

TYPE ONE

BODY CENTER / RECONCILING ENERGY / PRACTICAL PROBLEM SOLVING

FORGOTTEN MESSAGE *"I am good."*

ALSO CALLED *perfectionist • moralist • reformer • idealist*

EXAMPLES Hillary Clinton, Jane Fonda, Gandhi, Bill Moyer

Ones seek a perfect world, personal integrity, and self control. They focus on doing what is right and correcting what is wrong. They are dependable, wise, and hard working. Ones are idealistic, have high standards, and practical common sense. The core value that Ones are attracted to is goodness. Ones want to be good people, and work to make the world a perfect place.

1

Strengths

Honest
Responsible
Principled
Perceptive
Organized

Strengths Overused

Critical of self or others
Opinionated
Resentful
Impatient
Controlling

COACHING

- In meditation notice your mind going to the either/or quality of right/wrong and the associated tension
- Notice and reduce dominance of the critical mind. Accept the "dark side" and pleasure as natural order.
- Shift attention from wrong doing to differences. Ask "What am I overlooking?"
- Be the model not the critic. Stop fighting against and be with your experience, even if it happens to be anger.
- Check context before offering criticism. Accept the "dark side" and pleasure as natural order.
- Use your vision of excellence as a guide, not a ball and chain
- Learn what "good enough" means
- Forgive yourself.
- Balance work and play. Make scheduled pleasure inviolate.

PASSION

Anger
Resentment

VIRTUE

Serenity

GROWTH CHALLENGE: Learn to live the Serenity Prayer - to change what can be changed, accept what you cannot change, and develop the wisdom to know the difference.

TYPE TWO

HEART CENTER / RECONCILING ENERGY / POSITIVE OUTLOOK

FORGOTTEN MESSAGE *"I am loveable."*

ALSO CALLED *giver • helper • mentor • lover*

EXAMPLES Eleanor Roosevelt, Mother Teresa, Barbara Bush, John Denver

Twos are attracted to love. What gives meaning to Twos is relationship and connection: to love and be loved. Twos want to make the world a more loving place. Their paradigm searches for ways to love, be helpful, and be of service. They are naturally generous and giving people who share themselves, their energies, time, and possessions. They see people's potential and naturally build support and nurture others. They are gentle, warm-hearted, sociable, friendly, gregarious, and approachable. Relationships get much of their attention.

Strengths
Loving
Enthusiastic
Communicator
Likable
Supportive/Generous



Strengths Overused
Unaware of own needs
Overextends to exhaustion
Overemphasizes relationships
Indirect
Flattering

COACHING

- In meditation notice attention going to sense needs of special others and associated feelings of importance.
- * Ask yourself, "What do I need?" "What do I want?" Focus on self.
- Allow yourself to plunge fully into the well of your feelings and creativity.
- Stop trying to "act lovable" and allow love to act. Sink into the realization that love owns and produces you.
- Create space around hurt and observe humiliation transform into the realization that your real longing is to be totally connected to the Source of love that made you.
- Take time for solitude.
- Ask often for what you need and want. Become comfortable with letting people give to you.
- Learn to say NO and set your boundaries.

<u>PASSION</u>	<u>VIRTUE</u>
Pride	Humility

GROWTH CHALLENGE: To find yourself in relationship balancing dependency and autonomy. Connect with and fall in love with your true self. Learn to meet your personal needs.

TYPE THREE

HEART CENTER / ACTIVE ENERGY / PRACTICAL PROBLEM SOLVING

FORGOTTEN MESSAGE *"I am capable."*

ALSO CALLED *performer • achiever • motivator • succeder*

EXAMPLES Tony Robbins, Many Olympic Athletes, Meryl Streep, Harry Potter

Threes channel their energy into getting things done. They are efficient and work hard to accomplish their goals. They focus on gaining respect and admiration of others and appearing successful. They stay active and have a great capacity for efficiently getting things done. Because we live in a THREE culture, they get a great deal of positive reinforcement for their productivity. They are good networkers and connectors. They work to avoid failure.

