

Methods of Determining Type – Are We Seeing Essence or Conditions?

This article is especially for those who have been involved with some form of Tantra, Ayurveda or yoga and have taken an Ayurveda test or had a pulse diagnosis as the means of determining their dosha type.

Over the years I've encountered many people who have been told their type is "such and such" and it doesn't match up with their **Sacred Typology Chart**. That can be for many different reasons, some of which will be shared in this article.

The quick answer is that layer three of the **Sacred Typology Chart** is about **Essence**, the spiritual science of Tantra and the classical traditional medicine of Ayurveda. For thousands of years the deeper knowledge has been kept secret from the masses and shared only with the select few. The modern day Ayurveda tests are safe for the masses, but not the way that **Essence** type was determined by ancient classical traditional medicines.



In *The Hidden Secret of Ayurveda*, Dr. Robert Svoboda said: *“Tantra is esoteric, quick, dangerous, meant for the select few, and concerned predominantly with the mind. Ayurveda is exoteric, slow, safe, meant for the many and concerned predominantly with the body and harmonizes the flow between the individual and the environment.”*

Sacred Typology is a dynamic tool and process that organizes and expands the **mind** to align with and integrate universal **sacred laws** and principles.

There are a number of issues that arise in the field of typology concerning the methods used to determine **Essence** typology. Some of these include genetics, astrology, and reading body types or conditions as opposed to **Essence**.

The premise we begin with determines where we end up. The premise that this **Essence** typology is based on is:

- **We're born a specific Essence type**
- **Essence type never changes in this lifetime**
- **Determining Essence type is more than just body type or genes**

Some may find the following controversial or politically incorrect, as this contradicts those who have spent their life studying Ayurveda and using the question and answer tests or body types as the primary way of determining type.

And there are others who don't believe in the art and science of astrology, as well as those who are primarily scientific minded and are inclined to feel that studying our genes is the only way to unlock the mystery of which diseases we may have a tendency for.

I don't claim to be an Ayurvedic physician, an astrologer or a scientist, so I'm not an expert in any of those fields. However, I have been exposed to and studied all of them to some

degree, and what I bring to the table with **Sacred Typology** are ways of seeing how all **layers** and **levels** of our real and true nature are interrelated and interconnected, which is a primary principle of Ayurveda, as well as astrology and quantum science. **Sacred Typology** has been the medium I have used to validate these principles for myself, as well as my way of seeing interrelationships between many different areas.

Learned More from Sacred Typology

For as long as I can remember, I've longed to know and be **who I really am**, which is a primary reason I shifted my major in college from theatre arts to sociology, then psychology, and then education. However, I learned more about my real and true **Self** from different forms of **Sacred Typology** than I ever did from any college course.

I started studying different forms of typology at a very young age, so in many ways I've grown up with these perspectives for most of my adult life, and it seems natural for me to see and understand a very expanded view of many forms of typology.

Over the years I was often amazed as well as frustrated that others couldn't see what I was seeing. It took me a while to figure out why, as well as figure out a way to share with others how they could learn to **read energy** and see the connections and interrelationships for themselves.

It seems that I have had the privilege to be part of a turning point in the history of typology, and this discussion shares what I have learned about the **methods of determining typology**.

Very few on this earth have been privy to this information, and I have spent most of my life working not only with myself, but also determining the **Sacred Typology** of hundreds of students, with a method that uses a specific mathematical calculation.

My project of calculating the typology of over 1200 celebrities and movie typologies felt like putting together a master's thesis for the 14 permutations of **Essence, Being** and **Personality** typology and validated this form of typology from many different angles.

The actors and historical figures consistently revealed how the **Essence** energy expressed itself out through the **Personality** in alignment with the way the energies are organized by the **sacred laws** and **Sacred Typology**.

Essence Never Changes

The point here is that Tantra and Ayurvedic medicine provide the foundation and primary mind-set that introduces the idea that **we are born a specific type**, and that when we are sick this indicates that we are out of balance, **away from home**, and this is considered a **condition** of type.

It also introduces the idea that there will be tendencies for certain imbalances or sicknesses depending upon our particular type. And, it also states that **our Essence type doesn't change in this lifetime**.

Dr. Robert Svoboda was one of the first individuals to bring the knowledge of Ayurveda to the west, and visited our school in the 1980's. In one of the first books he wrote on the subject, *The Hidden Secret of Ayurveda*, he states:



“The constitution never changes throughout the life, since it is caused by the relative imbalance of the Three Principles in the bodies of an individual’s parents at the moment of conception. Knowledge of one’s ‘constitution’ permits prediction of likely diseases, and the regime which must be followed for their prevention.” (p 11)

Gabriel Cousens, M.D., also supports the premise that we’re born a “permanent” type that doesn’t change in this lifetime. His book *Conscious Eating*, extensively discusses and makes use of Ayurvedic medicine and the tridosha system. The way Cousens explains this is:

“One is born with a permanent constitutional complex combination of all three doshas. In other words, the dosha combination for each person is genetically determined. **These dosha types influence all our biological and psychological tendencies.** A person’s constitutional type predetermines which doshas tend to become imbalanced more easily than others. When doshas are in balance, it means there is a healthy psychophysiological state. If the doshas are temporarily unbalanced, one may feel a subtle disharmony in the body-mind complex. If the doshas are chronically imbalanced, the result may be disease... **The dosha type is a descriptive pattern of our psychophysiological makeup with which we are born and which does not change in this life...** The dosha can be thought of as a genetic precondition for reacting in a certain general psychological or physical way to the environment.”



Confusion Between Conditions and Essence Type

I agree we are born with a “permanent constitutional complex combination of all three doshas”. However, I question whether it is genetically determined, and I have a slightly different definition of **dosha**.

First of all, according to Jai Dev Singh, author of *The Complete Course of Ayurveda*, the translation of **dosha** means “to spoil or to send something off.” **Sacred Typology** makes a distinction between our **Essence** type (constitution that never changes, which Ayurveda calls *prakriti*); and the **dosha** (ways these elements go out of balance, which Ayurveda calls *vikriti*).



