

# **Sacred Typology**

## ***Typological Energy Balancing***

# **Transform Your Energy in Nine Key Areas**

***A journey through your Energy Centers  
to Be the Most and Best you can BE***

Elizabeth C. Wagner

## **Dedication**

This is dedicated to our global human family in the process of creating a New Earth and New Reality that feels like we're living in heaven while we're right here on this beautiful planet we call Mother Earth.

## **Acknowledgments**

The biggest thanks go to all the energy healers, and natural health and typological teachers that I have had throughout my life that shared pieces of the puzzle that resulted in my current understanding of how energy, health and typology are integrated and all work together. This has been the foundation for the richness and deeper meaning of my life's experiences.

Deep gratitude to my soul sister, Kristy Alagna, for the many years and hundreds of hours we spent together receiving and preserving many typological lessons from Bob Hess. This gave us a wealth of practical experience and examples to share with others. As manager of *The Good Earth* (our natural and typological health food store), she organized all the items in the store by the typological principles, stocked the shelves with typological criollos and salad dressings made in our *Herbal Formularium*, and asked for them to be shared as part of the 'fun stuff'. They finally made their way into this revised body of work.

Thanks to Maria Sabova who was the first student to work with her Relationship Chart along with the Typological Energy Balancing book and was excited she could see typological energies, and found great value in sharing typological recommendations with each member of her family. Thanks also to Corina Basso who experienced a breakthrough with her Relationships Chart and understanding the Four Types of energies, and how embracing both the similarities and the differences brought more richness to her interactions with others. I usually don't create a new article until someone comes along asking me questions about a certain area. This is why I deeply appreciate Ailanis Wiebe for her interest in and questions about food, and wanting to know more about it, which encouraged and motivated me to create the long overdue article about Food as Medicine.

If you would like more information or studies on this or other subjects, please contact [www.JumpInTime.org](http://www.JumpInTime.org) and let us know how we can be of service.

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## **How to Work with this Information**

One of my deepest joys comes from helping parents have deep, meaningful relationships with their loved ones, and helping them have greater confidence in themselves and in the choices they make while being of service to their family, extended family, community family and global family.

The initial inspiration for this creation came from a vision I received about mothers and all the new babies being born – and creating ‘A New Model for Raising and Educating Children & Families’.

This vision involved creating a fun way for mothers to know their own type along with the type of all their children, family members and loved ones. Then with their **Relationships Chart** in hand – the **Typological Energy Balancing** book provides simple, easy, handy recommendations for everyone in their family. This is the modern day version of the wise medicine woman (or medicine man, or medicine person) of the tribe.

Way back in 1980, I began studying and then teaching a number of ancient classical medicines. One of those was Ayurvedic Medicine, which is known as “The Mother of all Medicines and the Medicine of Mothers”. Yet it tends to get a little complicated when you get into things like doshas being your constitution or your condition; plus **Type by Three** only pertains to the third layer of your **Sacred Typology**.

To make things easier to use and incorporate into your daily lifestyle, I integrated all seven layers, simplified their expression, and structured most of the following information using **Type by Four**. This version focuses on transforming your energy with **Typological Energy Balancing** and includes natural and typological health recommendations for all types through nine energies.

Sometimes I have referred to this kind of information as ‘typological fun stuff’ because I had fun learning it, and it’s a fun way to integrate typological wisdom into your lifestyle.

### **Singular versus Integrated**

Many systems of typology, astrology or numerology give you a reading of just one person’s type in that system.

The **Sacred Typology Chart** is a singular view of just one person, one type. Then the **Natural & Typological Health Recommendations** that come with that chart are snippets from **Typological Energy Balancing** that share a singular view of a few basic suggestions to help that particular type get started in balancing and maintaining their energy in nine key areas.

The **Relationships Chart** is a multidimensional view. It integrates your Self and Others which expands your awareness by seeing the bigger picture of the whole unified perspective of all types within the whole. Then **Typological Energy Balancing** continues that theme and expands into sharing the whole unified perspective to understand how all the energies are interrelated and interconnected for all types in each energy center and category.

This allows you to understand how each of the four types is unique, while at the same time fit together as a whole. Instead of just seeing one separate piece of the pie (which takes it out of the larger context), this is like cutting a whole pie into four pieces and seeing how the four individual pieces of the pie fit together to create the whole.



That can help shift the perspective from having a narrow ‘rule mentality’ (which is linear) to understanding broader principles, and how to dance and play with principles (which is multidimensional).

## **Working with Others**

**Typological Energy Balancing** is a tool that can be used to discover the nature of people and learn how they are unique in their metabolism, their perspectives, and what works most effectively for them in nine different areas of energy.

This allows you to know what will serve each of them in their own unique and personalized way. Then you use your own intuition to feel which one of the areas would be the most effective area to share with them and support them. That’s what I do and how I do it.

Some people are into the language of energy and some aren’t. Wherever they are at is okay. Some are more comfortable, open, receptive and wanting to know what they can do in the area of food, while others are working through psychological dynamics, and others are more interested in the spiritual areas. Each is on their own unique path, going at their own pace.

