



# TYPE ONE: PERFECTIONIST REFORMER

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View	Image	Action	Shadow	Fear	Commit	Possibilities	Impact	Unity
World is imperfect; all would be right & calm if things fit orderly; I strive for improvement & integrity	Responsible Objective Sensible Ethical Diligent Poised ...seeking alignment (compliance)	Criticizing Evaluating Analyzing Judging Civilizing Preaching Calibrating Detecting every irregularity	Impossible standards & personalizing mistakes prevent fully taking in truly good actions & qualities of self/others	Condemnation Corruptibility Being wrong, punished, not good enough, exiled, bad If I unravel, I will unleash evil in world	<b>STRESS FIXATIONS 1 → 4</b> Error spotting frenzies into Critic comparing 'now' with an idealized 'past'; organizing hyperactive vigil v. inauthenticity; brooding secret frustration envy of others' fun. Order is everywhere "missing." Self-indulgent shame at not living up to highest standards and depression bc no one else but the misunderstood ME cares: "Why am I the <i>only</i> responsible one?" Moody "integrity gap" btn how I <i>do</i> feel v. how I <i>ought</i> to feel.		<b>ALIENATION 1 → 7</b> Gorging on 'should' fantasies postpones pleasure, dries up spontaneity & tightly binds ME in a grim, boring ball best avoided. Righteously indicting others/self for excesses and irresponsibility & demanding punishing standards—all rationalized as "virtuous" & reframed as "constructive." Yet, I act out a hypocritical avoidance of consequences & (secret) hedonistic escapes.	

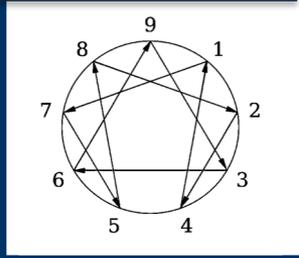


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To uphold self-image: "virtuous, right"  
I use defense of: REACTION FORMATION—contracting X "wrong" urge by showing Y  
To avoid: error, being angry  
Missing: rigid insistence on perfect ideal is a counterproductive, imperfect standard

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If instead of precisely regulating self and/or others, frustrated life is never fair enough, **I breath & relax into the untamed feelings coursing thru my body...**  
 ....then resources at **FOUR** arise & integrate in **SEVEN**, shining **HOLY PERFECTION:** seeing deviations—"chaos"—as naturally fitting & complete: the Messy Order of Playful Creation. Serenity is calm abiding in ecstatic attunement with Goodness beyond good & evil. Wisely release the Inner Freak!



**LATENT RESOURCES 1 → 4**  
 Feeling "tragic" poignancy of existence & releasing suppressed grief = portal for expressing other authentic emotions. Creativity that defies evaluative comparing liberates & channels unconscious energies in a comfort with Chaos. Sympathizing w/deeper (+) impulses behind "bad" acts invites forgiveness of world & self. One feels loved, and love for all, *right now*, as unique expressions of life.

**INTEGRATION 1 → 7**  
 Critic dissolves in perfectly clear vision of *Is-ness*, free from all judgment—it's all good, well-designed. Humor buoys curious fascination w/paradox: everyone following *many, different* One Right Ways on this adventure of organic growth called Life!  
**Ecstatic Flow-Goer:** wisely, kindly, & joyfully inspiring world to beautiful potentials.