Essence type shows us the predominant elemental energy of our **Essence** in this lifetime, which **never changes** and is not “spoiled”. On the other hand, understanding the energies of the **doshas** explains how these elemental energies are in a **constant state of movement and change** throughout each day, throughout our life, and create imbalances.

Many say that the predominant **dosha** of our **Essence** constitution tends to be the one that is most likely to go out of balance most often. My own personal experience has shown that

is not always the case – especially once we **wake up** and start making more conscious choices. I agree with Cousens that the nature of our **Essence** type is indeed inborn and doesn't change in this lifetime. Yet I feel that it may be overly simplistic to say that it is genetically determined.

My feeling is that Cousens may be using the terminology of genetics as a way to make the point that our **Essence** typology is written into the physical body configuration at the time of birth, which I totally agree and will come back to later in this discussion.

The way Svoboda expressed this in *The Hidden Secret of Ayurveda* was:

“Of course food is not the only cause of the mental state; **the mental ‘constitution’ is determined at the moment of conception just as the physical ‘constitution’ is.** The familial tendency to schizophrenia, and the recent discovery of a gene which controls depression, are demonstrations of **the hereditary nature of the quality of the consciousness**, and we can expect the discovery of more genes controlling such mental traits. Since the alteration of genes or even **permanent change in thought patterns is unlikely for the average individual, dietary control is the easiest way to control the mind.**” (p 22)



My own family history includes schizophrenia and bipolar, and as a teenager I remember seeing some tendencies in myself and being afraid of ending up like one of my family members. That was a major motivation for me to study psychology, the mind/body connection, and food as medicine as I was seeking ways to rebalance that condition.

My experience of **“dietary control is the easiest way to control the mind”** is true, which is one reason why I work with food as medicine – yet it is a **slower** way to change **thought patterns**. Food and nutrition primarily engage just the second energy center in the Physical Story.

Consciousness Raises Level of Being

In terms of the **“hereditary nature of the quality of consciousness”** – my own experience is that the quality of our **consciousness** has more to do with our level of **Being**, which is the level of our own internal growth, development, evolution, reconnection and integration of **all** of our energy centers to become one whole interconnected human **Being**.



Learning how to activate and engage all seven energy centers raises our level of **Being** and **consciousness**. Re-patterning the **mind** to make **conscious choices** is what supports the process of **changing our thought patterns** and **raising our level of Being** (which has previously been considered unlikely for the average individual).

Sacred Typology gave me the tools to get further faster with **changing my thought patterns** and raising my level of **Being** and **consciousness**. The process of learning, becoming more

conscious of, and then making **conscious choices** to integrate the different **layers** and **levels** of our **Sacred Typology** requires us to work with and discipline our **mind** to pay attention, focus our intention, which results in greater awareness – which is a definition of **consciousness**.

Learning how to maintain alignment of our **Personality** with our **Being** and **Essence** to express the truer nature of our **Essence** and **Being** out through our **Personality** also requires conscious choices that raise our level of **Being** and **consciousness**.

Our level of **Being** determines how much **Light** we can hold in our **Being** – and the more **Light** we can hold, the greater the levels of awareness and consciousness. **Sacred Typology** can't give us a reading of the amount of **Light** and consciousness, but it is a **tool that shares how to increase it**.



On the other hand, our soul tends to incarnate and travel through lifetimes with its soul group (which often, but not always includes our parents). There is a tendency for the nature and quality of the level of consciousness we come into this lifetime with to resonate with the level of evolution and consciousness of our soul groups.

Problem with Just Using Body Types

My own observation is that much of what is currently being offered by some of those studying Ayurvedic medicine has more to do with **conditions** than **Essence** typology.

There are a number of people on the Internet asking “*what’s my dosha type?*” and saying that our body type is the determining factor of our primary **dosha as our constitutional** type.

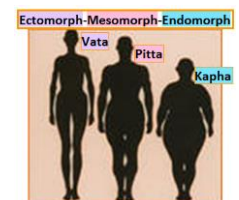
In other words, they seem to be thinking that **constitution** and **dosha** are the same thing and calling our **Essence** our **dosha** type, which can create some confusion.

Perhaps they think that is true because of the reference made by some authors to genes. Once again, my own feeling is that this may be a bit narrow or simplistic, and there’s a bit more to it than that.

One problem I have with the gene theory is that some of the genetic traits on these tests (such as Vata types having dark skin, hair and eye color), creates a situation where an entire ethnic race of Indians, Africans or Orientals could all be considered the same **Essence** type, which definitely isn’t the case.

Yes, our body type is most certainly a genetic inheritance. However, it is not the only or primary determining factor of our constitutional **Essence** type.

I have known **Pitta** and **Vata** types that have a **Kapha** type body, and **Kapha** types that have a **Vata** or **Pitta** type body. Also, as a **Kapha** type, I’ve experienced my own body shift with the types of jobs I’ve had, as well as the types of men I’ve had relationships with. This shifted the energy in my **Being** for a time, but it never shifted my **Essence** from being a **Kapha** type.



There's nothing dangerous or bad that's going to happen with those who try and tell a person's type by using body type. However, that is an **external** reading of **Essence** (from the outside-in), not an **internal** reading (from the inside-out), which gets closer to the core (which is where the **Essence** of our true **Self** resides).

Are We Seeing Essence or Conditions (Confusion Arises With Tests)

Some of this confusion may be due to the fact that misunderstandings can arise when the only means of determining type is the subjective question and answer tests.

One website I visited suggested that a person go to five or six different websites to take multiple tests because some of the tests are very general and some of them are more detailed; and each test can result in different outcomes, depending on the characteristics of the different types that are listed on a particular test.



Also, many of the questions on these tests list different kinds of **conditions**. If an individual is experiencing lots of different **conditions**, what kind of information are we getting back from these tests?

This begs the question: **“What are we really noticing and seeing – a condition or the Essence type of our real and true nature?”**

Are we getting a reading of our **Essence**, which is our **constitutional** type, or are we getting a reading of our **conditions**, which is just an expression of the **doshas** that are out of balance?

