

Body: intelligence of sensation, the here and now, the living moment

Type Eight: Protector, Challenger

Essence: Alive, immediate, empowered, an initiating energy which catapults us into realness. This energy helps us not collapse. Gifts of strength, power, confidence. When we lose presence, the ego feels fear of disconnection from this fundamental power and/or being harmed or violated, so we desire more control.

Moving toward: being in charge, staying strong, protecting

Avoiding: any sense of weakness, not having my act together, vulnerability

Development: learn how much force is actually needed in a given situation, moderate your impact on others, and appreciate others truths, notice and work with your own vulnerability.

Mudra: “Namaste hands” with space between the hands, forming a gentle circle, held at the heart---notice sensation on the fingertips

Where in your life are you willing to be effected on a heart level?

Type Nine: Peacemaker, Mediator

Essence: Engaged and connected in the living moment. Being and Presence are synonymous. Actively receptive, being with whatever is our experience. Gift of grounded presence.

When we lose presence, the ego feels the fear of really being here, of substantially showing up, so we dial back and half way show up, seeking our perceived sense of stability and balance.

Moving toward: peacefulness, comfort, ease

Avoiding: aggression, assertion; a kind of ‘force of nature’. If I AM HERE, it will make things difficult, so I’ll just fade out.

Development: reclaiming personal voice, believing you are just as important as everyone else; setting own priorities; accepting discomfort, change and conflict as part of life.

Mudra: sit, grounded. Make the OK sign with your left hand, place it on your left leg; right hand touches the chair or ground, wherever you are sitting

What is it like to be more present with your heart?

Type One: Perfectionist/Reformer

Essence: Purity of heart, seeing goodness in self, others and the world; Gifts of integrity, congruence and goodness.

When we lose presence, the ego senses the fear and frustrations of our chaotic, crazy world and our own fear of being bad/wrong, so we try to 'make it right again'.

Moving toward: aligning with perceived 'goodness', efforts to make order out of chaos

Avoiding: what doesn't fit, or is perceived as wrong/bad. Has a feel of inner and outer hardening around the perceived problem, trying to squeeze things into alignment with the will.

Development: compassion for self, (engage the harsh inner critic inside), allow free time, rest and play. Soften and trust the flow of life.

Mudra: left hand on left leg, right hand at 90 degree angle

Tell me a way you experience the goodness of this life.

Heart: emotional intelligence: sense of holding, kindness, sensitivity, meaning/purpose, qualities of heartfulness

Type Two: Helper/Giver

Essence: Attunement, tenderness, gentle holding and natural connectedness; Gifts of generosity, warmth, nurture.

When we lose presence, the ego fears getting separated, being alone and unloved. So, we go on overdrive attuning, helping, connecting to feel that love again.

Moving toward: being liked, extending self towards others in connection

Avoiding: whatever feels 'selfish', driving own needs underground and displacing those needs onto others

Development: pay attention to internal needs/wants; learn to receive; recognize your independence. Notice how you lose yourself in others and recollect yourself.

Mudra: hands crossed at the heart (I am beloved too)

Tell me a way you experience the kindness and holding of God/Mystery/Source.

Type Three: Achiever/Performer

Essence: Seeing the preciousness and opportunity of this life; it has meaning and value; Presence wants to live through us, uniting what we do with what we are. Gifts of contributing and making meaning.

When we lose presence, the ego feels empty or worthless, and fearful there is nothing inside, so we engage in busyness to cover over a sense of worthlessness. We seek to achieve our value and create our own meaning and purpose.

Moving toward: whatever our ideal and image of success might be, what makes us feel worthy, valuable and adds meaning to the world

Avoiding: the abyss of emptiness-what am I doing all this for? Any sense of inadequacy or meaninglessness.

Development: moderate pace; what is really happening inside? Notice your feelings and slow your pace. Failure happens and is not fundamentally reflective of your worth; cultivate love for who you are, not only what you do.

Mudra: make the OK sign with left hand, place on left knee; the OK sign with right hand, place on right knee

Tell me something that truly inspires you.

Type Four: Individualist/Romantic

Essence: True Identity; immeasurable Depth; my existence is beauty and co-mingled with everything is intimacy—the Beloved. Gift of knowing interconnectedness, wholeness.

When we lose presence, the ego fears having no personal significance and tries to create an identity of depth and beauty, which becomes more like tastes and preferences; likes/dislikes.

Moving toward: an image of uniqueness that differentiates from others, to be seen and deeply recognized as beloved.

Avoiding: feeling lost, not seen, not known deeply

Development: making the ordinary special, focus on present, richness in the moment, find inner modulation despite intense feelings. Notice ‘storytelling’ and return to presence.

Mudra: hands open at right angle, palms up, like holding the world gently in our hands

In the depth of your heart now, what are you experiencing?

Head: Cognitive intelligence. The least understood Center which becomes truly operational once we are landed in body and heart; our most ‘recent hardware’. When it is online, we think, we are curious, listening, open and clear. We are grown up, inviting real thought. No longer noisy; still.

Type Five: Observer/Investigator

Essence: Clarity of thoughts and reception, unveiling a finer discernment. Illumination—seeing the truth of what is here, now. A deep solitude of being. Gift of recognition. When we lose presence, the ego fears being useless, incapable and overwhelmed, so efforts towards understanding; there is much mental activity, a breaking of contact with the body and heart.

Moving toward: detaching and ‘going somewhere quiet’ to figure things out. Disconnecting and separating back to know and understand.

Avoiding: being overwhelmed by emotion or sensation or being forced into action.

Development: experience feelings in the moment; ground in the body and stay connected rather than withdraw; enlarge the circle, allow experiences, come “up and out”.

Mudra: hands open, palms up on lap (most surrendered posture)

Tell me a way your mind and heart work together to help you understand.

Type Six: The Loyal Skeptic/Trooper

Essence: A direct knowing navigational system, plugged into central command; trusting inner Wisdom with a confidence to live into right action. An awakeness of consciousness with a capacity to pay attention; the gift of attentiveness.

When we lose presence, there is terror as we experience no support or a loss of ground and orientation, there is a desperation to figure it out. We abandon our own inner knowing.

Moving toward: keeping track of what is going on, becoming managers of time, stuff and any sense of threat to safety and security.

Avoiding: fear, dread, not being ready or not supported

Development: accept uncertainty as part of life; develop trust in own inner knowing, trust in others; observe fear and soothe it; recognize that both fight and flight are reactions to fear and notice what they feel like in your body.

Mudra: hands crossed over the heart with hands open like you are holding two rods (I'm ready, I take my place in the larger whole)

Tell me a way you show up courageously in your life.

Type Seven: Epicure/Enthusiast

Essence: True Mind is boundless with limitless possibility; creation is always manifesting and miraculous. There is a positivity at the depth of our consciousness, not effected by events that occur (causeless and authentic positivity). There is light that comes in and holds us in our struggle. Gift of natural positivity.

When we lose presence, it feels like a loss of freedom, a profound deprivation. We are terrified of being trapped or stuck in pain, we feel claustrophobic.

Moving toward: staying positive, upbeat and distracting myself from suffering or pain

Avoiding: negativity, heaviness. When I feel trapped, I will 'hyper-extend' toward choices that create a false sense of freedom.

Development: simplify and live in the present; make and keep commitments; realize it is limiting to seek only the positive; allow uncomfortable emotions.

Mudra: hands down on knees

Tell me a way life really touches your heart.