# TYPE TWO: PLEASING HELPER

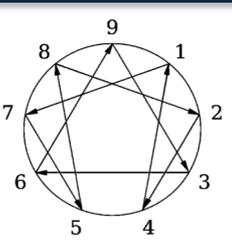


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View	Image	Action	Shadow	Fear	Commit	Possibilities	Impact	Unity
Not enough love in the world; my giving evokes return giving; others rightly depend on me, I help	Giving Attentive Appealing Indispensable Nurturing ...seeking appreciation (attention)	Flattering Seducing Influencing Personalizing & take it personal Favoring Unsolicited advising	My neediness projected on others; I give/manipulate them to meet my needs w/o feeling shame of my asking	Rejection Being needy Humiliation Being useless, ignored Will I be loved if I am not pleasing?	<b>STRESS FIXATIONS 2 → 8</b> Getting back less than I expected on my attention investments, invisible price tags & strategic aid, I angrily seize 'due' attention, get vindication for my inflated claims, blame other for my indentured servitude, & cut off ("after all I've done, no more!"). Possessive: my already weak boundaries are erased. Manipulative anger: usual sugar-coated truth weaponized to stab other's most sensitive spots. I ally w/my other's competitors!		<b>ALIENATION 2 → 4</b> Co-dependencies collapse in biting, histrionic dramas ("you won't forget ME!") & psychosomatic illnesses that punish self/others—a last bid for attention. Haughty disdain for unimportant others now for all. Jealousy & 8-4ish revenge w/2-ish twist: sexual acting out. I misread & reject compassion as pity; yet wallow in self-pity bc I'm not loved "after all that giving."	
	A S L E P	<u>To uphold self-image:</u> "abundant, giving" <u>I use defense of:</u> REPRESSION—pushing (-) feelings out of awareness to be attractive <u>To avoid:</u> neediness, rejection <u>Missing:</u> inflating ME into a pleasing image in order to get love thwarts real intimacy & cycles back thru inflating-pleasing-deflating			<b>LATENT RESOURCES 2 → 8</b> Stronger personal boundaries & honest, <i>direct</i> (+) "selfishness" arise w/ healthy alone time. Deep grief under anger surfaces. Tender discernment of, and acting upon, <i>true</i> motives: generosity v. 'giving to get.' Depersonalizing, using (+) conflict, & asserting true needs/feelings all ground intimacy & nurture self appreciation without puffing. Power channeled into loving help, given w/o strings.		<b>INTEGRATION 2 → 4</b> Portal of melancholy leads to authentic feelings & taking responsibility. Healthy self referencing & exploration--often thru creativity-balances attention distribution. Self appreciated apart from relationships, thus giving out more meaningful intimacy. <b>Universal Lover:</b> sacrificing, but with integrity; giving to & receiving from all <i>equally!</i>	
			W A K I N G	If instead of rejecting myself to avoid rejection & leaning into all needs but mine, <b>I breath to stabilize inner seeing of my own needs &amp; surrender my frustration</b> ...then resources at <b>EIGHT</b> arise & integrate in <b>FOUR</b> , shining <b>HOLY WILL:</b> Self-Moving Love impersonally & effortlessly gives & receives all that is needed & <b>FREEDOM:</b> joyful submission. Humility is freedom from burden of being better (or worse) than your real potential. Authenticity is the best gift!				

Sketch by Margarita Fernandez in Claudio Naranjo's *Character and Neurosis* (1994).

# TYPE THREE: ACHIEVING PERFORMER



1	2	3	4	5	6	7	8	9
<b>View</b>	<b>Image</b>	<b>Action</b>	<b>Shadow</b>	<b>Fear</b>	<b>Commit</b>	<b>Possibilities</b>	<b>Impact</b>	<b>Unity</b>
Best survive in this world of struggle; my only hope is my effort; love comes only if I'm seen as a winner	Self-sufficient Efficient Polished Valuable Competent "I'm the best" ...seeking recognition (applause)	Doing, doing Competing Charming Marketing Multi-tasking List making Putting aside "inefficient" true feelings	Unworthiness projected onto others who are used as a means only (as is self) & shame for all the ensuing hurt	Failure Unmasking Rejection Tarnishing Who will love me (even me) if I stop doing things & show true self?	<b>STRESS FIXATIONS 3 → 9</b> Diminishing validation circularly spins into confusion about initial goals: why bother risking or trying if I'm likely to fail? Machine hyperactivity and/or apathetic conciliation results. Pleasure or substance use to deaden feelings. Usual habit of adapting swells into shamelessly doing or saying anything to fit the situation, own the room, win the prize. When all 'doing' fails, I exhaustively collapse into oblivious paralysis.		<b>ALIENATION 3 → 6</b> Identity crisis sets in, along with doubting there is any substance behind applause. Insecurity stalls action in inert fantasies about 'my next great success.' Distrust of Universe or people to meet my needs slips into nihilistic paranoia—ME alone against a cruel, valueless world—justifying scorched earth tactics & ruthless backstabbing, all while smiling.	
		<b>A S L E E P</b> <u>To uphold self-image:</u> "I am successful" <u>I use defense of:</u> IDENTIFICATION—believing the audience-approved role I am selling <u>To avoid:</u> failure, disappointment <u>Missing:</u> admiration & applause earned by false self is false—a failure of true Being						
		<b>W A K I N G</b> If instead of pretending to feel only the feelings advancing my charming role, <b>I breath &amp; relax into mindfully pacing activities with discerning heart's truth</b> ...then resources at <b>NINE</b> arise & integrate in <b>SIX</b> , shining <b>HOPE:</b> assurance all <i>is</i> well, all <i>will be</i> well & provided for by universal laws—there is nothing to <i>do</i> or <i>be</i> to earn Self Existing Dignity. True harmony is blending each voice into a glorifying choir uplifting everyone. Singing your heart out is its own, loving reward!			<b>LATENT RESOURCES 3 → 9</b> Slower tempo—working without rushing, relaxing without collapsing—allows blending full self, including feelings, into the environment. Expansion of true presence gently accepts others' POVs without usual shape-shifting. Idle time smelling roses appreciated, especially with loved ones. As intense focus relaxes and widens, fun 'peripheral' projects not tied to winning get started.		<b>INTEGRATION 3 → 6</b> Facing fear of losing face & braving periods of <i>natural</i> decline (no longer seen as "failures") is the portal for pouring out all emotions, admitting flaws, and joining the flawed community of humanity. <b>Exceptional Communitarian:</b> finding glory in interconnectedness & modestly leaving legacy of using gifts to uplift others.	
								

