

Life Objective

Freedom

Potential of Higher Knowledge (Wisdom)

As a person whose underlying life structure is Freedom through Potential, you align with Higher Consciousness by learning higher knowledge and wisdom through your relationships and interactions.

The Life Objective of *Freedom* involves trusting your connection with Higher Consciousness and your experiences of intuition and knowing. Your job is to bring the experience of the spiritual reality to the planet, which you can only do through an awareness of its presence in your own life. By being absorbed in the spiritual atmosphere, you are able to communicate that reality to others through your own quiet joy.

Strengths

Spiritual Power - You are immersed in an atmospheric field of magical spiritual power, you are simply unaware of it. The Freedom Lesson is the easiest of all the lessons. You must let go of making it difficult. "Let go and let Higher Consciousness." What is "real" to others (the tangible physical world) is not destined to be your reality. Your job is to bring the experience of the spiritual reality to the planet, and you can only do that through an awareness of its presence in your own life. By being absorbed in the spiritual atmosphere, you are able to communicate that reality to others through your own quiet joy.

Manifesting - What do you intend to create with your life? Make wish lists and write down what you would like to manifest. This places you in touch with your intentions and allows you to make your dreams a reality. Avoid being overly rigid and scheduled. You must allow space for your vision of the bigger picture. You are learning to discriminate between what is important in terms of your larger values and vision, and what is a temporary upset that will soon pass. If you put aside your analytical mindset and involvement in hectic activity, and allow your Self to be and pursue your dreams, they will manifest.

Higher Consciousness – You have the gift of intuition. You are able to see the future and you must trust and use this gift. This requires time and solitude to process what you are receiving from Higher Consciousness. Analyzing what you receive will cause distortion. You must have patience and wait to understand each circumstance and instance of guidance.

Flow - Speak your mind in a loving manner and be open to the flow of words in the moment. This is guidance from Higher Consciousness flowing through you, and what you say will be appropriate and accurate. Do not censor. When you detach from your perceived role, you are really sharing and teaching. The best way to demonstrate the Spiritual principles you value is to let the Infinite within you respond naturally.

Obstacles

Misperception - You have a misperception that you need to purify your personality to allow Higher Consciousness to flow and for you to experience transformation. Alignment with Higher Consciousness clarifies the Self and allows transformation to happen.

Confrontations – You feel you are inadequate to handle confrontations, so you postpone action. You experience mental anguish before taking action due to your obsessive worry of what others will say and how they will respond. You complicate things in your mind, making it difficult to recognize successful confrontations and learn from previous experiences. Resolve mental anguish and worry by rising above and recognizing that Higher Consciousness is in charge. This brings certain situations into your awareness as opportunities to learn and allows for expansion and growth. Take action without being attached to the outcome. You will know what to do next; each step points out the next step. Thinking, analyzing, and second guessing will not make life easier. You must rely on Higher Consciousness to see you through each day. Life is **not** supposed to be one anxiety after another. Your responsibility is simply to take care of each step as it unfolds.

Transitioning - Allow chaos to dissolve old structures so that you can move into a new realm of experience. It may feel like the Self is dying because that is the only Self you have known. Transitioning allows a new, more expanded Self to emerge.

Change - Greet all change with this verbal affirmation: “No matter what happens the Universe loves me, and this will work out to my advantage.” This affirmation will profoundly change your viewpoint and relieve your fears. Be thankful for every situation that comes your way, no matter how the situation appears. All situations have learning potential; the situation itself works miracles. You will have the most potential for a blissful life if you focus on the spiritual reality behind the world of tangible appearances.

Self-Observation - Change your focus from worrying about how you fit in with others, to how you fit with yourself. Growth and change result from detaching from your emotional state, rising above it, and observing it. Watch yourself without judgment, objectively. Your need to satisfy other people is damaging to the Self.

Challenges

The Unknown - You know on a deep level that you are heading towards and need to move into the unknown. Your comfort zone revolves around organization and form, and new experiences may be frightening for you and met with initial resistance.

Confusion and fear about the role you are to play, what is expected, and your belief that there are certain definitions of your role, can be relieved by understanding “the unknown has no definitions.” The reason you dread the unknown is the result of a negative experience of being surprised in the past. From this, you are leery and afraid of what you cannot yet see. Do not try to control or analyze; it hinders you from seeing the bigger picture. Become aware of the peripheral. Step back from the here and now and gain a broader view of life as it unfolds around you. Aligning your Self with Higher Consciousness and moving into the unknown allows clarity and focus to emerge and be part of your everyday experiences.

Scenic Route – You want to create a predictable life. What you really need is to live more consciously, so you must take a more scenic route. Be careful not to fall back on the safe structure you have created, and which has become your comfort zone.

Solitude - Solitude and reflection are a must. Set aside time (at least 40 min) to do “nothing” each day. Nothing means no external stimuli (television, phone, radio, etc). Wait for new revelations and listen to whatever speaks to you in developing a more conscious way of living (yoga, journaling, breathing techniques, meditation etc.). Get in touch with the larger vision of your life. This builds a sense of taking responsibility for your life; what do you want to create? It also allows you to tune into relationships and family life and adds dimension. Be conscious of what you are choosing to fill your time. Solitude is the key.

Spiritual Path - The purpose of this Lesson is to find a spiritual path that helps you release your overemphasis on the tangible. You must allow your sense and experience of Higher Consciousness to permeate every facet of your life. Be able to go with the flow of life and let others direct you. Trust your inner peace as guidance. When you try to make things happen, you are off the path. You are learning to connect with a newfound confidence in your ability to handle day-to-day situations.

Trust - Trust the Universe and you will no longer be afraid of change. Realize that everyone and everything is sent to you as part of the plan. When you trust the flow, the right people come into your life, the right changes happen, you can feel the positive energy, and you can see the larger picture. When you look for the good and only the good, your feelings of inadequacy are transformed into feelings of ease and quiet power.

Divine Perfection - You are ready to experience a higher realization of your own perfection by trusting Higher Consciousness; it is the embracing of the perfection of things as they are. Let go of self-defeating patterns. You sabotage yourself by trying to make things perfect and in accordance to your own ideals.

Compassion - Be conscious and learn to objectively observe yourself without judgment. You are learning acceptance and compassion. Your job is to suspend judgment. When you cease criticizing others, you will cease being hard on yourself. This opens the way to tranquility. Judgments inhibit removing your own barriers and truly combining with others in love. Thoughts about others are really your own fears about your Self. Viewing others in Love and Light and consciously thinking positive loving thoughts about others will change your relationship with your Self.

Imperfection teaches humility, everyone is doing the best they can. This awareness makes it easier to love yourself. Suspending judgment of others and Self allows you to experience a total state of compassion with the Universe.

Life Objective

Objectivity

Potential of Creativity

As a person whose underlying life structure is Objectivity through Potential, you help unfold a new consciousness by learning to creatively express yourself to others and the world through your ideas and values.

The Life Objective of *Objectivity* involves building a bridge between the present and the future by applying humanitarian ideals to current circumstances. You contribute to humanitarian goals using your power and energy as a channel for unconventional ideas. This allows you to see the next step mankind needs to take in its growth. By sharing your ideas, you empower humankind to evolve in consciousness. You are “Ahead of your time” and attuned to the future, which makes you a bit unorthodox. As an instrument of Higher Consciousness, the power coming through you manifests as creative passion. Because your objective is to contribute to a higher cause, you have access to incredible power and will be supported through your relationship with Higher Consciousness.

Strengths

Builder – You are building a bridge between the present and the future. Bringing your vision into reality makes you extremely happy. As a natural doer, you know how to get results. Your job is to act, without identifying with the results of your actions.