Strengths
High achievers
Success oriented
Optimistic
Confident
High energy

3

Strengths Overused
Overly competitive
Impatient/Abrupt
Overextends to exhaustion
Disconnects from deep feelings
Believes role is who they are

COACHING

- By stopping all the doing you can put yourself face to face with being, and see your real self.
- Realize there is nothing to do but stop. Ask yourself what really matters.
- Build a self-observer by noticing feelings and paying attention to physical sensations (especially tiredness).
- Learn to tell the difference between what you do and who you are. Make time for people in your schedule.
- Slow down - Don't just do something, stand there. Be.
- Practice honesty with what you authentically want to do, how you feel, and how you represent yourself
- Do something you enjoy without telling anyone.

<u>PASSION</u>	<u>VIRTUE</u>
Deceit	Honesty

GROWTH CHALLENGE: To find your inner essence by letting go of image and social persona.

TYPE FOUR

HEART CENTER / RECEPTIVE ENERGY / EMOTIONAL HONESTY

FORGOTTEN MESSAGE *"I belong."*

ALSO CALLED *the original person • aesthete • individualist • the romantic*

EXAMPLES Jackie Kennedy, Judy Garland, Jeremy Irons, Tennessee Williams

Fours desire deep connections both with their own interior worlds and with other people, and they feel most alive when they authentically express their feelings. Their purpose in life is to make the world a more beautiful place. Fours have a well-developed aesthetic sense and inherent good taste. They have an innate sense for quality. They are creative, expressive, imaginative individuals. They are attracted to the fine arts. Fours value originality, uniqueness, and individuality. Whatever they do, they do with their own distinctive touch and flair. They search for authenticity, their origin, and their real identity. They are in sympathy with the pain of the world.

Strengths
Inspiring
Introspective
Creative
Expressive
Intuitive
Compassionate

4

Strengths Overused
Envious
Self-involved
Aloof/Arrogant
Moody
Deeply critical of others
Hard to please

COACHING

- In meditation notice how feelings come up and how the attention goes to what is missing and longed for
- Resist worshipping and acting on intense feelings, differentiate authentic feelings from ego drama
- Practice valuing the ordinary and equanimity - Never give up to despair
- Build appropriate action plans to keep from absorption in feelings - Learn to name feelings not be them
- Understand that equanimity is not ordinariness, but the true zero point, empty, still and endlessly creative. This inner emptiness is transformed into a container capable of holding the limitless
- Move to the observer when dealt a blow and get out of the feelings and the story - Physically move.
- Stop taking things personally

PASSION	VIRTUE
Envy	Equanimity

GROWTH CHALLENGE: The act of seeking in itself leads to a doorway to the infinite. Felt sense of one's connection to the source; all that is or could be is also being you meeting the all-ness of the universe. Use everything in your life for your growth and renewal. It is here that the soul mission(s) of the four become clear.

TYPE FIVE

HEAD CENTER / RECEPTIVE ENERGY / PRACTICAL PROBLEM SOLVING

FORGOTTEN MESSAGE *"I am enough."*

ALSO CALLED *the wise person • observer • thinker • investigator*

EXAMPLES Bill Gates, Stephen Hawking, Tim Burton, James Joyce, K.D. Lang

The values that energize FIVES are understanding, knowledge, learning, and wisdom. Seeing the whole picture, they are able to put all the pieces together. Loving to learn, their passions are of the mind. They are attracted to truth and putting new ideas together. Fives assessments can be wise because they come from the detached place of the observing ego. They are able to see the essence of things and penetrate to the heart of the matter. Unstructured social situations are difficult for fives, and they tend to withdraw. They value silence and solitude. They need to be alone to recharge their batteries. They often do their feeling in private and say exactly what they mean.

Strengths
Analytical
Expert/Persistent
Insightful
Excellent in Crisis
Objective
Observant



Strengths Overused
Overly Persistent
Unassertive
Aloof/Overly Independent
Stubborn
Critical of others
Detached

COACHING

- In meditation allow feelings and sensations, learning the difference between detachment and non-attachment
- Moving into feelings and experience--move forward into life
- Doing bodywork, joining a support group involving self-disclosure
- Behave as if there is abundance
- Understand that some relationships are energizing.
- Welcome all feelings.
- Practice saying feelings out loud.