Sketch by Margarita Fernandez in Claudio Naranjo's *Character and Neurosis* (1994).

# TYPE FOUR: TRAGIC INDIVIDUALIST



1	2	3	4	5	6	7	8	9
View	Image	Action	Shadow	Fear	Commit	Possibilities	Impact	Unity
World is rich but shallow people miss it; something is missing; I must find deeper self & meaning	Authentic Deep, Unique Sensitive Special Refined ...seeking connection (sympathy)	Longing Fantasizing Comparing Emotionalizing Over-connecting If Only...If Only...Nostalgia or replay old hurts	My emotions not always valid; seeking happiness thru pain; pre-emptive abandoning amplifies pain	Abandonment Feeling lost or appearing inadequate... My lover will leave me if fully sees how defective I am	<b>STRESS FIXATIONS 4 → 2</b> Merging with others' pain amps up emotional spiral: yearning → self-pity → depression. Compulsive giving to be liked & flattery to hide defects. Inflation of my specialness: I am Prima-Donna Victim (exaggerating importance & hurt) or Misunderstood Genius. Seducing thru never-ending tragic drama ("you can help my mess!") leads to rejection cycle. Confusing darkness addiction with depth ("my demons make me special").		<b>ALIENATION 4 → 1</b> Nit picky criticism doubles my usual self-rejecting. Tearing others down jealously. I judge only <i>intense</i> emotions as <i>meaningful</i> & impossibly demand perfect mirroring of my roller coaster by loved ones, who I then punish as deficient ("I'm too unique to know"). Result is goodness blind, pleasure-hating, guilt-ridden, self-loathing, oddly calm, life-denying victim.	
	<b>A S L E E P</b>	<u>To uphold self-image</u> : "unique, mysterious" <u>I use defense of</u> : INTROJECTION—ingest others' Ideal qualities to boost my allure & adopt others' values to reject my deficiency <u>To avoid</u> : ordinariness, abandonment <u>Missing</u> : imitation is not authentic; being ever-receding mystery rejects connection						
		<b>W A K I N G</b>	If instead of debasing myself (or others) as "mundane" or longing to be or find the Idealized person to swallow up, feel whole, <b>I breath, equalizing my emotions, clearly seeing &amp; surrendering stories...</b> then resources at <b>TWO</b> arise & integrate in <b>ONE</b> , shining <b>HOLY ORIGIN</b> : all that arises, even 'inner lack,' has a Self-Existing Connection with All-Pervading Sacredness. Equanimity sees ordinary as extraordinary mystery; intimacy always here when embracing pristine 'flaws.'			<b>LATENT RESOURCES 4 → 2</b> Balancing need for authenticity w/ adaptability. Feeling healthy pride, abundance. Other-oriented connectivity & feedback downsize self-absorbed emotional swings, increase empathy & inspire giving others emotional support. Forgiveness of self & others fills heart with gratitude. Service goals surface—unfabricated meaning is found in service roles (teaching, counseling), esp. helping misfits.		