Humanitarian – You are talented in applying humanitarian ideals to current circumstances. You contribute to humanitarian goals using your power and energy as a channel for unconventional ideas. This allows you to see the next step mankind needs to take for its own growth. By sharing your ideas, you empower humankind to evolve in consciousness. You are “Ahead of your time” and attuned to the future, which makes you a bit unorthodox.

Group Leader - You are an excellent networker and your best qualities emerge to support, solidify, and inspire the groups of which you are a part. Connecting with others is your passion and you are talented at finding a common bond among people. You like to be the undisputed head of your own area. Openly sharing your ideas and personal reactions makes you feel connected and often turns out to be exactly what is needed to move the group forward in a cohesive way.

Instrument - Others are automatically drawn to you to support you in your altruistic projects. You are surrounded by Angels and spiritual Guides. Listen to your guidance and the path will be much easier to follow. This is not a “do it yourself

lifetime". Your Guides are part of your destiny and you must keep the connection open. As an instrument for higher forces, the power coming through you manifests as creative passion.

Existential Support - Because you are contributing to a higher cause, all the power of Existence will support you. You have access to incredible power through your relationship with Higher Consciousness. You help from a position of equality rather than from a position of being "above" others; being who you are rather than playing a role. You easily manifest all your dreams that are in alignment with the larger purpose of your life by having the humility to enlist knowledge and help from others, and the openness to allow the natural timing of events to unfold.

Obstacles

Procrastination – It is important to do what you have been individually called to do in this lifetime. You are here to further human evolution through setting the necessary example of personal transformation. Contributing your energy to humanitarian causes will help others gain a more universal view. The sooner you play your part to further idealistic causes, the sooner you will gain a sense of wholeness.

Creative Focus – It is in your best interest to be conscious of what you want to create and to use your passion to actively pursue it. You feel happy and balanced when you release your abundant creative energy toward directed goals. Excessive creative energy may cause bad moods, resentment of others' good luck, and the tendency to make mountains out of molehills. Unless you are "creating", dissatisfaction undermines other areas of your life.

Passion and Creative Energy - You have a tremendous amount of passion and creative energy. You will be happiest when involved in projects that allow you to express this passion and creativity in your own way; you need to be free to be innovative and creative. Slowing down your intense energy may cause you frustration and ignoring your creative impulses and doing what you "think" you should do will plummet your energy. You are able to manifest anything you want; you know how to do it. You can "Source" things and confidently create something out of nothing.

Ego Action- You are an innovator not an imitator. There are two parts to the creative process: observation and action. Observation consists of research and requires nonego objectivity. Action requires will and determination and is ego based. When you experience resistance, pulling out of the ego and moving back into non-ego observation is the best approach. You are then able to make an objective evaluation of what has occurred and move ahead when the path is cleared.

Appropriate Credit – Your goal is to transfer some of your strong loyalty to the Infinite and to your own spirituality, and to cooperate with the larger flow. Your incredible creative powers will click in and your path to success will become magical. If you give credit to “good luck”, the Angels, or Higher Consciousness itself for the ideas given to you, nothing will hold you back, so long as you are not interpreting success in a way that will overinflate the ego.

Challenges

Intensity and Drama - You have a tremendous amount of creative passion which can be productive or destructive. Using intense passion while negotiating the world may be problematic. You have a tendency to over-focus your highly charismatic energy, causing things to “blow up” around you. Gaining more knowledge before moving ahead is the key to developing a deeper understanding of your direction. Your best approach is to do nothing and wait for more information. Charging ahead causes bigger problems.

Dramatic Reactions – You tend to react to external stimuli in an overly dramatic way which intimidates others. Willfulness and pride, and your judgement of others for not living up to your own expectations, block relationships and communication. Melodramatics are a result of magnifying reality and the fear of not getting your way. Intensity and emotional reactions push situations to the negative.

Seriousness - Aroused passion also results in taking things too seriously which weighs you down with the importance of your quest. From this you lose the necessary lighthearted mental agility. Avoid drama. When passion is involved, you may lose all perspective and inadvertently set into motion unbalanced energies that cause emotionally tragic consequences. Maintaining perspective requires thinking of life as a comedy instead of a drama. Use your creativity to see the “higher reason” and cooperate with the flow.

Difficulty - You may make your path more difficult than necessary. Become aware of your own willfulness; you are learning to transform personal will into a willingness to go with the flow and lovingly accept the gifts that life brings. By forcing a result, you may become strong and determined, but obstinate. Will can be positive when used as a force for good, but also negative when expressed as a tantrum.

Timing - Recognize good and bad timing. You hurt yourself by resisting the timing of the direction received from Higher Consciousness. Accept whatever happens in your life as appropriate in order to take the next step. When one door closes another opens. You often cheat yourself out of the gifts of life thinking you “know better”, then feel regret.

Self-Discipline - Self-discipline is key. Avoid always having your own way by staying focused on the larger picture. This requires conscious intention. Disciplining the ego requires consciously having a larger goal that is personally meaningful to you. You are learning to trust that there is a bigger picture and that the flow is always bringing opportunities for your greatest good and happiness. Embrace humility and graciously accept the gifts that life brings when those gifts are presented, according to the timing of the universe rather than your own will.

Life Objective

Alignment

Potential of Self-Discovery

As a person whose underlying life structure is Alignment through Potential, you achieve your goals by discovering and learning about your Higher Self through your actions and behavior.

The Life Objective of *Alignment* involves learning to become more objective and goal oriented in all areas of your life. Setting goals allows you to establish healthy self-control, and access and constructively focus emotional power. Ultimately, you are learning how to take care of yourself, and your alignment with Higher Consciousness transforms your need for dependence into strength. Authority plays an important part in both your professional and personal life and teaches you how to better manage yourself. You feel there is a job you were born to do, a higher mission which involves achieving a position of authority, accepting responsibility, and representing an ideal or demonstrating a truth that is larger than your personal life. This mission is a pathway that opens before you throughout your life.

Strengths

Hard Worker - You are not afraid to work but you may have difficulty with confidence. Success and accomplishment give you confidence. Be realistic about what you can do and set reasonable

goals. Accomplishing smaller goals gives you confidence for the bigger picture.

Accomplish goals by staying focused.

Competence - You have an inherent desire to demonstrate that you can handle your life and prove your competence.

Success – You are learning the art of goal achievement. Once you learn, you have a great capacity for success. It takes energy to build a financial base or business to support you. By postponing the time at which you take charge, you waste the resources of vitality and youth.

Higher Mission – You feel there is a job you were born to do, a higher mission which involves achieving a position of authority, accepting responsibility, and representing an ideal or demonstrating a truth that is larger than your personal life. This mission is a pathway that opens before you. When you put social good above your personal desire to remain comfortable, you are filled with a sense of love and the feeling that this is right; you know that you are performing your mission.

Manager - You are an excellent manager because you manage and motivate with an awareness of how others feel and direct them with understanding. You instinctively know how to manage in a way that inspires willing support without diminishing others. The Universe supports you in taking public positions and pursuing professional goals. You do well when you are in charge. You automatically and accurately understand other people's needs and concerns and can speak to others in a way that rallies the necessary mental and emotional support to

reach a goal. You may become upset when others mismanage, and deeply resent mismanagement that results from a lack of knowledge or sensitivity.

Inspiration – You have the gift of seeing the future and being aware of the correct path to follow in order to achieve goals.

Helping Others - You think in a supportive way rather than an opportunistic way. You have a natural desire to help people. Learning to utilize the opportunities that life presents helps you to prove your own competence, and personally get “on top”. Be alert for unexpected opportunities, which are gifts life wants to bring to you.

