

nurture Your True nature™

What is Personality?

*Aligning Personality
To Express Essence*

Elizabeth C. Wagner

Mind Alignment:
to Come HOME to your Real and True Self!

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“Most of us have a phony sense of identity. Having a deluded sense of identity is because of ‘ignore-ance’ - meaning we have selective attention [ignore] by focusing our consciousness on some things to the exclusion of other things. The particular role you play, this Personality, is superficial. The real you is all there is.”

Alan Watts
(Taken from his lecture, “The Love of Wisdom”)

#9: Male-Yin-Kapha-Nitrogen/Analytical-Water-Wisdom-So Note 2

First Edition 2003, Second Edition 2009, Third Edition 2011, Fourth Edition 2012

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Personality Program: 5-sections, 134 pages



Acknowledgments for What Is Personality?

First of all, I have deep gratitude in my heart for the hundreds of students that have gone through the process of filling out the Personality Analysis (ever since 1990) and then found value from knowing whether their current Personality expression was in alignment with their Essence, or not.

There were numerous instances when just this information alone touched them so deeply that it seemed to awaken a reconnection with their higher self and soul, which was the beginning of an exciting journey back home to aligning with their real and true self.

There have also been times in my own personal life where taking the Personality Analysis, and then finding out that I was currently *not at home* with my real and true self was a tool that helped me release a typological condition and come back into alignment with who I really am.

Deep thanks to Kristy Alagna and Daniel Schaunaman who at different times spent many hours with me studying the qualities of the four Personality types and evaluating the most effective words to use to express and read the energy of the Four Primary Types.

Thanks also go to Lizz Evans who asked lots of questions, which inspired me to develop a number of the graphic diagrams to explain alignment; and to Devon Corry for inspiring some of the explanations and structure of Personality Typology.

Much gratitude to Roxanne Fiorenzo for her efforts to develop a protocol to understand the results of the Personality Analysis and how to interpret the Personality Chart in her process of sharing it with others.

Appreciation also goes to Scot Corry for his interest, feedback and suggestions regarding later editions of the Personality program.

Forward

*The **Personality** program was initially wrapped in with the **Essence, Being & Personality** program until it became apparent that the **Personality Analysis, Evaluation & Chart** required its own program. This chart is unique and reveals different kinds of information. The primary focus of the **Personality** program is about Mind alignment, which has to do with our identity – how we see our Self, define our Self, what we identify our Self as and the beliefs we have about our Self. Those who really know themselves are constantly peeling back the layers of their Self and evolving their identity. Although the **Personality** program is the shortest of all the programs, for some individuals it has been the most powerful and awakening.*

When my mother read the first edition, she commented that it reveals more about psychology, psychotherapy and behavior patterns than any psychiatrist she's ever met. And she's encountered many of them during her lifetime as she was diagnosed with clinical schizophrenia and bipolar disorder in 1965 (and recently proclaimed that she's been institutionalized 44 times). In my heart, this program is dedicated to my mother with the wish that it could aid in stopping the pattern from repeating a 45th time.

I'm not a psychiatrist or a licensed psychologist, so I don't know what they know or do what they do. Yet what I have spent my lifetime learning about and working with is the psychology of myself and all types via classical and modern forms of typology. Thus, psychological patterns are something I have been aware of, observed and studied (both in myself and others) my entire life.

I was nine years old the first time my mother was hospitalized. From then on, time between hospitalizations became shorter and grew more frequent. When she was put away in the hospital, my siblings and I were often left on our own and it felt like we didn't have a mother or a family. When she was home, it either felt like we were living in a wonderland she created with her flamboyant artistic holiday celebrations, or like we were living in some kind of B-grade horror story. By my teen years I had a fear of ending up like my mother.

The blessing of my childhood experiences is that they motivated me to seek answers and contributed to me longing to understand: why are people the way they are; and what is the most effective way to be? I began searching for ways to help myself, as well as my mother. The journey of answering those questions went through many twists and turns to get me to where I am today. Along that journey I learned that the level of dysfunction usually depends on our level of awareness and our ability to take responsibility for our own thoughts, feelings, actions and behaviors. This motivated me to learn and practice many techniques to maintain greater balance and alignment. However, I didn't learn that from conventional forms of education. I learned more about myself and family and relationship dynamics from typology than I ever did from my college courses...but that's getting ahead of this story.

The conventional means of seeking answers usually takes the form of going off to college to get an education. I grew up in a family of professionals and college graduates. My parents actually met in college, and both my mother's parents were college educated attorneys. Therefore, going to college was never really a question in my mind – it was what everyone did.

My grandfather was a strong forceful type of individual who said to me: “you come from good stock and I'll pay for your college if you become a doctor or an attorney.” But my mother had already been through the experience of learning that having forceful parents telling you what to do and how to be did not help a child make responsible decisions. In fact, it often resulted in rebelling and going in the opposite direction. For my mother, it resulted in her treating me differently than she had been treated and telling me that I could be whatever I wanted to be and that would be alright. I rebelled against my grandfather telling me what to be, which meant that I had to pay my own way.