Sketch by Margarita Fernandez in Claudio Naranjo's *Character and Neurosis* (1994).

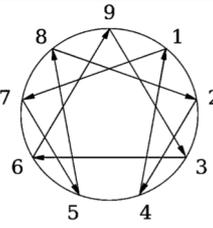
# TYPE FIVE: WITHDRAWN INVESTIGATOR



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View	Image	Action	Shadow	Fear	Commit	Possibilities	Impact	Unity
<i>Disconnected world, people are invasive; I retain &amp; refuel my scarcity of energy in my privacy zone</i>	<i>Perceptive Masterful Boundaried Objective ...seeking to be free from expectations (not drained)</i>	<i>Detaching Hoarding Secreting Intellectualizing Specializing Containing Resigning Hide intentions</i>	<i>Project greed onto 'greedy' others; cold hides lonely yearning for connection; ability to love &amp; be loved</i>	<i>Annihilation Engulfment Depletion Losing what I have; if I am dependent others will swallow me up</i>	<b>STRESS FIXATIONS 5 → 7</b> Anxiety exacerbates usual mental jerkiness in manic talking, nervous laughter, schizoid scattering of attention, & strange energetic lunges. Data addictively consumed to escape real work of contact & connecting. Rationalize erratic behaviors & knowledge thirst as "reducing my fear." Use humor to retreat from any discomfort. Play provocative mental games w/"stuck" others.	<b>ALIENATION 5 → 8</b> Rebelling against others thru manipulative withdrawal & rigid walls. Limitless analysis postpones action. Power sought thru seizing (esoteric) knowledge. Hypersensitivity amped up by avoiding fearful (all) contact & covered up by outer insensitivity rebuffing others. Total disconnection depletes me, resulting in an utterly helpless schizoid.		
	<p><b>A S L E E P</b></p> <p>To uphold self-image: "self-sufficient loner"  <u>I use defense of:</u> ISOLATION—separating my knowing from my feelings; self from others  <u>To avoid:</u> engulfment, dependency  <u>Missing:</u> an impoverished life of ideas is insufficient for living, let alone flourishing</p>	<p><b>W A K I N G</b></p> <p>If instead of fearfully clinging to my energy, compartmentalizing &amp; dosing relationships, <b>I breath to fully embody all experience &amp; surrender to relational exposure,</b> ....then resources at <b>SEVEN</b> arise, integrate in <b>EIGHT</b>, shining <b>ALL-KNOWING HOLY TRANSPARENCY:</b> Self-Existing Knowing beyond all concepts cannot be <i>acquired</i>, only <i>realized</i> as Interconnected Nakedness. Nonattachment is freedom from <i>both</i> attachment &amp; detachment—an un-entangled embrace that generates &amp; shares Life's inexhaustible richness.</p>	<p><b>LATENT RESOURCES 5 → 7</b> Sharing quirky observations in humor &amp; playfulness is portal for showing self, bonding with others curiously, &amp; connecting ideas with feelings. Creative thinking rises when opening to exchanging innovative options with others, yielding a broad horizon swelling with future optimism. The more info (self) shared, the more open to receiving something new. Life orientation flows from network of connections, not just concepts.</p>	<p><b>INTEGRATION 5 → 8</b> Asserting boundaries while remaining visible in relations (instead of covert managing). Fearlessly exposing self in direct communication. Acting before all the knowledge is processed. True freedom realized with inner-outer integration, immersion in the organic flow of a plural, open Universe. <b>Compassionate Explorer:</b> discovering World Liberating Truth to benefit all.</p>				