Obstacles

Planning – You may ignore taking the sensible steps to ensure your future and become immersed in daily pleasures and problems. Take control of your life and plan ahead. Avoid over-analyzing the gifts/opportunities presented to you. Is it my destiny? Is it how I want to spend the rest of my life? You are learning to focus on the reality of the future in a sensible way.

Doing - In this life you are not allowed to get away with childish or irresponsible behavior. Life, and other people, know on a deep level that you are not used to being in the world. You are highly active and act without thinking. Restless nondirected motion is counterproductive for you. You may become so involved in doing that you don't stop to think about where your energy is taking you. Be more aware of the possible consequences of your actions and how they will affect others. Deliberately channel your energy in ways that help you get on top of things. Do not get stuck in a conservative position as a way to avoid upsetting the apple cart or risking emotional responses from others. You may be afraid of losing the day to day security of your stable life and taking responsibility for change, however, this is a lifetime of accepting opportunities.

Raw Emotion - You are born with direct access to raw emotion and you are learning in this lifetime how to direct it in a positive way. There is an irony in understanding yourself. You think you lack the positive qualities inherent in the negative emotions you are holding. For example, with pent up anger, you feel you lack assertiveness, initiative, courage, and independence. In actuality, you have those positive qualities. Consciously directing what you think is negative energy into a take-charge attitude will naturally discharge it in a constructive direction, which works for you instead of against you. To get the negative energy out in a positive form requires taking charge, asserting yourself, and taking initiative in all areas of your life.

Challenges

Goal Orientation - Become more objective and goal oriented in all areas of your life. Setting goals allows you to access emotional power which is a highly positive use of your emotions and establishes healthy self-control. Without a goal you drift in sea of emotion and are pulled under by your own moods and feelings. You need a goal that is larger than your personal life and structures your life beyond emotions and needs. Commitment is key in making decisions

to actualize your potential with dignity, self-respect, and integrity. Working toward your goal develops character, and reaching your goal is fulfilling and validates your power. When you focus on the goal you want to attain, you can easily create success. It is crucial to see the big picture, which gives you confidence in playing your part.

Alignment - Aligning with Higher Consciousness transforms your need for dependence into strength.

It helps you focus beyond your emotional needs and retain a sense of being in control rather than controlling. Higher Consciousness is in control and whatever is happening will ultimately work to your benefit.

Focus - Focus on one goal and make a 100 percent commitment to reach it. Once committed you have the power to succeed, and opportunities will stream across your path. Each step in the path of your goal is a step toward accomplishing your goal. Completion of each step feeds you power and confidence to seize the next opportunity. You gain strength and confidence through the steps of the path itself and, by the time you reach your goal, you are fully qualified and centered inwardly to be in that position.

Bigger Picture - Focusing on the bigger picture prevents you from feeling helpless. Realizing and understanding that "There's a reason for this" allows you to let things go.

Accepting Credit - Be willing to accept credit when you have earned it. Public recognition is a healthy energy for you. It validates your self-esteem and shows you when you are on track.

Self-Authority - You are most confident when you approach a situation from authority. This applies to both your professional and personal life and teaches you how to better manage yourself.

Integrity - Manifest integrity and commitment to keeping your word. Do what you say you are going to do, be on time, be honest with others, and behave in a way which promotes self-respect. It will make your life strong.

Seizing Opportunities - Seize opportunities and avoid regrets later in life. Safety leads to stagnation. You are generally a good worker and like the safety of what you are doing but are not accustomed to recognizing opportunities. You must learn to take advantage of them.

Emotional Distractions - Learn how to use every obstacle to your advantage so that everything becomes a stepping stone for reaching your goal. As factors arise that you do not anticipate, learn to see the larger picture and regard everything as an opportunity that you can use to your advantage, rather than becoming emotionally overwhelmed. Through this process, you will gain a sense of self-sufficiency which will help you realize that you have always had the qualities necessary to manifest your dreams.

Life Objective

Knowledge

Realize Higher Knowledge (Wisdom)

As a person whose underlying life structure is Knowledge through Realization, you convey and share Truth to others and the world by sharing your experiences of higher knowledge and wisdom through your relationships and interactions.

The Life Objective of *Knowledge* involves learning to use your natural capacity as a channeler of Truth. To accept, receive, and use, as your source of guidance and truth, the wisdom and knowledge available to you from your Guides and Higher Consciousness.

Strengths

Access to Truth - You have an irrational knowing based on an intuitive feeling about Truth. The underlying truth in any situation is always the key to change, renewed growth, and greater vitality. You have access to the underlying truth in all relationships and experiences.

Open Mind - You have a complex and open mind. The open aspect of your mind is beneficial in allowing you to be open to unconventional ideas received from your inner knowledge (your subconscious).

Motivation - You are strongly motivated to help others, which is purposeful and allows you to share your inner knowledge and become a channel. You can handle a lot of information and multi-task. You are the wheel that makes things run smoothly for everyone else. When you deeply serve others through your own expression of Higher Consciousness, you provide an example for them.

Relationship with Higher Consciousness - Your feelings, and messages of words and impressions, which come through your relationship with Higher Consciousness, combined with your natural mental fluidity, can boost others to a new creative way of viewing life.

Obstacles

Complexity - The complex aspect of your mind hinders you from realizing and using the simplicity of your knowing.

Doubt - You question and doubt your conclusions and you become paralyzed in making decisions.

Logic – You are successful when you trust your inner knowledge, rather than your intellect and logic.

Pleasing Others - You are very concerned about others' responses to your decisions and actions and you may try to please everyone by ignoring and repressing your inner knowledge.

Challenges

Action - You need to act from your center of truth no matter the consequences. Stick with your initial feeling about things and base your actions according to your inner knowing. Others will support you and give you strength once you begin using your inner knowledge as your source of guidance and Truth.

Ego - Keep your ego (source of second-guessing) out of the way.

Intention - Your intention must be pure to access your inner knowledge.

Integrity - Integrity is a challenge because you like to get your way through being nice to others and saying what you know they want to hear. Always be true to your word. Speaking with love, honesty, and caring creates receptivity in the other person, which empowers both persons to be themselves and promotes greater intimacy.

Discernment - Discernment of others is very important when determining how to speak another person's language. You can feel the other person's intentions by listening to your inner knowing.

Resistance - Become knowledgeable of the dynamics of Consciousness and abide by and cooperate with them, rather than resisting them.

Daily Life - Infusing truth into your daily life is a challenge. As you learn, you teach. Taking this leap of faith adds more adventure to your life.

Impulsiveness - You are learning the finer aspects of impulsiveness and spontaneity and how to discriminate between them. Impulsiveness is an obsession in which your mind goes into overdrive. It is associated with fears. *Impulsiveness* compels you to "do" something to regain your peace of mind. *Spontaneity* is the absence of obsession. You act freely without fear or thinking. You are aligned with Truth, which is truth in the moment, with no fear, ego involvement, or conscious motivation or agenda. Your intention is most important. It determines your results. Your intention drives you and there is no hidden agenda.

Help - This is not a "do-it-yourself lifetime". Instead of being worried about what others think, think about how Higher Consciousness is trying to help you and align you to your Truth.

Alignment - Following your sense of adventure and intuitive knowing is a spiritual path. Spiritual alignment comes from integrity, determination, and commitment. By walking the spiritual path, trusting and following the principles of Truth, and committing to honesty in your daily life, the whole world yields to you and you attract those things that bring you peace and joy.

Life Objective

Attachment

Realize Creativity

As a person whose underlying life structure is Attachment through Realization, you release attachments of materialism and excessive activity by inspired experiences of creativity through your ideas and values.

The Life Objective of *Attachment* involves exercising the humility to let go and let grace (through others) operate in your life. When you link creativity and power with others, it enhances your self-worth in a way that energizes you and makes you feel free. Become aware of receiving through giving and you will get back an energy that enriches, and promotes growth. To experience a true sense of freedom you must remain open to new ideas, let others add expertise, and avoid being limited by your attachment to your own creations and rigid value system.