Ayurvedic medicine is primarily a symptomatic medicine that deals with rebalancing symptoms. The more unbalanced we are the more symptoms we have. The more symptoms we have, the greater the tendency to be **away from home**. The more we are **away from home** and our true nature – the harder it is to see the true nature of our **Essence** type.

Some Ayurveda Tests are Biased

Another problem I have with some of the questions and answers on these tests is that some of them are less objective and balanced between the three types than others. Each of the three forces and types has its gifts and challenges, advantages and disadvantages.

However, some of these tests give the impression that some types are inherently healthier, more beautiful or successful, while others are generally irregular and unbalanced misfits.

I completely disagree with any assessment that puts a value judgment of one type being any better or worse than another type. What our **mind thinks**, so we become. This is **why** working with what the **mind thinks** is so powerful, while at the same time can be dangerous.

Methods of Determining Type

In my own personal experience, when I first learned that I was a **Kapha Essence** type – some of the descriptions in the subjective Ayurveda tests gave me an inferiority complex that I had to deal with, and which took years to overcome.

When these objective energies are described in a subjective manner – which means through the filter of one's own personal biases – this can result in negative or derogatory descriptions of good and bad or best and worst (which is a 3D linear polarity mind-set).

When we share our own level and understanding of truth, this can greatly affect the impression that people have of their **Self** and others, and influence the way they see things for a long time. There are negative consequences when negative impressions or interpretations are given.

For this reason, great attention has been paid with **Sacred Typology** to express the energies of each **sacred law** and each **type** in the most neutral and objective manner possible within my own capabilities. My intention has been to frame and express all types as equal – without making one or more of them sound better or worse than the others.

A more objective relationship with the Ayurveda tests is to understand that some of the categories are just describing current imbalances that naturally clear up on their own when we become healthier in Body, Mind and Spirit, along with being **at home** with our real and true nature.



Consequences of Incorrect Identification

An advantage of taking the Ayurveda tests is they can help people begin to locate themselves within more or less one or two of the three types, and often be able to eliminate a third as a reasonable choice.

This is **not** how **Sacred Typology** works. However, Ayurveda can begin to give an individual a starting point, as well as some physical and psychological areas to begin noticing about themselves.

Yet, when someone is **not at home**, **far from home** or all over the place, this tends to result in identifying one's **Self** incorrectly, which is usually due to general confusion of the **mind** about who and what one essentially is.



The **Sacred Typology Personality Chart** reveals whether one is **at home** or not, and approximately 50% of those tested are **not at home**. As a result, quite often one's own body has even given up trying to keep track and is sending out mixed signals in the hope of stumbling upon something that will help.

Another difficulty with the Ayurveda tests is that they state that we are rarely a pure **Pitta**, **Kapha** or **Vata** type, and that there are ten different combinations of types, such as **Pitta-Kapha**, **Pitta-Vata**, or **Kapha-Vata**, etc.

I agree that each of us is a specific combination of all three elements. However, my experience with **Sacred Typology** has shown that many people who identify so strongly with more than one type are often not at the peak of health, and frequently **fluctuate** between times of feeling pretty fair and other bouts of feeling poorly. They often tend to go on binges of eating more or less **away from home**, which then unbalances them even further.

The person who has no idea of where to start to find their real and true nature usually needs to spend some time simply detoxing the body from what amounts to be a serious case of physical, psychological and supramental confusion about their own essential nature.

While experimentation won't harm us, if we identify our self incorrectly this could produce a couple of major upsets in our physical, psychological or supramental health.

One value of **Sacred Typology** and specific typological information is that once we know our real and true **Essence** type, our own body then becomes the best diagnostician if we learn how to **read energy** and listen to the body, heart, higher mind and spirit.



Knowledge of Essence Type Not Given to Ayurvedic Physicians

The qualities of the three **Essence** types have been studied and examined by Ayurvedic **tantrikas** (the general name for a spiritual master of Tantra) over many thousands of years, and certain characteristic tendencies for each of the types have been observed and noted.

Because of the complexities of interpretation and the need to be as accurate as possible, the knowledge of how to be certain of **Essence** type was **not** handed down through Ayurvedic physicians. Even though Ayurvedic physicians go through the same years of extensive training and internships as those seeking a medical degree, **the knowledge of Essence type was only given to a tantrika.**

According to Dr. Svoboda in *The Hidden Secret of Ayurveda*:

“Tantra is the spiritual science which was derived from the Atharva Veda, which was also the origin of Ayurveda. The method of collection of plants for medicines in Ayurveda is identical with that used in Tantra for collection of plants for medicines and magical purposes.

The emphasis on astrology, on prana (energy), and on the use of metals in treatment can all be traced from Ayurveda back to their roots in Tantra... Tantra is esoteric, quick, dangerous, meant for the select few, and concerned predominantly with the mind. Ayurveda is exoteric, slow, safe, meant for the many, and concerned predominantly with the body and harmonizes the flow between the individual and the environment.”



This leads us to consider that the knowledge of **Essence** type is not just about body type – and that other factors may be taken into consideration, such as astrology and the ability to read energy (prana).

Determining Sacred Typology Different than Astrology

In *The Hidden Secret of Ayurveda*, Svoboda states that:

“Of all the varieties of time astrological time is the most significant. The planets exert their effect through the **mind** onto the **body**. This is a statement of our fourth axiom: Whatever affects the body affects the mind, and vice versa; the two are intimately interrelated... A command over astrology is a useful diagnostic tool.” (p 14)



This reiterates that the planets exert their effect through the **mind** onto the **body**. It also places utmost significance on **astrology** and **astrological time**.

My teacher, Bob Hess, was a master **astrologer** as well as held some form of lineage in each of the great traditions and the **sacred laws**. After working with Dr. Svoboda he uncovered an **astrological** way of determining constitutional or **Essence** type. This method is not a part of Ayurvedic or Tantric medicine or theory, although he felt that it certainly must have been at some point in time.