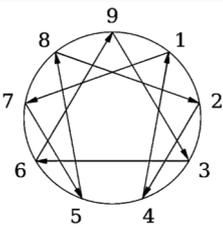
# TYPE SIX: LOYAL SKEPTIC



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View	Image	Action	Shadow	Fear	Commit	Possibilities	Impact	Unity
World is threatening; security equates with predictable consistency; I question everything	Dependable Trustworthy Consistent Problem solver ...seeking reassurance (security)	Doubting Worrying Questioning Opposing Rushing in Preparing worst Suspecting motives	'Testing' is my disowned aggression towards others; weaken self from giving away power	Fear Itself Deviance Standing out Responsibility Being targeted Uncertainty Being without support, guide	<b>STRESS FIXATIONS 6 → 3</b> Being threatened with blame results in frantically competing to prove myself worthy & safe from critique. Hiding deviance (failure) from others or The Standards with charm, friendliness, supplication. Overdoing self-accusation to ward off authorities. Brash hyper-activity without the usual caution. Blustering up image of one not to be challenged. Hiding hostile motives under meek front while attacking behind the scenes.		<b>ALIENATION 6 → 9</b> Lazily staying under the literal & metaphysical bed covers. Circular thinking replaces acting. Procrastinating to avoid acting & standing out. Retreating to safe ruts and sensuality. Obsessing about minor tasks, Spinning vast conspiracy theories about connected hostility v. ME. Withdrawing in paranoid apathy. Scapegoating & pass. aggressive war v. "enemies."	
	<b>A S L E E P</b>	<p><u>To uphold self-image</u>: "reliable, true"  <u>I use defense of</u>: PROJECTION – attributing to others/future what is destabilizing in ME  <u>To avoid</u>: blame, rejection  <u>Missing</u>: interrogating others &amp; scarring myself with worst-case scenarios results in less security &amp; stability--not more!</p>						
		<b>W A K I N G</b>	<p>If instead of attaching to an external authority for guidance and protection, <b>I breath thru grounding my anxiety and surrender courageously to Unknown...</b>            ...then resources at <b>THREE</b> arise &amp; integrate in <b>NINE</b>, shining <b>FAITH &amp; STRENGTH</b>: the <i>bodily</i> experience of confidence &amp; certain empowerment in the always-available resources to face life.  <b>Courage</b> is living out the consistently inconsistent Truth. Enjoy chilling out in the dynamic flux with loving awe!</p>			<p><b>LATENT RESOURCES 6 → 3</b>            Sincere pride in and remembering successes builds confidence self-trust. Ability to manage-contain feelings arises. Productive focus &amp; organizational skills shine. Professionalism = (+). Ambition is embraced, esp. w/r/t service-oriented goals. Trusting of surface appearances: accepting people at face value can be <i>discerning</i> rather than naïve! And 'fake it till you make it' can be healthy risk taking!</p>		<p><b>INTEGRATION 6 → 9</b>            Discerning and trusting the 'soft voice' of <i>embodied</i> wisdom resolves ambivalent hesitating &amp; allows open receptivity of people, views &amp; (+) outcomes. Intuitive vision rises from seeing clearly life's web of interconnections in a relaxed belonging. <b>Incisive Stabilizer</b>: safely slicing away all delusion wisely supports &amp; binds World Family together.</p>
								