Strengths

Healing - You have a talent for offering encouragement, enthusiasm, and support which heals and makes others' lives easier. Others can sense a soul mate and a source of strength. They respond with love, appreciation, and gratitude.

Inheritance – You receive money, energy, ideas, etc., and need to release what you are holding and empty yourself to make room to receive these gifts and the benefits of others' energies. This applies to all areas of your life. Self-imposed bondage allows the ego to cut you off from recognizing the opportunities and gifts that life brings to you. If you only value what you obtain from your own hard work, you are not open to grace. Only grace can take you beyond your own rigidity. Exercise the humility to let go and let grace (through others) operate in your life.

Uncovering – You are an expert at uncovering the hidden desires and drives of others. You have an inherent confidence in your own ability to get tasks done and in teaching others to value themselves. Avoid telling others how to do things. You know your own talents and powers, but not those of others.

Psychological Awareness - You are naturally attuned to the worries and longings of others. You would make a good psychologist. When you free your mind of the prejudice of your own values, you have an incredible ability to enter the mindset of another person and understand their motives, needs, and values. You must tune into others' motivations to avoid being taken advantage of. Be aware of what people pretend to be and see them for what they really are.

Empowerment - Focus on empowering others and you will be guided as to what to say and do. This gives others the confidence to succeed. Helping others achieve instills feelings of achievement in you and increases your self-confidence. When you link creativity and power with others, it enhances your self-worth in a way that energizes you and makes you feel free.

Obstacles

Self-centeredness – Control Self-centeredness. Too much focus on the Self can inhibit communication with others. Your motive of establishing a deeper understanding with others promotes trust. Your understanding of your Self comes from relinquishing your own position and submerging your Self in another's position without judgment. You are learning that you need others and that it is empowering to connect with the vibrational fields of others. Your assessment of people involves the process of experiencing and acknowledging positive and negative vibrations, beyond your intellectual/factual observations.

Self-Projections - You conclude that what works for you will work for others and assume others' ways are incorrect. Adapt what you know to the other's value system so that you can help them win. Help them create a new plan that works for them.

Extreme Thinking – You tend to think in extremes. When you try to relate to others, you must let go of your own values. You love to be a people pleaser. You relate to others as “me/you” but must learn to relate to others as “what's best for us”. Your challenge is to share the power of appreciation and respect from the motive of mutual empowerment and reciprocity.

Stagnation – Embrace the energy of change. You have difficulty breaking out of ruts and may get stuck in situations which are not satisfying. Excitement motivates you and you must have self-discipline to follow through and stay on the path of change. It feeds you energy. Let go of factors that are holding you back. Ruts seem comfortable and familiar but hinder you from getting enough out of life or having the experiences you want. Discomfort and dissatisfaction prod you to change and broaden your horizons. Change requires self-discipline to do the work to make changes. Thoroughness is a limitation in change but not in building. Building is a step by step process but change is rapid, intense motion. Discard the old and go in a new direction. Choose quick results over perfection and keep moving.

Timing - Catch the wave of change even though you may lose control temporarily and feel fearful. Stay on the wave and it will take you to shore. For you, it is better to discard too much rather than too little; making changes is most important.

Challenges

Feedback – It is best for you to run your problems by others for feedback. You may resist implementing others' suggestions. Developing self-discipline instead of seeking immediate gratification is the practical approach that works best for you. Become comfortable with accepting fresh ideas and energy from others. You will gain the benefits of others' experiences, rather than having to learn everything on your own. It takes humility to validate the worth of other people.

Receiving – You may not be honest about your own needs and may pretend that everything is under control. Allow others to see your situation, accept their offers of help, and make your life easier. You learn from supporting others and learn the value of empowerment in return. Graciously accept support from others. Become aware of receiving through giving and you will get back an energy that enriches and promotes growth.

Empowerment – You have a strong sense of Self and you are surprised when others do not. Your challenge is to successfully empower your partners or those in other close relationships. The partners you choose may not have an inherent strong sense of Self and they may not be motivated from within. Avoid the belief that “I have to do everything myself”. This makes

your partner feel powerless and left out of the creative process. Take time to get more deeply in touch with your partner.

Narrow Mindedness – You are inherently motivated by money and comfort and you assume everyone else is also. Money and comfort are a few of the many dynamics of our human experience. Be open to other aspects of your life and how they may be motivating factors for others.

Synthesis – Changing directions is a challenge for you. Your intense focus of energy on a goal makes it hard for you to turn around or see when you are on the wrong path. You may be focused only on the goal and not realize you have trampled on someone. Synthesis is letting go of your own plan to take in others' suggestions. Train yourself to focus on the shared objective. Learn how to combine several ideas to bring about maximum success for everyone. You are learning the art of synergy; that the people involved are more important than the goal. Retraining your Self takes practice. It is better for you to pursue projects and pathways that emanate from a presence outside of your rigid, conditioned value system.

Releasing – You have difficulty in finding a balance in your life and are materially oriented with too much density around you. When you are bound to the physical world, you spend too much time manipulating matter and forget the spiritual aspect of your human experience. Release your attachment to the material plane. Lighten up and you will travel more easily through life. Question your established lifestyle. What do you really want to experience in this lifetime? How do you put your material affairs in order to allow you to be free to explore new horizons? Counseling or a friend's input will bring an objective perspective to your situation. Avoid lines of action or thinking that may bog you down. When you are less attached to worldly things, you are free to soar in the spiritual realms and enjoy psychological/astral connections with others. Combining your energy with others allows you to detach yourself from the strictly physical. Let others add expertise. Remain open to new ideas. Avoid being limited by your attachment to your own creations. This allows you to experience a true sense of freedom.

Life Objective

Partnership

Realize Self-Discovery

As a person whose underlying life structure is Partnership through Realization, you partner with others and learn teamwork by personal discovery and experiences of your Higher Self through your actions and behavior.

The Life Objective of *Partnership* involves learning the art of partnering with another and the essential qualities of teamwork: communication, patience, trust, and interdependence. Your strong sense of Self empowers others to be and do more than they would on their own and teaches them to become a warrior like your Self. Vulnerability is key to connecting with another and experiencing intimacy. Sharing your feelings and fears allows others to be themselves which creates deeper connections and more authentic relationships.

Strengths

Natural Peacemaker - Peacemaking and justice are the effects of your strong self-confidence. You clearly see and successfully communicate the identity and concerns of others and your strong sense of Self allows you to successfully support others. Harmony is established through the objective understanding of another's position, which also helps you find personal balance, peace, and happiness.

Empowerment—You have an incredible ability to empower others to be warriors like your Self and can see in the individuals of a group where each person needs confidence. You see the deficiencies in others which highlight where they need encouragement. You are an invaluable and beloved part of a team.

Validation of Others' Identities – Your ability to validate others' identities with confidence allows others to believe in themselves. This transplants courage to others and gives them the initiative to do things they would never have attempted by themselves. The ability to be objective and without selfish motive is essential in this process.

Self-Discovery – You have innate honesty, courage, and directness which promotes and increases self-discovery. Making mistakes, learning, and growing are part of being human and are essential for self-discovery.

Obstacles

Independence - Release the fear of checking in with a partner. The unending search for independence and achievement will not make you feel complete. You need to risk your own interests in supporting another person. Unselfishly supporting someone else allows you to experience the joy and glory of your own true Self. Experience an expanded identity by approaching goals with a partner.