**Typological Energy Balancing** covers all the bases for you to dance and play with any area that other people are open and receptive to.

## **How this Work is Organized**

**Typological Energy Balancing** started out as separate short blog articles about nine different categories of energy. Each article includes practical tools to experience a transformational journey through one of your energy centers, with personalized lifestyle recommendations that nurture your true nature. Every time you pay attention to one of those areas, you engage and activate that area.

This helps you to know how to align with your Essence to be the most and best you can be; what to release that no longer serves you and is weighing you down; and what to incorporate that lightens you up either physically, emotionally, mentally or spiritually.

## *Transform Your Energy with Typological Energy Balancing*

Over time, the separate articles were integrated into this program that currently includes one or two articles about each of the nine areas of energy. Everything in the universe is energy and has type, and there are hundreds of categories that fit into the nine areas of energy.

For example, everything from types of color, sound, music, to types of food, herbs, scents, crystals – or even types of restaurants or movies. That’s what I call the ‘fun stuff’. And each category has sub-categories; like types of food has types of vegetables, fruits, starches, proteins. And then in the fruit category there are different types of fruits.

And then the category of grapes can also be broken down into the specific types of grapes that resonate with each type, etc. This is the art and science of fine-tuning and refining the alignment of frequencies much more specifically – like tuning a musical instrument. As you can see, there are an endless number of typological categories to explore.

I personally love seeing all the diversity – and then seeing how that diversity fits into a larger context of a whole unified perspective. That process releases judgment, brings value to diversity, and expands our awareness into multidimensional perspectives. In fact, I would have fun just spending the rest of my life creating **Typological Energy Balancing** articles and adding each new article into one of the nine areas of energy. Eventually many more categories will be included, which means the Table of Contents will continue to grow.

**A New Model for Raising and Educating Children** is included first, because it shares the initial bigger picture vision that explains one way of participating in creating a New Earth and a New Reality that operates as an enlightened society that lives in heaven while we’re right here on Mother Earth.

**Transform Your Energy in Nine Key Areas** explains the basic concepts of energy frequency, color, the three story house, the seven energy centers, and the two other areas that are bridges we must cross to reconnect the three stories, which creates the nine key areas of energy. It also defines true and total health, lists the natural health principles, and shares suggestions about how to work with symptoms and conditions.

The **Energy Centers Assessment** is included to check in with your Self on a regular basis. If you are some form of healer, teacher or practitioner, this is also something that you could use with others to get a reading of how to prioritize which areas could use the most attention first. In some instances the weakest area feels like the obvious place to start, but not always. In other situations, it’s more effective to start with the area where they are most open and receptive to receiving – and this can change moment to moment.

This healing system is not about fixing or healing others. I’ve been a caregiver many times in my life, and caregiving takes care of others and often assumes that we know what another needs better than they do. There was a time in my life when I threw away the labels of healer and teacher when I realized that people will heal only when they are ready to heal, that their soul is learning something from their experience, and that healing is an inside job.

## *Transform Your Energy with Typological Energy Balancing*

From the soul perspective, all the answers for each person are within them. Although there may be things we can see that they don't see, we rarely know the bigger picture of their soul's plan and journey, so we must respect their choices and their learning and growing process, and not take away their opportunity to learn for themselves. Earth is a free will planet, and others become more empowered when they are guided to make their own inner connections and choices, and learn from their own experience.

It took me a while to realize that no one knows what another needs better than they do, even if they are not consciously aware of that. So this system is about releasing control over another, such as telling them what to do. This system is more about following them and encouraging them, instead of leading them. And whenever they are ready, it helps to have a guide and a sounding board to get some feedback along that healing journey.

The way we find out what they need is by using the Socratic method of asking them questions, as well as getting them to ask their own questions, which draws the information out of them. Then being a good listener is what helps us know the direction to go.

The value of the information is that it can bring greater understanding of how energy works, and learning how to read energy. This gives us a language that helps us to understand more objectively what we are noticing and whether things are in alignment or not. That is what helps us know what to release and what to nurture.

The **Energy Centers Assessment** is one way of asking questions. Then **Typological Energy Balancing** provides the energy principles and tools to give guidance that nurtures their true nature. Nurturing is a divine feminine energy that is caring, cherishing, encouraging, supporting and empowers others in their own healing and rebalancing journey.

One value I have personally received from working with this typological information is that it has increased my own level of intuition. The charts and diagrams are objective tools that leave an imprint on our supramental story. Once we see and understand the energies in each diagram, spirit uses the diagrams to communicate with us telepathically. Sometimes even during just a casual conversation with someone, a diagram will flash into our awareness that gives us a message about what we are noticing more objectively, energetically.

Another value is the ability to see the world through another person's eyes – which brings greater respect, understanding, compassion and acceptance of others. To me, this is what is needed for all of us to participate in creating peace on Earth and live in the frequency of unconditional love and unity consciousness.

It has also increased the richness of my experiences in life. Our experience is always a matter of perspective – and this information increases our multidimensional awareness, which has greater depth and expansiveness.

The wish in my heart is that you find some value for your Self within these pages that increases the richness of your experience of this life, and your relationships with others.