**Bob Hess,
Pitta/Fire/Do (#1)
Teacher, Author**

One possible reason the current methods of astrology don't match up with our **Sacred Typology** could be that the ancient past may have used different methods of making use of astrological calculations that were lost down through the ages. Mr. Hess shared the methods of calculating **Essence** typology with advanced students of the Hess work.

Sacred Typology is determined by first erecting an astrology chart. Then it takes things a step further by using two specific astrological coordinates in a mathematical formula that calculates the exact degree for each type, which I call the vortex. This results in an objective energy reading of the precise configuration and alignment within a 360 degree circle.

The method of calculation used by **Sacred Typology** is not used by astrologers today, and it often results in a different distribution of the four elements. This doesn't mean that either system is right or wrong – it just means we learn something different about our **Self** from each system.

For example, the current form of western astrology tells us how many planets we have that reside in **Fire**, **Earth**, **Water** or **Air** signs. Bob Hess was a good example of how the current methods of western astrology don't give us the same information that **Sacred Typology** does about the true nature of our **Essence** type.

He had almost no planets in **Fire** signs or **Fire** associated houses either topically or sidereally. Yet anyone who knew anything about Ayurveda could see the **Fire** qualities exuding from him. Dr. Svoboda, who was the foremost western expert in Ayurveda at that time, identified him as an almost perfect **Pitta** type.

Verify Typology Seven Different Ways

During the 1980's and 90's Bob Hess founded and ran a self-development university that consisted of four colleges: 1) Tantra and Ayurvedic Medicine, 2) Taoism and Five Element Medicine, 3) Sufism, Esoteric Christianity and Traditional Western Medicine, 4) Advanced Spiritual Studies and the Fourth Way Work.

The campus also consisted of an Herbal Formulary, The Good Earth Natural & Typological Health Food Store, a garden to table Café with produce from our organic garden, and a Futon & Cotton Clothing shop.

Besides weekly classes, there were also weekend seminars and workshops. I started as a student, then became a counselor, then the head of the Tantra and Ayurveda school, and eventually became the chancellor of the university. I was trained by Mr. Hess in Classical Traditional Medicines as a hakim (one who works with balancing **body-heart-mind-spirit**).

During that time hundreds of students were run through an extensive analysis and evaluation process that included analysis of breath, urine, feces, pulse, iridology, sclerology and other forms of reflexologies, along with Oriental and Five-Element diagnosis. All this information was gathered before doing the mathematical calculations to determine **Essence** type. Then the counselors would have a meeting with Mr. Hess to develop the personalized program for each student.

In his book, *The Science and Genius of Ayurvedic Natural Health, Art, Theory and Practice*, Bob Hess stated there are six areas of information that an Ayurvedic practitioner should gather and evaluate when working with an individual, and that no one thing was considered sufficient before coming up with an overall diagnosis and proceeding further with a treatment plan: astrology; breath; aura; urine-feces-pulse; sense organs (eyes-sight, nose-smell, tongue-taste, skin-touch, ears-sound); physiognomy (assessment of personality from outer appearance).

Mr. Hess used to say: “**verify typology seven different ways.**”

Although I am no longer active in that kind of hands on setting, there's another way I've found to verify **Sacred Typology** seven different ways. We can do that by learning, working with and understanding the **sacred laws** and then knowing our typology by the **sacred laws**.

This allows us to see the whole dynamic **sacred law** of a particular layer and how it operates in our whole **Self**, while at the same time how we are unique within that wholeness, while also being interdependent. Then we can notice, observe and verify for our **Self** how things work in each layer of our **Self**.

Sacred Laws Are Key: Dynamic versus Static

One of the key differences between using **Sacred Typology** to tell us our type (as opposed to astrology) is the use of the **sacred laws**. Typology that is based on the **sacred laws** of the universe is **dynamic** (in motion) instead of **static** (unchanging, fixed). The **dynamic** quality is

precisely what is happening with the three cosmic forces and three elements of **Pitta**, **Kapha** and **Vata**.

For example, the western astrology mind-set uses the perspective of three (Cardinal, Fixed, Flexed) as well as four (**Fire**, **Earth**, **Water**, **Air** signs). But those perspectives are **un-dynamic**, meaning there is no suggestion that under certain conditions we can become another type, or that our physical or psychological health depends on getting back to the type that is **home** for us.

In *The Hidden Secret of Ayurveda*, Dr. Svoboda discusses how the three principles in the body are in fact **dynamic** and **ever changing** with the changes in the environment:

“Therefore, we should consider **Air**, **Fire** and **Water** as tendencies, or directions, of the factors which represent them in the body. Since they are always in motion...each **condition** of one of the principles will produce a different rhythm...there are **108 patterns** formed by the permutations of the rhythms of the three principles... **The physician should enter the heart of the patient with the Light of perception** and knowledge of Ayurveda in order to diagnose the disease; then alone is cure possible.”

All of the **sacred laws** are **dynamic**; none are **static**. Each of them depicts **dynamic** movement of a particular number or set of things (Two, Three, Four, Five, Six, Seven) that creates a specific way that energy is organized to move in a **dynamic** way within a specific dimension of the universe, so to speak.

When there are 108 possible permutations of **patterns of energy**, how then can one determine whether what they are reading/seeing is a **condition** or the **Essence** nature of an individual?

Mis-interpretations of My Essence Type

For instance, Ayurvedic medicine uses a form of pulse analysis and the **Pitta** pulse is jumpy, excited and the blood courses through the veins **like a frog**; as a **Kapha** the pulse is full bounding and **like a swan**; and as a **Vata** it is fast and zigzags as a **slithering snake**. Yet these qualities can be a description of the nature of our **Essence**, or they can be the description of a current **condition**.



Personally, I've had two experiences that showed me that those who study Ayurvedic medicine do not necessarily study **Essence** typology or know a person's true **Essence** type.

The first experience was when an Ayurvedic physician read my pulses and said, “You are a **Vata** Type.” I had already known and verified my **Essence** type as a **Kapha-Amiable-Fa** type for a number of years, but I had been dealing with a **Vata condition** for quite some time. What I learned from this experience is that this Ayurvedic physician was **reading the energy** of an over-riding **condition** that I was experiencing and **not** the true nature of my **Essence**.