Diversity – You are learning to appreciate how others are different from you and you are finding the beauty in individual differences; everyone is not like you. Validate others for just being themselves. Appreciate the strengths others bring to relationships. You have definitions of strength that could be expanded. Your definition of strength includes courage, intense effort, sacrifice, deprivation, 100% goal orientation, immediate results, discipline, impulsive initiative, high energy modes, and personal risk. Additional characteristics of strength include process awareness, communication, empathy, playfulness, analytical abilities, adventure, managerial skills, creativity and inventiveness, and the capacity for compassion.

Self-Image – Who you are, and what you are, is counter to your projected self-image, which results in a fear of intimacy. Intimacy promotes growth and allows you to bond with others in an authentic way. Resisting intimacy makes you unapproachable and inaccessible. Satisfaction comes from connecting with people who see you for what you are, appreciate you, and want to give back to you.

Self Obsession - You are overly concerned with your Self, self-sufficiency, and self-preservation. You can overcome this by setting an intention to listen to others which ultimately brings internal social harmony.

Projection of Identity– You project your own identity onto others and then attempt to relate to others according to your own identity. Overcoming this requires stepping into others' shoes which allows you to gain unexpected growth through learning others' identities. Expand your own value system by discovering others' standards and rules. You become a peacemaker by creating and establishing harmony through objective understanding of another's position. Finding resolutions "together" creates win/win situations.

Trust and Teamwork – You take on and want to manage jobs on your own without the help of others. Patience, communication, and a feeling of interdependence is essential in successful teamwork. You must trust that others are capable of doing their part and successfully contributing to reaching the shared goal. Allow the other person to gain a sense of power in the situation.

Thinking before Speaking – Discover the value of being a true diplomat by "thinking before speaking". You are learning how to express your impulses appropriately by weighing what you want to say, and the actions you are considering taking, against their effect on others.

Challenges

Self-centeredness – You desire to be your own person, be the center of attention, discover your Self through experiencing different life situations, and surround yourself with people who feed you energy. You can only achieve this by refocusing your attention away from your Self and discovering the nature of those brought to you.

Cooperation– You fear checking in with a partner. Communicating instead of forcing your way will develop diplomacy which creates tremendous affection on both sides. You may feel awkward about cooperation and relating to others. Your higher dynamic is to reconnect to others, not to go it alone. The opportunities to reconnect with others will come easily. Your fear of dependence is based on the inappropriate belief that others may consume your energy. It is a challenge for you to accept gifts from others, however, you are ultimately learning to give and receive.

Self-Consciousness and Judgment - You dwell on your own perceived negative qualities. This prevents others from getting close to you. You are unable to receive what others are trying to give to you, however, you cannot get close to them without receiving. By being your Self and changing your focus to supporting and healing others, you will relieve your own personal self-consciousness.

Desire to Win - You thrive on the challenge of personal survival under adverse conditions. Temper issues stem from wanting to always win. Put the goal of the relationship ahead of your own impulse toward conquest and winning. This requires humility and the acknowledgment that you are not totally self-sufficient.

Isolation - Making swift decisions without consulting others creates isolation. Including others can establish an expanded sense of your own Soul. By loving another person as much as your Self, you love your Self.

Vulnerability – You are learning that there is great strength in vulnerability and allowing others to experience you. Develop a capacity to be vulnerable; be sensitive to others and share your feelings and fears. Assumptions, intolerance, and judgment hinder you in finding your own vulnerability. You will find your own vulnerability in others through compassion with similar past experiences.

Creativity and Freedom - You value organization in your environment and life. You may believe you are the center of the world and nothing can touch you. This attitude may work for you but not for everyone. Allow freedom and creativity into your life and go with the flow rather than forcing issues into resolution and imposing your assertiveness on others and the world.

Life Objective

Discipline

Experience Higher Knowledge (Wisdom)

As a person whose underlying life structure is Discipline through Experience, you create order and structure in your life by understanding and assimilating higher knowledge and wisdom through your relationships and interactions.

The Life Objective of *Discipline* involves creating order and structure by participating in the physical world with the intention of aligning it to Truth. This involves developing confidence from the process of looking within, to discover the outer structures you need to give you, and the world, strength and purpose. You have the innate ability to solve problems in situations of chaos and neglect. Your sense of safety and strength are established through the process of organizing your life, as well as the world.

Strengths

Order - You have a natural ability to restore order in situations of chaos.

Personal Change - You have a natural understanding of psychology on a very deep and healing level. This empowers you to change your Self. When you work on your Self, you are energized, happy, and productive, and provide an example for others to follow.

Inspiring Confidence - Developing your generosity breaks you out of your shell. This gives others an example of order and the confidence that comes from seeing that there is structure in the world.

Dynamo – You are capable of accomplishing in one hour what it would take the average person five hours to complete. You have an abundance of talent, but you must sooth your psychological state so that you can fully participate in the world.

Obstacles

Helplessness – You have a tendency toward helplessness and reliance on large organizations for your survival.

Searching for a Savior - You have an unending search for a savior or mentor whom you can blindly trust and surrender to.

Internal Surrender - Internal surrender will not make the external world orderly and productive. Too much inner focus will cause confusion and inner conflict.

Spiritual Security - You would like to be lost in the security blanket of your own personal connection with the universe. You desire to “let go” into something larger than your Self which will support you and give you an expanded Identity. This is a profound desire, but you must also take into consideration the here and now, and the details of everyday life.

Challenges

Discipline – Physical order promotes psychological order. Simple practical tasks of organization and cleaning and can be very therapeutic. Having a pet forces routine and the opportunity to learn the balance between unconditional love and discipline. What is required to care for a pet can be applied to others and teach you how to have happy, healthy human relationships.

Self-sufficiency – You are learning self-sufficiency which establishes inner wholeness (a total person), confidence to create healthy, mutually empowering relationships, and vulnerability in a balanced way. Relying on someone else for your sense of well-being can easily become a complete surrender of your power. You can rely on others as long as you do not fall apart when others do not meet your expectations.

Routines – Routines are absolutely essential for keeping your life in order and avoiding the feeling that your life is dissolving. This requires facing limitless fears and feelings of insecurity and personally taking charge and structuring your time so that your needs can be met in every area.

Rewire – You are learning to rewire your own internal mechanisms so that your interactions with others produce happier, more productive results.

Participation – You must actively participate in life. Once you begin to participate and learn what leads to successful results, you will gain the confidence you seek to go into the world and be productive.

Service - Use your healing energies while being of service in practical ways. You have an insatiable need to experience peace and oneness through your own personal connection with the Universe. To achieve this, you must go into the world and be of service to Higher Consciousness by sharing this connection with others. Shift your focus from your own fears and focus instead on the here and now. Access your natural ability to restore order in situations of chaos.

Objective Perspective - Build self-confidence through the assistance of an objective perspective. Your underlying feelings of helplessness, constant vulnerability, and free-floating anxiety can be relieved by determining their cause, which can be effectively presented by an outside source: friend, counselor, or spouse.

Risks - You must take what may seem to be enormous risks to gain the confidence that comes from actively participating in life.

Discrimination – Your natural affinity for adoration and devotion can lead to victimization.

Your challenge is to be realistic about “who people actually are” and accept that their characteristics may not change no matter how much you believe in them.

Unfocused Mindset – You have an unfocused mindset which is easily affected by your diet and exercise. You are extremely sensitive and easily affected by different foods and should moderate your diet accordingly. Eat foods that help you feel grounded, solid, and confident. Avoid things that make you feel “spacey.” Sugar, for example, may cause anxiety or lack of focus. You have an intolerance for alcohol and drugs and must avoid overindulgence in them. A regular exercise program that promotes strength and agility will help your self-confidence blossom. Taking charge with a regular exercise routine will bring positive repercussions which will reinforce your emotional, mental, and spiritual power as well as your physical energy.

Environment – When your environment is neat and orderly, you feel stronger and more confident in your ability to create order in the world outside your Self.