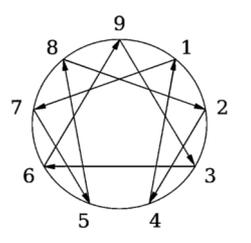
# TYPE SEVEN: SCATTERED ENTHUSIAST



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<b>View</b>	<b>Image</b>	<b>Action</b>	<b>Shadow</b>	<b>Fear</b>	<b>Commit</b>	<b>Possibilities</b>	<b>Impact</b>	<b>Unity</b>
World is an options feast; limited others drag ME down; I look forward to a better future	Enthusiastic Optimistic Care-free Cutting-edge Happy ...seeking fulfillment (permission)	Planning Anticipating Scheming Persuading Networking Finding links Juggling plans Visioning utopia	My boring obsession with novelty projected on 'boring' Other as spoiler; self-indulging motives	Limitation Getting stuck Boredom Grunt work Any downer could prompt panic...keep moving next!	<b>STRESS FIXATIONS 7 → 1</b> Piously 'teach' the Good Life thru enchanting, self-absorbed stories. Justifying dilettantish adventures as "collecting wisdom" (while actually resisting it). Deflated expectations & disappointment amp up Inner Critic; feel excessive guilt re: self-indulgent motives, which I process (purify) thru OCD-like perfectionism or project onto "boring" others who I blame for "not wanting me to have fun." I get hyperactively controlling to enforce <i>the only should: to enjoy.</i>		<b>ALIENATION 7 → 5</b> My Big Ideas on how to easily avoid suffering in future fail. Insecurity builds as strategies exposed: 'knowing a little about a lot' = charlatanism & laying heady trips on others = manipulation. Usual frugality (saving for my fun) devolves into total scarcity mindset: I vanish from all commitments. I am a joyless, sarcastic, panic paradox: <i>both</i> trapped & scattered to winds, alienated from any fulfilling depth.	
		<b>A S L E E P</b>	<p><u>To uphold self-image:</u> "OK, cheerful"  <u>I use defense of:</u> RATIONALIZATION—reframing (-) into (+) persuasively, I explain away my indulging, distract myself from inner lack  <u>To avoid:</u> confinement, feeling unsatisfied  <u>Missing:</u> permissive gorging on fantasies of future, yummy experiences, &amp; ideas leaves me starving for life nourishment <i>now</i></p>					
			<b>W A K I N G</b>		<p>If instead of indulging <i>same, old</i> insatiable addiction to exotic Newness as escape, <b>I breath, grounding bodily connection to painful, present moment sensations,</b> ....then resources at <b>ONE</b> arise, integrate in <b>FIVE</b>, shining <b>HOLY DESIGN &amp; WORK:</b> <i>now</i> doing what must be done in accord w/spontaneously unfolding Self-Existing Guidance System. Sobriety is seeing &amp; participating in the freshly arriving, sometimes difficult, paradise of Now. True fulfillment is Joy-Filled <i>Work!</i></p>		<b>LATENT RESOURCES 7 → 1</b> Capacity to wisely limit pleasure. Exposing hedonistic intentions at core of activities clears way for a deeper intention re: making a real difference to arise, as well as the necessary dedication. This inspires making commitments & discipline to complete projects. A Greater Good motive stabilizes flights of fancy into <i>objective,</i> grounded 'visionary seeing.' Ethics limit exploitation of others.	<b>INTEGRATION 7 → 5</b> Outward adventures turned inward. Full digestion of what is consumed: wisdom arises with holding on long enough to see thru to the end. More sensitivity to sensations, esp. pain = deep Joy of following true wisdom. The choiceless choice turns out to be true freedom. <b>Wise Illuminator:</b> a visionary Guiding Light, a beacon for all thru darkness.
								

# TYPE EIGHT: PROTECTIVE BOSS



1	2	3	4	5	6	7	8	9
View	Image	Action	Shadow	Fear	Commit	Possibilities	Impact	Unity
World is unjust & it is foolish to expect love; I protect the innocent & seize what is due to me	Powerful Direct Truthful Autonomous Justice fighter ...seeking respect (vindication)	Dominating Directing Blunt speaking My way or bust Revenging in vigilantism Probing for full disclosure	Weaknesses projected on others; rigid intolerance of even healthy constraints leads to self-weakening	Vulnerability Betrayal Being harmed, controlled, humiliated, or underestimated If weak, others prey on me	<b>STRESS FIXATIONS 8 → 5</b> My diminishing control over people and events precipitates retreat into isolation and secrecy to regroup & refuel—may be long period of inaction and depression or self-punishing behavior. Others' betrayal or "disrespect" bolsters my cynicism, mistrust of motives. Contempt for hypocrisy of the "virtuous." Distraction thru delve into "how things work" on a <i>material</i> level (not concepts like 5). Getting lost in projects.		<b>ALIENATION 8 → 2</b> Obsessively dependent on, or overly protective of, loved ones. Seductive 'giving to get' thru aggressive charm and/or coarse physicality. Emotional explosions easily triggered & repel others. Derisively manipulating people as if <i>things</i> (aka objectification) or cartoons. Can be a sadistic, antisocial predator inflated meglomaniacally above all social norms and conscience.	
	<p style="text-align: center;"><b>A S L E E P</b></p>	<p>To uphold self-image: "powerful, tough"  <u>I use defense of:</u> DENIAL – strong-arming my sensitive side out of awareness  <u>To avoid:</u> being controlled or weakened  <u>Missing:</u> obsession with control controls me; protective coating so numbing I live intensely to feel, prompting more "attacks"</p>			<p><b>LATENT RESOURCES 8 → 5</b> Thoughtful analysis displaces over-reliance on force: key pause prior to compulsive reaction. Such reflection economizes vitality: tunes into the <i>truthful</i> proportion of energy appropriate for each situation—more withholding &amp; flexible adapting. Increased awareness, wise caution, and self-regulation re: boundaries. Discerning arises re: when it is best to pull back and reserve.</p>	<p><b>INTEGRATION 8 → 2</b> Seeing others as <i>dignified</i>, appreciating their energy &amp; empathizing w/humanity. Nimble 'reading the room' &amp; morphing into providing what is needed. Using power to help &amp; nurture everyone. Opening to <i>receiving</i> subtle energy. <b>Tender-Hearted Energizer:</b> a Gentle Giant, a widely loved, unstoppable force for Goodness &amp; Mercy.</p>		
		<p>If instead of forcing and controlling life, rolling over people, and rejecting softness, <b>I breath thru surrendering to intensity of vulnerable emotions and receive...</b> ....then resources at <b>FIVE</b> arise &amp; integrate in <b>TWO</b>, shining <b>IMMANENCE:</b> the heartfelt experience of a living, loving Truth subtly pulsing thru <i>all</i> people and reality in just the right measure. Innocence is powerfully sensitive, strongly receptive—trusting all true needs are met. Inner Child plays sweetly!</p>						
								