The second experience was years later when I was in a crystal shop and talking with a man who had studied herbology, aromatherapy and Ayurvedic medicine. I had some questions about the lifespan of some of my essential oils and after some discussion back and forth, he volunteered, “You’re a **Pitta-Vata** type, aren’t you?”

I was a bit surprised and asked, “how do you see that?” He smiled and said, “Well, you’re intelligent [**Pitta**] and vivacious [**Vata**].” In that instance he was **reading the energy** of what was showing through my **Personality** interaction with him – but he was **not reading** my true **Essence** type.

Although **Kapha** types are the most solid, slow and stable of the three **Essence** types, that doesn’t mean we are necessarily dumb (lacking intelligence) or drab (lacking energy or vitality) – we can be quite colorful in our own right.

When I calculated the **Sacred Typology** of celebrities, politicians and historical figures I discovered hundreds of examples of very dynamic **Kapha** types.

What Different Forms of Astrology-Typology Tell Us

Different forms of astrology and typology tell us different things about our **Self**. After studying and cross-comparing so many different forms of typology, what I’ve noticed is that all these different systems can be true simultaneously – just from different perspectives or angles. That’s how multidimensional awareness works.

I’ve also noticed that for some of us, there are so many correspondences from different systems that all say the same thing (just from different angles, or with different languages), that it’s like the intention of our **Higher Self** or **soul** was to make sure that we got the message or point from whatever system we happened to come across in this lifetime.

This is also what creates a **unique** combination of energies that is unlike anyone else who ever has or ever will exist.

This is how Mr. Hess described what the different forms of astrology tell us:

● **Eastern or Chinese astrology (Style):** is most common in the eastern hemisphere and may be familiar to westerners primarily by placemats in Asian restaurants. The eastern perspective is based on 12-year cycles with each year represented by a different animal.



The cycles are further aspected by the five elemental energies of **Fire**, **Earth**, **Metal**, **Water** and **Wood**, which takes a cycle of 60 years to rotate each of the 12 animals through each of the five elements.

This information basically gives us an understanding of our personal **style** and approach in this life. By Chinese astrology I’m a **Fire**-Monkey, which colors my **style** of expression with some **Pitta** or **Fire** type qualities. This may have been what the guy in the crystal shop was noticing.

● **Western Astrology (Issues and Concerns):** is most commonly practiced in the western hemisphere and is based on the 12 sun signs and the 12 houses, with many different aspects that can be studied for greater depth and breadth of information about our **Self**.



This information basically gives us an understanding of our **issues and concerns** in this life. By western astrology I'm zero degrees Cancer Sun which puts me on the cusp of Gemini and Cancer (which gives me an equal distribution of intellect and emotion) and I've had issues, challenges and lessons in both areas my entire life.

● **Sacred Typology (Tool):** the diagram has 12 color frequencies and is a **tool** to master the seven **layers and levels** of our **Self**. It's a dynamic process that organizes our energies to align with universal principles and laws. It aligns our **Essence** (layers 1, 2, 3) **Being** (layers 4, 5, 6) and **Personality** (layer 7) so we can live our **Life** as our **true Self**. The organization and use of our energy is what determines our **level** of reality and quality of **Life**. It activates and engages our seven energy centers to function at optimum **levels** in the process of raising our **level** of **Being** and consciousness to embody our fullest potential.



This is the primary tool and medicine that I use to maintain balance and alignment with my **Essence, Higher Self** and **soul** on a daily moment to moment basis, as well as to continue to evolve my level of consciousness.

We are the Energy System Standing Behind Astrology

An interesting perspective of western astrology came from a nationally known professional astrologer I had the opportunity to work with. They had been working in the field of astrology for over 35 years, written a number of books, had a column in one of the well-known astrology magazines and did private consultations. This astrologer expressed to me:

“I don't see the chart as being **who you really are**. Astrology is an exact picture of your individuality – your ‘internal wiring’ in this lifetime – it's very exact that way. **But you are the energy system that stands behind this, that has the power to use this to your advantage.** The ultimate, of course, is identity – is discovering **who you are**, and that is something that isn't in the chart – it stands behind the chart. That's truth, so that's the ultimate.”

That discussion confirmed for me the placement astrology takes in terms of what kind of **tool** it can be and what kind of information can be gained about our **Self**. Astrology is not about an **energy system** – it is about the ‘**internal wiring**’ that describes the **patterns** and **issues** that we are required to work through to peel back the layers to get to **who we really are** – which is our **Essence**.

Since each **sacred law** represents a different system or dimension of energy, **Sacred Typology** could be described as a way of learning about our **Self** as **multidimensional energy**

systems. Our **Essence** type tells us how certain aspects of energy can manifest through us during this lifetime.

I love how astrologer Pam Gregory described an astrology chart during her interview with Lee Harris on *Impact the World*. “The chart gives you the unique **pattern** and pure potential – the unique sheet of music – but it doesn’t give you the **level** at which the music is played. It’s the **level of consciousness** that determines how magnificently the chart is going to be played.” The way I have expressed this is that a **Sacred Typology Chart** can’t read someone’s level of Light and consciousness (but the Ascending Ray tool can).

Both astrology and **Sacred Typology** give a reading of the pure potential. One difference from astrology is that **Sacred Typology** has zero forecasting ability. Another difference is that it gives you **tools** that share **how to raise your level of Being and consciousness** to embody your fullest potential.

Astrology Reads Unconscious Patterns

The first astrologer also discussed **issues** that would arise and would need to be worked through, but she had no idea whether those **issues** or challenges had already been dealt with or not. The examples she used mainly referred to **Personality**. In other words, getting past the ‘**internal wiring**’ of ineffective **Personality** traits, behaviors or **patterns**.



When Mr. Hess ran a group of students through Chief Feature work, at one point he read a long list of **attitudes** that each of us would have to deal with during our lifetime. He had identified those **attitudes** by doing our astrology charts, meaning those aspects are discernable using western astrology.