PASSION
Avarice

VIRTUE
Non-attachment

GROWTH CHALLENGE: The concern of the five is that others will deplete their energy--in order to enter the emptiness, the five must be willing to surrender everything, realizing that emptiness and fullness are two mutually implied aspects of one underlying reality. Stay as present as possible in each moment. To reclaim omniscience, a five must discover the true fullness of illuminated living within their own heart.

TYPE SIX

HEAD CENTER / RECONCILING ENERGY / EMOTIONAL HONESTY

FORGOTTEN MESSAGE *"I am safe."*

ALSO CALLED *the loyal person • loyalist • questioner • skeptic*

EXAMPLES Tom Hanks, Emma Thompson, Princess Diana, George Bush

Sixes are true to their word, committed, loyal and devoted. They are deeply dedicated to what they believe in. They defend their faith and protect their traditions. Sixes keep their promises and are good friends. They are good hosts/hostesses and protective to those in their care. Sixes are conscientious and respectful. They do their duty. They are good devil's advocates. They can lead or be on a functioning team. They are obedient and respect good authority. They look before they leap and think before they act.

Strengths

Honorable
Reliable
Responsible/Loyal
Trustworthy
Determined
Thoughtful/Warm/Prepared



Strengths Overused

Worried
Wary
Stuck in Analysis Paralysis
Defensive
Projecting thoughts onto others

COACHING

- In meditation notice how dangers come up, doubts, bodily fears, and paranoid thinking
- Make a declaration of faith--acting as a faithful person would act
- Give equal time to trust, pleasure, and gratitude
- Ask if a fear or idea is an intuition or projection
- Notice when you give away your power and become your own authority by reconnecting to your power
- Check out fears and concerns with others to see if they are true
- Think about the virtue of courage as the courage to trust
- * Turn downward into body and its instinctual wisdom and strength
- Learn to trust that the act of being itself will take care of you. When faith is restored, Love and Hope appear

PASSION

Fear

VIRTUE

Courage

GROWTH CHALLENGE: The energy of fear and doubt and the energy of courage and strength seem opposite to the six ego. Their unity appears only within the frictionless-ness of no longer resisting them. Staying with fear in meditation transposes it to the power the six child walled off.

TYPE SEVEN

HEAD CENTER / ACTIVE ENERGY / POSITIVE OUTLOOK

FORGOTTEN MESSAGE *"I am free."*

ALSO CALLED *the joyful person • epicure • generalist • visionary*

EXAMPLES Ryan Seacrest, Tigger, Elizabeth Taylor, Robin Williams, Bette Midler

Sevens crave the stimulation of new ideas, people, and experiences and create elaborate future plans that will allow them to keep all of their options open. Joy is the value SEVENS are attracted to and exude. They see any occasion as an opportunity to have a party. They have a great appreciation for life and want to experience as much life as possible. They have a natural optimistic outlook on life. Sevens have a fertile imagination and can generate unlimited possibilities. They are big visionaries and fascinated with the future. They have a childlike responsiveness to the world, and are able to find good and hope in anything. They can reframe any situation and are good start-up people. They love to tell stories and cheer people up.

Strengths

High Energy
Engaging/Curious
Quick Thinker
Joyful/Fun-loving
Imaginative/Creative
Enthusiastic/Entertaining



Strengths Overused

Impulsive
Unfocused
Rebellious
Self-Centered/Superficial
Pain Avoidant
Slippery/Unreliable

COACHING

- In meditation slow the mind down and focus on a single point
- Practice giving attention to the present situation and staying with pain for short periods of time
- Practice welcoming conflict and criticism, and notice subtle superiority in the constant position of being upbeat
- Cultivate consistency (becoming firmly grounded in the moment, taking in no more and no less than needed)
- Hardship, pain, set back or any wake up call is the beginning of awakening for sevens. They begin to question their ego identities.

PASSION

Gluttony

VIRTUE

Constancy

GROWTH CHALLENGE: The seven must realize that it is not either/or (i.e. remaining a fluttering butterfly or becoming dull, bored and suffering). The internal observer is aware that he is neither butterfly nor ordinary, but an instance of still consciousness that is awake to being both at once (This is the key realization of all types.) The experience of I, of essence itself. Essence is not identified either with the structure of type, or with individual struggling to get free of type. It is simply aware. When sevens become aware, their consciousness becomes the light of Holy Work, Plan, or Wisdom dancing in the center of their life.