Since there was no money from my family for college, I paid my first year's tuition by winning the Music Box Scholarship. Majoring in the fine arts of Theatre and Dance seemed like the obvious direction for me to go in. I had started dancing lessons at age three, continuing them into college. I was writing, producing and acting in plays by age eight; attended university theatre workshops and acted in community theatre by age twelve; was thespian secretary, choreographed two musicals, and sang in a performance choir in high school.

However, when I started the college curriculum, I noticed that the courses I enjoyed the most were humanities, philosophy, psychology and especially the Marriage & Family class that was about the psychology of relationships and family dynamics. I absolutely fell in love with that class. It was my favorite of all time because it was answering so many questions I had about my own dysfunctional family and how to be and do things more effectively – and I wanted more of that.

I considered changing my major to psychology, but people told me I would have to get a master's degree in psychology before I could get a good paying job, and that a degree in sociology would result in getting a job sooner. Consequently, I changed my major to sociology. Unfortunately, the more I got into the sociology curriculum, the more general, vague and less personal it seemed to me. I was shocked when I got into classes that were all about the statistics of different groups and cultures of people – and not about individuals at all. This was not what I was interested in.

At this point I was getting a little restless with life. I had been working very hard putting myself through college and now it seemed like such a waste of my time, effort and money to study things that I didn't enjoy, couldn't relate to and just wasn't interested in. What I found myself doing on the side was devouring lots of self-development, spiritual and religious books. I was yearning for something that I wasn't finding in college. I was

building a huge personal library of books that seemed to get closer to what I was interested in knowing more about. But how could I make a living in that kind of field?

To pay for college, I had developed job skills with typing, computers and secretarial work in legal offices, but the politics and cliques in the corporate setting really disturbed me. Although I was a good secretary, I definitely didn't want to do that for the rest of my life. The corporate job-setting made me feel a bit schizophrenic because it required me to put on a certain face, manner and persona for the office (and put aside many other parts of myself while I was there). Then, when I got home from the job it took a couple hours before I felt like myself again.

At a certain point I felt a need to stop everything – college and work – and travel for a while. I thought that maybe I would run into some answers for myself if I went out and experienced life and saw what else was out in the world. I even considered not coming back to the city and living on a farm, homesteading and getting off the grid. I had many magical experiences that year, and some of them with young children. After a year of travel there was need to create some cash flow, so it was time to get a job. This time I decided to do something really different – be a pre-school teacher.

I loved being with the children and found myself relaxing, opening up and being even more of myself around them. They were less judgmental than the adults and they loved me for just being me – so I started being even more of who I really am. But the greatest reward was the individual relationships with the children and parents, and having the children love to come to school. This was the kind of psychology and practical experience with interpersonal relationships that I had been longing for. However, management wanted me to have some college credits in education, so I went back to college for a degree in Early Childhood Education.

During this same time I had also begun self-awareness classes at a private self-development university. One of the first forums I attended was about uncovering my aim and direction. What I wanted more than anything else was to find meaningful work. I wanted my job to be my life's work and my life's work to be my job. It turned out that this process involved learning about my own typology and psychology. I can remember being stunned and amazed when I started learning more about my psychology and relationships from typology than I ever had from any of the courses I took in college. I was finally learning why people are the way they are, and the most effective ways to be!

Besides awakening to deeper levels of understanding about myself, I was also learning how to understand the deeper meaning and purpose of my experiences as life unfolded. After a few years of being a student, my teacher asked me: "When are you going to move from teaching children to teaching adults – and share with them what you have learned?" Soon after that conversation I left the pre-school and started teaching adults. I had found meaningful work, and my job became my life's work and my life's work became the wellspring of my cash flow.

Everyone's path is unique, so my path will not be the same as yours or any other person's. It was right for me. It spanned from expressing my Self via theatre and dance, to studying psychology, sociology, education, and then came back around to expressing my real and true psychology by uncovering the deeper levels of who I really am via typology. Looking back on my life from this perspective, my own experience of college is that it taught me more about what wasn't going to work for me than what was going to work for me.

My wish for the younger generations is to give them a Jump in Time in the process of deciding on livelihood, direction and career path so that their livelihood or life's work is a means for expressing their unique creativity, as well as brings joy, love and a passion for living life to the fullest. That kind of relationship with your job or work means there is no need to separate what you do from who you really are. The outcome of approaching things that way is that each person adds to the reservoir of light and love in the world.

*One student who took the **Personality Analysis**, with results of Not At Home, and worked with the **Personality** program (along with the **Essence, Being & Personality** program) told me that he made more headway from working with this typological perspective than he did from three years of weekly sessions with a psychotherapist. Besides improving his self-awareness and relationships, this ambitious Driver type also quickly advanced his career (as a stockbroker) by moving from the bottom rung of the corporate ladder all the way up to a management position – within seven weeks.*

Another student who was a creative Expressive type musician had been experiencing relationship difficulties, felt stifled with his creativity and was experiencing writer's block and confusion about his direction with music. The result of being Not At Home and then learning what was home for him shifted everything in his life. He soon was back to writing songs, performing and met the love of his life.

Wouldn't it be more effective for all concerned – parents, spouses, children, employers, employees and society itself – if we looked to our Self, first, for what our life is really all about instead of being bombarded with all this advice of how to get ahead in life (not to mention the waste of time, effort and money)?