, and as a result, are great searchers for spiritual truth.

An open G Center also causes uncertainty about love. Wondering if they will ever be loved is one of the most profound questions for people with an open G Center. These people will also constantly question their direction in life. Because of their journey to discover love, people with undefined G Centers have much wisdom to share about the nature of love.

The Splenic Center

The Spleen controls our immune system. It is the Center for well-being, instinct, intuition and taste. The Spleen is the Center for knowing "in the now." If you have a defined Splenic Center, trust your initial "gut feel." This intuition is reliable, but it only speaks once. If you ignore it, this timely insight will not speak again.

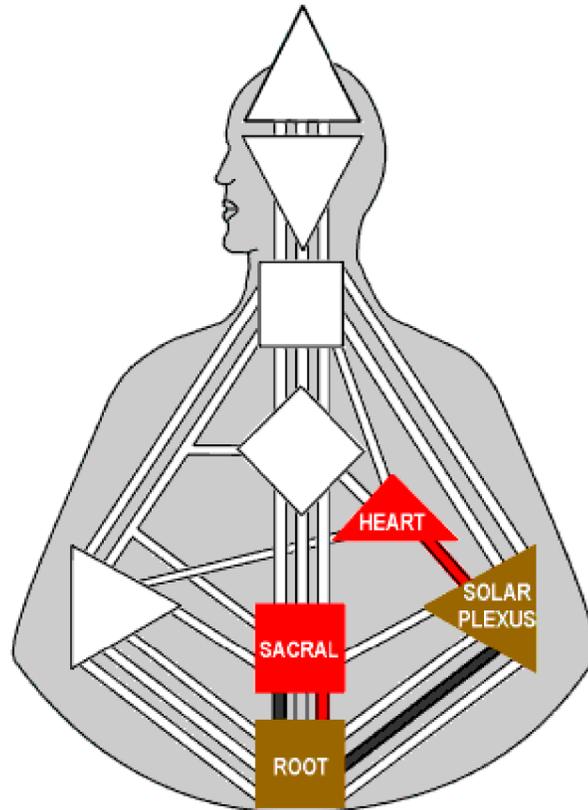
If you have an undefined Spleen, you will not consistently feel good. Feeling good is dependent on who you are with. You are also very sensitive to anything that can affect your survival. You will have to be careful about what you eat and drink and take as medication. You will also know when you are about to become sick so that you can take care of yourself. People with an undefined Spleen are better off using holistic medicine, including essences and homeopathics, rather than relying on Western (allopathic) medicine.

The Heart Center

The Heart Center is the Center of Ego, Willpower and Courage - not the Center of Love. If you have a defined Heart Center, you are willful, have willpower, and can make and fulfill promises dependably.

The Heart Center is one of the four motors and is a powerful source of energy. It is the driving force for business and competition. The Ego is about material survival, money, the family and the tribe. It is a warrior and an exaggerator. It is possessive and insures the survival of the community.

Having an undefined Heart Center means that you should not make promises. You should not be willful or competitive. An open Heart Center makes you susceptible to diseases of the heart, gall bladder and stomach when you act willfully. Making promises places extreme pressure on these organs if your Heart Center is undefined. Do not try to use willpower to bulldoze your way through life.



The Four Motors

The Sacral Center

The Sacral is the most powerful motor and is the major source of energy for us. It is responsible for sexuality, reproduction, nurture and the life force. Having this Center defined makes you a Generator Type. We will discuss the defined Sacral Center when we talk about Generators.

If you have an undefined Sacral Center, your sexuality is always conditioned by the person you are with. You can be everything from a nun to a tramp depending on your partner. If you change partners, you will not have the same sexual experiences. You are very vulnerable at the sexual level.

An undefined Sacral also makes you vulnerable to working too hard. Generators (defined Sacral) are designed for work, but people with an undefined Sacral can end up working twice as hard trying to do the work of Generators. Working too hard is unhealthy for people with an open Sacral Center.

The Solar Plexus Center

The Solar Plexus Center is another powerful motor that is the Center for emotions and feelings. This Center has a major effect on all of us regardless of whether it is defined or open. It is the Center of pleasure, romance, sexiness, passion and desire.

If you have a defined Solar Plexus, you are an emotional being. This Center operates in a wave moving you through emotional cycles from highs to lows in a two- or three-day cycle.

The most important thing to know, if you have a defined Solar Plexus, is to never be spontaneous. Never make a decision without "sleeping on it." You need to contemplate proposals through all phases of your emotional cycle before making a decision. Emotional people feel that they are indecisive. They often change their minds the next day. This happens because they do not wait for the emotional wave to complete before making the decision. Emotional beings need time.

This is a confusing Center because many people who have this Center open, still appear to themselves and to others as being emotional. This is because they are open to the emotions of the people around them, and they don't have the natural abilities and filters for dealing with emotions. Unemotional people (undefined Solar Plexus) don't have the tools that emotional people have for dealing with emotions. Unemotional people are uncomfortable with emotions and can end up acting very emotionally depending on who they are with. They can even appear to be more emotional because they magnify others' emotions.

If your Solar Plexus is undefined, you will take in other people's feelings, and you will feel happy or sad depending on the emotions of the people you are with. You can also be easily manipulated by emotional people. It is important to remember that these are not your emotions. After you are alone for a while, other people's emotions will pass.

The Root Center

The Root Center is a motor and is the Center of stress, adrenalin, pressure and depression. If you have a defined Root, stress and pressure are a natural part of your life. This pressure is meant to be fuel for your life, not to cause depression.

If your Root is undefined or open, you don't have the natural ability to handle pressure. This can cause you to try to do things too quickly just to relieve the pressure. People with defined Roots are always pumping you up and pressuring you to do things. For the people with defined Roots, pressure is a fuel. For people with open Roots, pressure is unhealthy. Remember that this pressure is coming from outside of you. It can give you an adrenaline rush, but it isn't healthy for prolonged periods. Performers often have undefined Root Centers.