The astrological information can be quite enlightening about our issues, concerns, challenges, karmic, subconscious or unconscious **attitudes** or **patterns** that we bring in from the past, the debt we have the privilege to pay, and made a contract to pay in this lifetime.

This gives us a reading of the kinds of things we must deal with to raise our level of **Being**. But it doesn’t tell us whether we’ve actually faced these challenges and tackled these issues or not. The astrologer couldn’t read the level of **Being** from the astrology chart.

Astrology can also reveal the direction we’re headed. Yet, it is still concerned with how we are wired (which is **static**), and it doesn’t necessarily give us the tools that show us how to get from here to there – which are **dynamic**. The wiring is **static**, while the energy and level of consciousness that flows through that wiring is **dynamic**. **The sacred laws are what give us the dynamic tools to raise our level of Being and consciousness.**



One way we can get a sense or a reading of our level of **Being** is to notice the amount of distance between how astrology describes the issues that will arise for us, and then how astrology describes we may operate once we have mastered the lessons from those issues.

Methods of Determining Type

Our level of **Being** raises as we face, tackle, learn and extract each lesson from our experience so that we can close that chapter and get on to experiencing the next (instead of getting caught in repeating patterns and cycles). The **How Ascension Works** program shares how to identify and release unconscious patterns; and the **Ascending Ray** program shares a way to read your level of **Being** as well as track whether you are ascending (evolving) or descending (devolving).

There are many excellent astrologers and astrology books on the market these days, and quite often those who are some level of master craftsman of that art and science understand the energies of astrology more objectively.

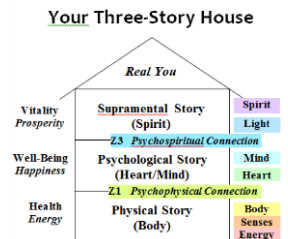
They explain that the astrological energies or issues that influence us are neither negative nor positive, and that it is our own relationship to situations, or our level of consciousness that determines whether we learn our lessons in a negative manner or a positive manner.

Meaning the expression of these energies shifts as we shift from being asleep and unconscious, to then beginning to wake up (semi-conscious), to finally having awakened to a level of self-responsibility that is consciously engaged in a continually evolving process of learning the lessons from our experiences and integrating them into our **Being**.

The Sacred Typology Perspective

Knowing the **Sacred Typology** of our **Essence, Being** and **Personality** tells us what is most in alignment with our true nature (so that we know what to nurture), as well as what we can release, eliminate and stop wasting our time with. It also shares how to **come home** whenever we have lost our balance.

My own relationship to **Essence** typology is that it is an energetic frequency that is inborn and influences all aspects of our nature – our Physical Story biological nature, the nature of our Psychological Story (emotions, relationships, reactions, thoughts), as well as the nature of the perceptions and impressions in our Supramental Story.



Since **Sacred Typology** is based on our date of birth, it's an **energy reading** similar to astrology and numerology, which are also systems that describe certain inborn traits that aren't related to our parents' genes. As of this writing, my own experience and research has shown that a higher percentage of children have **not** been the same type as the parents.

My feeling is that our **Sacred Typology** is pre-determined by a higher Source, spirit or our soul (or some combination of them) before we are born. This determination takes place from a higher dimension and divine plan that aligns with the energetic blueprint that will enable the greatest opportunity for evolutionary growth of our soul, as well as provide us with the most effective tools to accomplish what we are here to know, be and do in this lifetime.

We bring in with us some things that our soul wishes to learn, or challenges to deal with regarding karmic debts we are here to repay, or ineffective patterns we are here to

rebalance or transform back into Light. These are often **unconscious patterns** that seem to run our life until we become consciously aware of them and make a conscious choice to **wake up** and operate differently, instead of just being run by our mechanical habitual patterns.

We also bring in with us some inherent gifts in our true nature that we can make use of along the journey of fulfilling our destiny and serving the higher good of our **Self**, others, the planet, and even the cosmos.

The Moment of Conception

Sacred Typology, astrology and Ayurvedic medicine all agree that something very significant is determined at the time of our birth. Some perspectives even discuss the significance of the moment of **conception**. Dr. Svoboda even said that our **Essence** is “determined at the moment of **conception**.”

In the book *Spiritual Astrology*, Jan Spiller and Karen McCoy discuss the prenatal eclipses between the moment of conception and our date of birth. The lunar eclipse determines what lessons we came to learn, while the solar eclipse determines what we made a contract to share as payment for the opportunity and privilege of learning these lessons.



Also, the energies released during a prenatal eclipse give us an energy reading of the issues in the relationship between the parents at the moment of **conception**, and the type of help or gift the child brings to the relationship between the parents. That expands the idea that some qualities of energy are determined even **before** our date of birth.

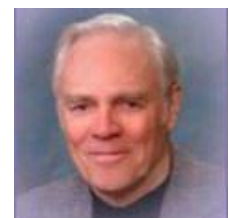
When I was a labor coach, I worked with women who could tell the **Essence** type of their unborn baby just by noticing the different types of **thoughts, feelings** and **energies** they were experiencing in their **Being** during their pregnancy, which were different from their own **Essence** nature.



It's interesting to note these observations about the child's **Essence** type were noticed **before** the body type of the child was ever seen, and **before** the date of birth was known. Also, the **Essence** type of the child ended up being different than the **Essence** type of the mother or father.

Before Conception (Soul Perspective of Body Type & Temperament)

The **soul** perspective suggests that our true nature may be determined even **before** the moment of conception. In *Journey of Souls*, Michael Newton, Ph.D. documents hundreds of case studies that discuss what aspects are pre-determined in the soul plane (during our life between lives) and the preparations we go through to choose our parents as well as the specific type of body we will inhabit. Often there are as many as three different options to choose from.