Sketch by Margarita Fernandez in Claudio Naranjo's *Character and Neurosis* (1994).

# TYPE NINE: STUBBORN PEACEMAKER



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<p><i>Love is the absence of conflict; my efforts not important; I dampen ME down, stay comfortable, keep peace</i></p>	<p><i>Loveable Carefree Peaceful Accepting Embracing all points of view ...seeking acceptance (my comfort)</i></p>	<p><i>Merging w/others' agendas Oversimplifying Keeping balance Absorbing in inessentials Resist change Tuning out Delaying</i></p>	<p><i>Disowned 'quiet control' of others to support own addiction to tranquility; to avoid being abandoned, I abandon ME</i></p>	<p><i>Separation Abandonment Being unloved, left behind Create conflict If I make a big deal about myself, who will want me?</i></p>	<p><b>STRESS FIXATIONS 9 → 6</b> Doubt reinforces indecisiveness. Worry, even panic, over possible conflict. Problem solving others' issues to safeguard my comfort; mistrust others to resolve tension. Imagine 'worst abandonment' scenarios. Pass. aggr. 'digging in' against all demands, wearing foes down. Hyperactive 'keep focus off ME' moves attention to peripheral matters. Blame others for disharmony, ignore how my poor choices (inaction) contributed.</p>	<p><b>ALIENATION 9 → 3</b> Smiling face agreeing to what everyone wants as means of returning surface harmony, while hiding pass. aggressive campaign of resisting/delay. Seeing falseness everywhere reinforces my impenetrable apathy. After frittering away energy, unworthiness sets in. Depressive withdrawal from life leads to a vacant, ghost-like existence &amp; muted anger at 'playing dead to stay alive.'</p>
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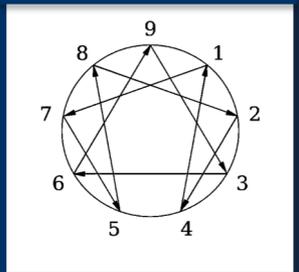


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To uphold self-image: "easy-going, mellow"  
I use defense of: NARCOTIZATION—cocoon & anesthetize in routine and simple pleasures  
To avoid: conflict, existential irritation  
Missing: avoiding conflict (separation) thru non-communication creates more conflict

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If instead of diffusing & blending in lazy vicariousness, stoically resisting being impacted, **I breath thru releasing my gut constrictions & allow energy to flow,** ....then resources at **SIX** arise & integrate in **THREE**, shining **HOLY LOVE:** celebratory acceptance of *all* energies, differences & people, *including* ME. Love infuses Right Action & welcomes inevitable friction bc difference deepens connections. Peace amidst conflict buzzes beyond blanket tranquility!



**LATENT RESOURCES 9 → 6**  
Anger emerges as self-protection & creates healthy boundaries amidst diffuse energy. Self-inquiry starts. Alertness & discernment of true preferences, esp. by process of elimination. Trusting conflict resolution & a stable peace under surface differences. Courage to self-reflect, show self & do self-work. Stubbornness transforms into commitment to stay with hard sensations, emerging vitality.

**INTEGRATION 9 → 3**  
Feeling (+) anger is the juice fueling aliveness & working towards self-directed aims, expressing inner potential. Willingness to achieve, adapt, be flexible, be seen, be nicely presented. Harmony aligns w/dynamic Right Action, doing what Universe wants *now*. **Unifying Superstar:** Radiantly Awake, Loving Presence moving the world.