TYPE EIGHT

BODY CENTER / ACTIVE ENERGY / EMOTIONAL HONESTY

FORGOTTEN MESSAGE *"I can be vulnerable."*

ALSO CALLED *the powerful person • boss • leader • challenger • protector • top dog*

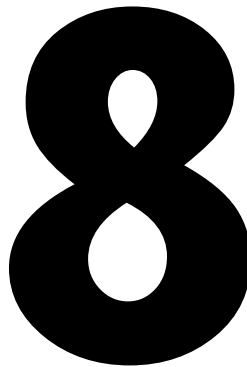
EXAMPLES Martin Luther King Jr. FDR, Lyndon Johnson, Barbara Walters, John Wayne

Eights pursue the truth, like to keep situations under control, want to make important things happen, and try to hide their vulnerability. The core value of EIGHTS is strength. They know how to get, keep, use, and increase power. They have an intuitive feel for force. They value autonomy, independence, being their own person, doing their own thing. At their best, they use their power for the sake of others, and for building up community. They share their strength to empower others.

They show their strength in a self-assured, confident manner. They are capable leaders, good protectors, and safe harbors to head for in a storm.

Strengths

Direct/Courageous
Energy "to do"/Action
Protective of the Weak
Self-Confident/Hardworking
Enthusiasm/Passion
Ability to Discern Deceit



Strengths Overused

Controlling
Demanding
Impatient
Disdainful for weakness
Intimidating power broker
Self-Centered/Confrontational

COACHING

- In meditation allowing the mind and body to quiet and return to an empty state
- Check for energy and impulse to act - "Just stand there."
- Allow for the emergence of vulnerability, weakness, and innocence
- Welcome boredom and fear
- Realize there is an element of weakness within all strength and a core of strength within all weakness
- "Strength is what is beginning to weaken; weakness is what is beginning to grow strong."

PASSION	VIRTUE
Lust/Excess	Innocence

GROWTH CHALLENGE: By creating space around the anger of the ego, an eight can discover his or her childhood innocence. Instead of making war on weakness, an eight begins to feel compassion towards themselves. They realize that their essential being was never weak or insignificant. To experience for oneself the spaciousness that can hold the entire cosmos is to recover Holy Truth.

TYPE NINE

BODY CENTER / RECEPTIVE ENERGY / POSITIVE OUTLOOK

FORGOTTEN MESSAGE *"I Matter."*

ALSO CALLED *the peaceful person • mediator • peacemaker • harmonizer*

EXAMPLES Dalai Lama, Walter Cronkite, Ronald Reagan, Carl Jung, Lincoln, Annette Benning

Nines seek peace, harmony, and positive mutual regard. The Nine dislikes conflict, tension, and ill will. Nines are attracted to harmony. They relish calm, prize peace, and appreciate regularity. They have a gut sense when things are "on" or "off." Possessing an inner sense for the oneness of all reality, their mysticism is that of union. They need time to abide. They have a particularly acute awareness for when things are disordered. They have an unconditional high regard for people.

Strengths

Caring/Giving
Accepting
Patient/Pleasant/Calm
Diplomatic/Peaceful
Adaptive/Unselfconscious
Supportive/Accommodating



Strengths Overused

Avoidant of Conflict
Forgetful of Priorities
Procrastination
Passive-Aggressive
Unassertive/Peace at any price
Indecisive/Stubborn

COACHING

- In meditation notice how the mind goes to many different things, to others, and away from self
- Use resistance/anger/stubbornness to backtrack to what was missed that is important to the Nine
- Ask self "What do I want?"
- Forming action plans with clear time frames and limits
- Welcoming change, sticking with ones own goals
- Realizing that comfort is not a friend
- Take a personal position on issues. Learn to say no
- Notice feelings that precede attention shifting to substitute distractions (i.e. food, TV, reading)

PASSION

Sloth

VIRTUE

Right Action

GROWTH CHALLENGE: The Nine's spiritual task is to wake up, welcoming conflict and entering into it. Right action means moving with the situation, rather than against it, creating the possibility for change and growth rather than resistance and opposition. The energy for spiritual growth is available and free to everyone for the asking. Simply observe (the consciousness that observes is sane), as it is presence and awareness itself. For the Nine, this means willingness to enter into the discomfort of conflict.