Details – Staying on top of the details of your life creates inner security which is essential for you to operate with confidence and ease in the world.

Focusing – Planning allows you to focus your mental energy and gain a sense of orderly participation and strength in the material world. Physically writing out lists, and the pros and cons of issues, will help you to recognize the right path.

Timelessness – Being on time increases your level of confidence. Tardiness invokes guilt, feelings of being “less- than” others, and insecurity which may cause you to feel off balance all day. You are accustomed to living in a state of timelessness in your consciousness, so you must deliberately plan when to leave in order to get to your destination on time. You are very easily distracted, and you must be consciously attentive to being on time. Avoid the other extreme of being obsessively early. Balance is the key.

Life Objective

Imagination

Experience Creativity

As a person whose underlying life structure is Imagination through Experience, you create your experiences through your power of imagination by understanding the higher concepts and dynamics of creativity based on your ideas and values.

The Life Objective of *Imagination* involves learning how to recognize your unique capacity to see the “game”. You have the talent for seeing what is going to happen and translating it into constructive leadership. You have a gift of being in touch with Higher Consciousness and have access to a level of Consciousness which shows the next step in creating your dreams. You create through the power of your imagination using visualization and your connection with the power of Higher Consciousness. Because you are a natural actor and a born entertainer, you can sway an audience by the emotions you transmit. You love the energy that comes from making others happy and giving love to others on a personal level.

Strengths

Leadership - You have the talent for seeing what’s going to happen and translating it into constructive leadership. This is a leadership lifetime and your job is to become involved, preventing injustices that would otherwise occur. You are learning to exercise your strength and realize that when you see things coming, you can intercede and change the course of events, before they overtake you and everyone else.

Future Orientation – When you recognize your unique capacity to see the “game” it gives you an edge to winning it. Your ethical and clear approach can improve the quality of the game for everyone.

Acting - You are a natural actor or actress and a born entertainer. When you are onstage your whole being lights up. Your natural objectivity allows you to embody all salient details of the character you are playing. You can get into the role and become fully involved with no ego attachment. You love the energy that comes from making others happy and giving love to others on a personal level. You may resist center stage because you are afraid of looking foolish and of what others will think. You may fear success because of your lack of experience. It is important for you to take center stage for your ego development. You have the capacity to play a role that cheers others and lightens your load through the inspiration of humor. You may

undervalue your gifts and misperceive them by believing it is more important to be the person writing the songs than the singer who performs them and directly affects the audience.

Higher Connection - You have a gift of being in touch with Higher Consciousness and have access to a level of Consciousness which shows the next step in creating your dreams. You have ideas about your future and what you can create. You need to choose one thing you would like to do and make an active decision to create it. The proper sequence will spontaneously appear; you will become aware of the steps, doors will open, and the right opportunities for success will be presented. It is important to trust and respect your angelic help by actualizing your guidance.

Creating – You have the incredible ability to create through the power of your imagination, which involves using visualization and your connection with the power of Higher Consciousness. Whatever you ask of the Universe will come to you, once you make up your mind.

Inspiring – You can sway an audience by the emotions you transmit. You feel the audience's energy and can make the audience feel their own energy. You are able to project whatever is in your heart. Moving an audience gives you a feeling of control and power which is a positive experience and generates enthusiasm, empathy, and emotional connectedness. You may feel alive but drained after the process. You bring out inspiring positive energy and enthusiasm in others and from that you become more excited and involved in your self.

Obstacles

Fear - You would like to be prepared for all situations and you fear being unprepared, but dealing with unfamiliar circumstances is how knowledge is gained and where excitement, joy, and the zest for life are created. The unfamiliar situations you encounter are tests for your strength and ingenuity.

Intellect - You long to reconnect with the joy and vitality of your inner life force. You desire experiences that make you feel alive. The Universe offers you situations that can stimulate and restore your life force. Avoid allowing your intellect to step in and invalidate your creative impulses. Your goal is to listen to your mind but follow the excitement of your inner child.

Conflict - You have a conflict between your heart and mind which is expressed as creative passion vs. safety. You win by choosing creative passion. Your "knowing" is a logical projection of the future based on your past experiences. You have many other possible futures if you take responsibility for changing the direction of the present. Acknowledge and act on the truthful feedback you receive from your own state of being. Trust that your passion is strong enough to pull you through, ensure your survival, and feed you the energy required to build a new life. Be conscious of carrying out your plans in a creative, responsible way that takes others' feelings into account.

Challenges

Self-Acceptance - Accept and embrace the child in your own nature. Acknowledge that you have needs and pursue what makes you happy. Others will then accept you and help you get what you want.

Self-Determination – This Life is for creating your own dream. It is solely up to you to go in the direction of your dreams and take risks and put forth creative energy to make things happen, even if you don't know the route ahead of time. This takes will, discipline, and firm intention to rise above the old, self-perpetuating patterns and create a new reality regardless of how much energy is required. Going through the resistance to create a new reality empowers you to truly appreciate the dream you manifest. When you rise out of complacency and ego to follow the path to fulfillment of the unique dream in your heart, you grow and become free. You are all about freedom and vitality.

Enlisting Others - Assert your will when enlisting others. Be straightforward. State your direction, share the basis from which you made your decision, and then invite others to join in.

Seizing Opportunities - Accept new opportunities when they are presented. Problems arise when you try to judge or analyze the opportunities. Catch the waves as they are presented, the stronger the wave the better. Avoid sitting on your surfboard with regrets and memories of missed waves. Take the necessary risks. You must put yourself in intense risk, excitement, and romance to really express your creative talents and feel most alive. You need a star to follow; a spiritual pledge which will empower you and lead you to your creative goal. It should be a motivating principle in all your actions and a cause that extends beyond your personal arena.

Life Objective

Emotion

Experience Self-Discovery

As a person whose underlying life structure is Emotion through Experience, you express emotional vulnerability by experiencing and understanding your Higher Self through your actions and behavior.

The Life Objective of *Emotion* involves revealing your inner processes and feelings, giving others permission to know how they feel. Emotional honesty and vulnerability establish tremendous inner integrity. Your feeling nature is purified, with no hidden agenda, and your emotions are innocent and a natural response. You also pick up on the feelings of those around you, so that when you risk verbalizing your feelings, everyone is released from emotional inhibition. Sharing feelings is an exquisite and exhilarating experience, and the nurturing and delicate feelings you experience from your emotional Self are the true reward of being human.

Strengths

Integrity – You have very strong feelings and they demand recognition. Revealing your inner processes and feelings gives others permission to know how they feel. This establishes tremendous integrity.

Attaining Goals - You have a great awareness of how to accomplish goals and insight into resolving problems. Your purpose is to teach others how to attain goals. You notice when others are subconsciously sabotaging themselves, indulging in counterproductive behavior, or allowing themselves to be distracted by lesser concerns. You use innate practicality to help make others' dreams come true, identify their goals, and encourage them to "go for it". When you shift from a dictator role to a nurturing role, you reach people far more effectively and they are more understanding and supportive. Your confidence brings out the best in others. When you take on the role of understanding teacher, teach by demonstration, and cheer others on, you are learning patience and others will listen to you.

Worldly Achievement – You must be true to your Self and maintain a preoccupation with the process rather than the goal. Sacrificing the process to the goal leads to lack of energy, vitality, and personal enjoyment. You are spiritually correct whether or not what you are doing is understood, validated, or respected by others. Overcome the difficulty and be vulnerable. By being vulnerable, you gain self-respect regardless of others' opinions and that fosters new inner strength and brings calm courage in dealing with worldly life. Maintain integrity in your process. What you accomplish will be emotionally satisfying far beyond your expectations.

