

Character Profiles / Physical & Energetic System

Physical & Energetic Character Profile	Thinker (Creative Idealist)	Poor Me (Emotional Intelligence Specialist)	Enforcer (Charismatic Leader)	People Pleaser (Team Player)	Rule Keeper (Knowledgeable Achiever)
Physical Build	Elongation Right /Left imbalances	Thin, collapsed chest	Inflated chest top heavy	Head forward heavy	Rigid back, pelvis tipped back
Body Tension	“Ring” Tension, weak joints Uncoordinated	Flacid, smooth muscles, hold	Top half compacted lower half tense	Compressed, dense	Tight, Plate and Mesh armor,
Body Circulation	Cold hands and feet	Cold chest	Cold legs and pelvis	Cold buttocks	Cold pelvis
Energy Levels	Hyperactive, Ungrounded	Hypoactive, low energy Flash and then exhaustion	Controls energy to suit situation	Hypoactive, works through fatigue	Hyperactive self control Type A
Energy Location	Frozen at core Frantic, Upper Chakras	In the head and lower belly generally depleted	Upper half of body, shoulders and neck	Boiling inside, solar plexus	External armor held from core
Primary Functioning Chakras	7th, 6th front, 3rd front, 2nd rear escape hatch	6th front, 2nd front Emotional centers	7th, 6th front, 4th for will centers active	6th front, 3rd front	Will centers and 6th front 3rd front , 1st chakra
Psychodynamics of Chakras	Spiritual/Mental/Will You don’t exist.	Mental/Love/demand I’ll make you give it.”	Mental/Will I will make you do it.	Mental/Feeling/Will You made me.	Will/Mental I don’t need
Energetic Defense System	Vertical withdrawal. Lateral shift	Oral sucking. Verbal denial, whining, hysteria	Mental “Grasp” Aggression/Seduction	Silent Brooding Pull and resist	Power/Will, through Boundary Containment