Methods of Determining Type

This perspective discusses the role our body type plays in the overall scheme of things, as well as the role our soul contributes to our temperament. Our **Personality** characteristics are a combination of soul nature (divinity) and human nature (humanity), and **our choice of body type has more to do with our psychological nature than genes.**

The **body** consists of genetic characteristics, ancestral and generational inherited patterns, the human brain and animal or ego nature. The **soul** consists of the knowledge, lessons, wisdom and gifts that it has accumulated from all lifetimes it has experienced. The **soul** has its own characteristic **Personality** traits, and the **body** type it chooses doesn't always match up with the qualities the **soul** brings into the union of these two different aspects of our **Self**. According to Newton's studies:

“Our bodies are an important part of the trial we set up for ourselves in life. **The freedom of choice we have with these bodies is based far more on psychological elements than from the estimated 100,000 genes inherited by each human being...** a soul's spiritual energy has a fluctuating influence on whether the temperament of its human host will be extroverted or introverted, rationalistic or idealistic, emotionally or analytically dominated. Because of such variables, souls need to reflect in advance on the types of bodies which will serve them best in the life to come.

Souls both give and receive **mental** gifts in life through a symbiosis of human brain cells and intelligent energy. **Deep feelings** generated by an eternal consciousness [the soul] are conjoined with **human emotion** in the expression of one **Personality**... The **mind** of the soul has to be brought into synchronization with the **brain and mind** of the human... It melds with it... The permanent identity of a soul stamps the **mind** with a distinct character which is individual to that soul.”

The **soul** is described as the seat of perception and comprehension of things for the developing human ego, bringing recognition of the truth of what the brain sees. These perceptions take place in the Higher Emotional Center (La Note energy center or high Heart) where our conscience, Light, divine Love and ability for higher levels of awareness reside.

Part of the challenge for our **soul** during any lifetime is getting the denser body and brain to **wake up**, as well as be quiet long enough to listen to and receive the more subtle whisperings of the messages that the **soul** is always sending to our body and brain.

Subduing human egotism, brain-chatter, reactive nature (False Personality) and then opening our Heart and directing our attention, intention and awareness inward (toward **Essence**) and upward (toward higher guidance) is what allows our **soul** to express itself out through our **Essence**, then **Being**, then **Personality**. The **soul** perspective shows us that our **Essence** type is determined from the higher realms.

However, no matter whether our **Essence** type is genetically or divinely determined, there is agreement between all systems that whatever **Essence** type we are, that it's not going to change during this lifetime.

There is nothing we can do about what **Essence** type we were born to be. But what we **can** do is learn about the different **layers** and **levels** of our **Self** so we can experience **who we really are** in body, heart, mind and spirit.



Observing Internal Qualities versus External Form

Coming back around to discussing the body – the body is the **external** physical form and vehicle that houses our inner **Essence** while we’re here on earth. What I’ve noticed and experienced from my own life and work is that some of the physical characteristics of the Ayurveda body types may or may not match up with the observations of **Sacred Typology**.

For example, my own physical body weight distribution and shape shifted when I had sexual relationships with men who were a different **Essence** type than me. I also noticed that my psychological nature took on some of their type of attitudes – and sometimes it even became difficult to know what was really me, and what was energy I was receiving or processing from them.

Another instance that confirmed that it didn’t work to try and tell **Essence** type just by the **external** body type characteristics is when I calculated the **Sacred Typology** for many football, baseball, basketball players and golfers.

My male friends and I noticed that where we could see and understand the energies of **Sacred Typology** ring true more often was by observing how the **inner** nature and values of these athletes related to the game, and the strategy with which they played the game – not just by noticing their body type.

What I noticed when I studied the biographies of celebrities and actors was that I could see the energy of **Sacred Typology** working more from the **inside**→**out** (internal factors) than from the **outside**→**in** (external factors). Meaning the **internal** qualities, values and perceptions of an individual seem to be even more of a determining factor than **external** characteristics (such as the body type).

And this seems to be even truer in a day and age when a greater percentage of people are overweight than any time in history.

Consequently, it doesn’t make sense to me to think that most people who are heavy or overweight are **Kapha types**, although it’s true they all certainly have a **Kapha condition**.

I’ve had fairly long relationships with **Pitta** and **Vata** men who (at different cycles in their life) were overweight (**Kapha condition**). However, their inner nature was anything but stable or consistent (**Kapha type**).



Throughout my life I’ve noticed that one thing I enjoy about **Pitta** and **Vata** energy is the spontaneity, and what they appreciate and get from me is the calm and stabilizing energy.

Methods of Determining Type

● Bob Hess was a **Pitta-Carbon(Expressive)-Fire-Knowing-Do Note** type. He was big boned and 6'4" and at one point 250 pounds (instead of the classical medium frame with muscular build). He was definitely a **Fire** type, but acknowledged that he had a **Kapha** type body.



Bob Hess,
Pitta/Do

Although he experienced various **Vata** and **Kapha** conditions throughout his life, his true **inner** nature was a very hot and explosive **Pitta/Fire** type who got things started, was an originator and creator, very **Expressive**, and longed to know all and everything. The way he related to the world was clearly as a **Pitta** type.

● I had a seven year relationship with a **Vata-Hydrogen(Driver)-Wood-"I Am"-Si Note** type who was short for a man – only 5'7" (instead of having the classical tall and lanky body type). However, his **inner** nature was more cerebral and unstable.



The Green Man
Driver/Si

In his youth he had been pudgy, and then was thinner while in the military. During a period when he was experiencing lots of emotional conflict he gained weight and was heavier – even though he was eating healthier and had a very physically active job.

He had some **Pitta** and **Kapha** conditions, but his true **inner** nature and the way he perceived and related to the world was clearly as a **Vata** type.

● My mother was small boned and only 5'2". She had a **Pitta** body until she started taking medication for bipolar and schizophrenia and became overweight (**Kapha** condition). I had verified her type as a **Pitta-Carbon(Expressive)-Fire-Accepting-Re Note** long ago.



Mom (Skye),
Pitta/Re

Although she had some extreme **Kapha** conditions (edema, overweight) and **Vata** conditions (mental instability), it was still easy to notice how underneath all the padding, she still retained the innate **inner** nature and qualities of a **Pitta-Re Note** type.

She attributed not doing all that well in school to experiencing rheumatic fever (**Pitta** illness) at age 7, yet she was highly intelligent (**Pitta** type). As a **Carbon/Expressive** type she was extremely expressive, flamboyant, and had lots of new original and innovative ideas, but was not into details or precision (which would be **Kapha-Amiable** or **Analytical** characteristics).