Emotional Vulnerability - Your feeling nature is purified with no hidden agenda and you pick up on the feelings of those around you. Your emotions are innocent and a natural response. When you express yourself others will sigh with relief. This is the reason it is important to share your feelings in a responsible way. When you risk verbalizing your feelings, everyone is released from emotional inhibition.

Obstacles

Denial – You attempt to be “on top of things” by subconsciously denying your feelings, which may come across as cold or businesslike. Blocking, ignoring or acting directly against your feelings may be automatic and therefore requires reprogramming your Self. Slow down and listen to your Self and deliberately retrain your Self. Take enough time to let feelings come and then communicate them. Do not be pressed into communicating feelings immediately. Patience is key. People around you will magically support your new behavior because it stimulates others and brings intimacy to your relationships, creating true intimacy rather than shallow, long-term connections.

Fear of Weakness - You may incorrectly perceive feelings as weakness. Feelings simply reflect reactions within the body. Feelings are the experience of instinct and intuition and are a sound source of guidance and truth. Emotional responses promote unity in your interactions with others and are an accurate prophecy of times to come. Listening to your feelings may illicit the fear that you are not in control. Do not let fear limit you. Confirm what you are feeling and perceiving and trust that your instincts are correct. It is good for you to show your emotions publicly. It is positive and healing for others. Showing feelings is endearing to others and often heals the situation for all concerned.

Over Achiever – You are extremely goal oriented and focus on achieving one goal after another without experiencing the joy of the process. No matter how much you attain, you feel no satisfaction. You postpone appreciation of the moment and the abundance around you and are only concerned with achieving the next goal. You will not find happiness through reaching goals; the process is more important. Pay more attention to beginnings, nurturing things and seeing things grow.

Belonging - Slow down and reap the nurturing reward of having a human body and the experience of feelings. You may be disconnected from recognizing the advantages of being human and may not feel part of the human race. The nurturing and delicate feelings you experience from your emotional Self is the true reward of being human. Outer experiences are empty without the inner emotional charge that results from it. Sharing feelings is the most exquisite and exhilarating of experiences. When you dissociate from your feelings, you miss the contentment and sense of belonging which is inherent in recognizing, claiming, and experiencing an emotional connectedness with humankind. You have earned the right to claim the benefits and pleasures of being part of the human family.

Challenges

Communication – You have a natural instinct for achievement. Making your goal the honest disclosure of your feelings, fears, and vulnerabilities may be your largest challenge. You are learning this in order to create deeper bonds of empathy with others which is a responsible, nonjudgmental way

of communication. You may feel you have to be the strong one; the one that others rely upon for help. Annoyance and resentment are the result of feeling that there is no one for you to turn to for advice in time of need. You are learning to communicate with others in ways that are comforting and supportive, to give people the benefit of the doubt, and to acknowledge when you need others.

Accepting Help - Be cautious of ego trips which make you feel separate from others. Allow yourself to accept and appreciate help with thankfulness and love. Interdependence is not a form of weakness. It promotes a sense of belonging and adds depth to your life. When you do not reveal your insecurities, you deprive others of their opportunity to support you and give back to you, missing a healthy experience of humility and exchange of energy, which can be empowering for all concerned. Accepting help may cause uneasiness resulting from the idea that you are not being completely responsible. Allowing others to help you validates the worth of the other which changes the world view for both parties.

Ends Versus Means - The end does not justify the means. You must be very aware of inadvertently abusing, exploiting, or hurting people emotionally while focusing on achieving your goal. You are learning that if you take care of the little things, the big things will take care of themselves. The little things include the honest communication of feelings, an awareness of others' feelings, an emotional connection with the situation, and proceeding one step at a time in a caring way.

Discernment - Distinguish between your own goals and those imposed by society or early environmental conditioning. Your goals will make you happy if you focus on the process.

Appreciation - Learn to appreciate what life has already brought to you. You may tend to seek satisfaction in the next thing rather than appreciate what you have. Appreciation provides energy for further achievement in a balanced way.

Emotional Connectedness - Focus on achieving emotional connectedness and intimacy. Slow down your process and keep your awareness on your Self and the other person. Maintain awareness of the importance of feelings as part of the fullness of life. Shifting the center of energy in your body from your head to your heart/abdomen will resolve your sense of a lack of inner substance and will maintain an awareness of the power center within. Your sense of value will become an internal, quiet factor that is sustaining, nurturing, and complete within your Self, regardless of others' opinions. Centering your awareness opens your heart.

Comforting Others – You may feel uncomfortable with negative emotions and find it challenging to comfort others. Suppressing or ignoring feelings, which may be your first response, is counter-productive. The appropriate response, which allows you to empathize, is to validate what the other is feeling and acknowledge the emotion that is being expressed. When you experience the appropriate response, it establishes a bond and supports the relationship. You will learn an entirely new way of responding to the emotional frustrations of others.

Life Objective

Communication

Actualize Higher Knowledge (Wisdom)

As a person whose underlying life structure is Communication through Actualization, you share the energy of Truth with others by applying higher knowledge and wisdom to everyday experiences through your relationships and interactions.

The Life Objective of *Communication* involves learning how to share your inner experiences of Truth while staying connected to society and others. It requires learning to hear the messages you need to receive, and delivering the messages you are meant to pass on, by developing mental agility and using logic, social graces, and tact. This requires you to discriminate between the different functions of the mind and emphasize that aspect which promotes factual, logical orientation.

Strengths

Truth – You are here to circulate the energy of Truth throughout society. When you are unable to spark Truth in another, it is because you are not listening to what that person is really saying.

Desire – You want to achieve a higher level of interaction with others and expand beyond where either you or they could have gone alone. Only through really communicating with others can new, expanded ideas and resolutions become apparent.

Communication – You have the capacity to create true communication with everyone you meet by listening to everyday individuals. Those for whom you have a message will be presented to you.

Information – Education is very beneficial. You are like a hard disk on a computer, hungry for information. Reading gives you different perspectives and a reference on a variety of subjects to use in discussions with others and strengthens your confidence in your ability to relate to others.

Writing – You are a talented writer. You clarify your thoughts in a simple way and communicate far beyond words. You experience integration through the process of writing on a regular basis: journaling, books, and articles. Writing grounds you in a confident and stable way, calms inner restlessness, and allows you to experience inner peace by releasing tension and anxiety. Writing about problems and

experiences focuses your subconscious. Answers come to you on the page. This process is therapeutic and helps you to resolve conflict.

Speaking – You are the very best of Orators. You are able to discern the difference between what is being stated and what is actually going on. Your job is to share the Truth of the factual circumstances you see, bringing situations into alignment. Always be conscious of using a validating way of communication; acknowledge that you have heard what the other person has said and respond positively to validate the other's response. The other will then be open to hear what you have to say.

Obstacles

Isolation - Decisions based only on intuition create isolation. Decisions based on logic in combination with intuition and inner knowing promote unity.

Education- Formal education is good and helps you to avoid being stuck in your own "Truth". You enjoy acquiring new knowledge/new information and it helps you to see the big picture. It is a way for you to find out how society thinks, create structure, and be exposed to various points of view.

Stagnation - If you become stagnate, you will receive external wake-up calls. Always be consciously open to change. Choose to change and go where your intuition is pointing. Be willing to move through life. New situations motivate you and put you into the flow of life.

Intention - Be careful of being more intent on the message than on the effect of your words. By rushing to accomplish your purpose, you may lack awareness of the delicate feelings of those around you.

Challenges

Patience - Accurately perceive the other's position, match words and timing to connect on their level, and translate Truth so that they can hear it. Be aware of your judgment of who is "worthy" of your patience. Everyone is worthy.

Rejection – It is easy for you to misunderstand situations and be quick to feel rejection in neutral situations.