Her primary focus in life tended toward finding any excuse to throw a party or getting behind a big cause (**Expressive**). As a **Fire** type, her fiery nature is what created most of the drama in her life, while the major issue and challenge for her was to **Accept** herself, her life and others.

Although she had lots of acquaintances but not many close friends (**Pitta-Expressive**), as a **Re Note** she had difficulty *unlinking* and was constantly *linking up* with as many people as possible. The way she related to the world was clearly as a **Pitta** type.

Mind Can Shift the Physical (Like Attracts Like)

Humans are like a hologram and a magnet. Our **inner** nature and level of consciousness is what creates, draws to us and then out-pictures our outer reality. If our **inner** nature is operating as a **condition** (instead of the true nature it was born to be), then it's out of alignment.

When it is out of alignment, we're likely to continue experiencing more physical, psychological and supramental internal and external **conditions**.

The medicine of Tantra says that our **mind** creates our reality, along with our symptoms and conditions that require rebalancing. The conditions are **not** our **Essence** and **who we really are** – they are just issues we are working through, and old wounds that are rising to the surface and coming to Light so that we can become aware of them to then heal, alchemize and transmute them back into Light.

Metaphysics also tells us that our **mind** is what creates different conditions in the **body**, and the **body** is just a mirror reflecting what's going on in the **mind** – and what needs healing or rebalancing.

A very simplistic example of how our **mind** can shape or shift some of our physical characteristics is when husband and wife start looking very similar to each other after they've shared their energy, attitudes, thoughts and feelings over so many years; or those pictures of how the dog and their owner look alike.



The point here is that like attracts like and we not only become what we think, but these subtle energies are very susceptible, malleable, adjust and adapt to physical, psychological and supramental influences in our environment.

When we operate closer to **Essence** and a deeper level of reality, we're spirit clothed in soul that carries etheric records of what needs to be healed and rebalanced from the past.

As we become more conscious of these things, we release and eliminate (Vata/Shiva) old outworn ideas about our **Self** that no longer have any value to maintain or preserve (Kapha/Vishnu), and we re-create our **Self** at newer and truer levels of reality (Pitta/Brahma).

That's a constantly evolving process, and each time we do that we raise our level of **Being** and consciousness, and expand into fuller expressions and embodiment of **who we really are**.

**Playing with Methods of Determining Type –
Are We Seeing Essence or Conditions?**

(Use your own paper if you have more examples and need more room.)

Your Type

Have you ever been told that you were a certain dosha or type? If so, what type were you old you are, and did that match up with your **Sacred Typology Chart**?

Your Takeaways

What are your takeaways from Methods of Determining Type?

Constitution & Dosha

How would you describe the difference between constitution and dosha?

Consciousness & Level of Being

What raises our level of consciousness and level of Being?

Problem with Just Using Body Types

What is the problem with just using body types to determine Essence type?

Essence & Conditions

What is the difference between Essence and Conditions?

Astrology & Sacred Typology

What is the difference between Astrology and Sacred Typology?

Static & Dynamic

What is the difference between static and dynamic?

Different Forms

What do the different forms of astrology and Sacred Typology tell us?

Soul Perspective

What is the soul perspective of body type and temperament?

Internal & External

What is the significance of observing internal qualities as opposed to external form?

What's Next?

How do you wish to move forward from here?

Methods of Determining Type



I'm an empath, author, mentor and transformation coach who feels a deep Heart calling and desire to be of service to all who are feeling lost or unsteady in this time of great transition, or who just wish to learn more about themselves. My gift is reading energy, with energy readings that empower you to align your energy in a way that you can connect with your own **Essence** or true Self in order to access your own inner wisdom. All the answers are inside of you. The connections and alignments I help you to move toward serve to nurture and support your **Essence** and true Self, while also help to release what no longer serves you. This deepens and expands your relationship with your heart, soul and higher self, allowing you to evolve and ascend into a life filled with greater love, peace and joy.



My life's work includes the study of rays of light and color, vibrational frequencies, energetic connections, ancient classical forms of typology, and unifying all authentic forms of typology back together in one place, in one chart. The typology charts and programs are color-coded so that even children can quickly understand what corresponds with their unique vibrational frequencies and how to nurture their real and true nature. My process embraces and unifies ancient wisdom with quantum physics and evolutionary consciousness; and provides physical, emotional, mental and spiritual balancing tools and techniques that integrate, balance and nurture body-heart-mind-spirit.



Singular Offerings

Do you wish to Expand your Reach or Rise above the fray?

LAYERS EXPAND REACH & LEVELS RAISE LEVEL OF BEING, LIGHT & CONSCIOUSNESS

Energy Centers Assessment: Current energy reading of nine key areas of your Self

Private Sessions: Support your alignment, balance and nurture your true nature

Sacred Typology Chart: Sacred energy reading of your unique inner architecture of the 7 Layers of your true Self in order to bring your full potential into your everyday life

Personality Chart: Sacred energy reading to see if you are in alignment and at HOME or not

Relationships Chart: Sacred energy reading to see Essence in your relationship dynamics and how to operate more harmoniously in them through a deeper understanding of Self and others

How Ascension Works: How to transform ego and elevate your consciousness by integrating your shadows in the process of soul embodiment, so you can experience heaven while you are still on earth

The Commonplacer: Pinnacle tool for Energy Management & Ascension: How to awaken and evolve your consciousness in each energy center – empowering you with the tools to organize your inner Self

Typological Energy Balancing: Personalized self-care energy tools and recommendations for all types in each energy center, that support balance, alignment and being the best version of your Self

The Ascending Ray: A manifestation tool that raises your level of being and consciousness, and turns unconscious reactions into conscious action

Each chart and program is designed to give you greater clarity, understanding, and ways to come into greater alignment with your real and true nature. Private Sessions give you one-on-one support with that process. If you wish to know more about any of these offerings, full descriptions and prices for each are on the web in the [Typology Shop](#)