Logic – You are learning the value of applying logic to daily situations and making decisions from a logical base. Logic is soothing, provides a sequential process in which you are able to work things out, and allows you to maneuver effectively through society. Factual information connects you to the practical aspect of your Self and restores inner peace. Gathering information gives you a warm, reassuring inner feeling of Truth.

- Miscommunication* - When you experience miscommunication with another, trust that you have a message for that person.
- Teaching* – You are learning to gently, tactfully, lovingly, diplomatically, humorously, and sociably teach others in a manner that is tactful and non-threatening. Avoid making others defensive. Your tone of voice and delivery may sound like preaching and your delivery may be offensive.
- Advice* - Seeking advice may provide information which is totally different from what you expect, however, may be what you need to hear. It allows you to see things from different angles and opens you to new insights.
- Multiple Perspectives* - Different environments and new situations teach you things about your Self and force the questions: Who am I? What do I believe? New situations give you a chance to learn and see how things work from other points of view.
- Listening* -You are learning to listen carefully to others and that Truth lies behind words. Letting go of your own Truth will allow you to automatically tune into another's belief system and spontaneously say words which will shift the perspective and bring a fresh recognition of Truth to both parties.
- Teacher vs. Philosopher* - Changing your perspective from philosopher to teacher will change your entire experience of sharing Truth. It becomes an experience of joy. By assisting others in discovering their own Truth, you will experience harmony and share the warmth of the presence of Truth. Allow others to think freely; do not try to guide the other to a conclusion identical to your own. It is important to know the difference between a true question and a rhetorical question. A true question solicits an answer which is in harmony with the other person's own Truth. A rhetorical question maneuvers the other person into reaching a certain pre-established conclusion. True questions and logic are gifts you bring to help others find higher levels of awareness.
- Social Graces* - You are learning how to fit into society, the value of human relations, and the importance of maintaining goodwill in your daily interactions with others. Treating others gently can open doors to honest, self-revealing communication in which you feel soul to soul connection. When you reveal your intimate Self, it opens an entirely new level of communication. You are learning about society and how people get their way in a manner that evokes the support of others. Learning social graces will empower you to live in society and gain its benefits.
- Connecting with Others* – A true question is an invaluable tool in honestly seeking to understand what another person is thinking. In answering a true question, they may stumble onto their own Truth. The right way of communicating automatically becomes clear when your motive is to connect, and your focus is on listening and asking questions. Your connection with others does not have to include deep conversations; small talk can bring about feelings of connection. Remain open to

connecting with others. The connection will happen when you naturally trust Higher Consciousness and allow the movement of energy between two people. Do not fear when another asks you a question, it is a chance to share your Truth and allow Higher Consciousness to speak through you.

Releasing Control – Your goal is to take a chance, release control, and ask questions about other's lives. Learn to give up control and allow others to control the conversation. Let what you say come naturally and your real Self will emerge in a positive way.

Being Human – You are learning about your Self and about what it means to be human. Experiencing your Self in different situations allows an understanding of how human nature grows. Your life experiences teach you about your Self. As you understand your Self more deeply and recognize the contradictions that are a part of the human experience, you accept the different facets of your own nature. That opens the way to understanding and accepting the contradictions in others. From this you are welcomed back into the family of humankind.

Life Objective

Values

Actualize Creativity

As a person whose underlying life structure is Values through Actualization, you develop self-respect and self-worth by applying creativity to everyday experiences and relationships through your own ideas and values.

The Life Objective of *Values* involves establishing your own values based on what is truly important and precious to you, building a sense of self-worth and an inner respect and understanding of who you are. You are learning how to develop principles that you can live by, make you feel good about your Self, and provide a solid path to follow. Your innate understanding of how to consciously circulate money will bring you wealth. As a master builder, following a logical step by step process in all endeavors ensures that you use your resources efficiently and effectively, and empowers you and builds your self-esteem.

Strengths

Clean Slate – You have a unique innate ability and opportunity to discover what is in the deepest level of your Soul. Consciously discover what is important to you. What values give you a grounded sense of being, confidence, and the ability to face the world without anxiety? Develop principles that you can live by, make you feel good about your Self, give you a sense of your own self-worth, and provide a solid path to follow.

Discipline – Once you have a clear sense of direction, you have an amazing amount of discipline to help you stay on track. Using your feelings as your guide, “Does this make me feel good about my Self?”, will help you make decisions along the way. Whether you feel comfortable or anxious about something is a good reference for establishing the correct direction. The pathways that validate your principles will give you a sense of self-esteem and help you succeed.

Wealth – You have a talent for accumulating money. Once you tap into your intuition of how money works and you use money to build, you will become wealthy. Resentment comes from believing you should have an easier life which does not involve financial responsibility. A steady job, a stable income, a savings account, and financial plans for the future create a secure financial base that allows you to take risks in other areas and instills a feeling of ease and confidence about life. Inheritance and being financially dependent on another undermine the development of your self-worth. You are learning to respect money and to use it wisely in ways which cause it to multiply.

Obstacles

Self-Empowerment - Turn the spotlight around. Instead of empowering others, empower yourself.

Realize and accept that your own power is within you and is substantial. Claiming your power involves understanding your own inherent value. Who you are is a gift to the planet.

Allowing others to determine your self-worth is a roller coaster. Knowing your own sense of self-worth is constant in a world of shifting opinions. What project or direction gives you energy? What do you want to build? Once you answer these questions, feed yourself the support and encouragement, which you give to others, to achieve these things.

Wasting Energy – You are learning not to waste energy. This includes energy in the form of time, money, and personal talents. Use your resources consciously. Spending time focused on filling your own needs keeps you from diverting your energy and develops self-assurance.

Fear of Failure – You may be unwilling to give one hundred percent of your Self due to the fear of failure, which could undermine your sense of self-worth. Giving one hundred percent makes you feel good about your Self because you know you have done your best even if you do not attain your goal. Situations that are “all or nothing” will force you to get in touch with the depth of your own power and create tremendous self-worth. Do things that allow your power to come forth naturally. Do not avoid challenging situations. Walking through difficult times and experiencing a positive outcome is very beneficial.

Debt – Do not equate wealth with debt. You are a master builder and that requires establishing step by step processes. Jumping into a project before a plan, direction, and step by step process have been established does not work for you. Respect money and do not be careless in thinking that the “Universe” will see your project through. Accepting responsibility for earning and budgeting will allow you to easily accrue the kind of wealth which will allow you to spend without worry.

When you do accumulate wealth, always be respectful and conscious of how you are handling it.

Challenges

Larger Picture – You may become overwhelmed by the big picture of your goals. Have the willingness to do the work and do not worry whether you are worthy of the goal. Worth comes from actually doing the work and formulating a practical plan. It takes self-reflection and soul searching to determine the goal and incorporate your self-established values and ethics. Inner comfort is your barometer for direction and alignment. You are learning how to earn your own success. After you have established your goal and plan according to your own worth, others will be able to support you, empower you, and help you reach your goal. Accept help when it is freely offered.

Step by Step Process - You are a master builder. Create a strategy and take the time to work out each solid step. Do not jump into things and move faster than feels comfortable. The results will last forever. It is important to clarify your purpose and remain on track. Pick a project that makes you secure and happy. You are learning how to earn your own success. Do not rely on the help of others but learn to accept it when freely offered.

Spiritual Path – You need values and ethics to live by and a step by step pathway to walk to achieve serenity. Avoid adopting others' philosophical theories. Instead, practically apply spiritual principles that resonate with you on a daily basis. Following a path of doing the right thing according to what feels morally right to you builds a solid sense of self-worth. Shame or guilt is a sign to re-evaluate your behavior. Regardless of the opinions of society, you know what makes you feel good about your Self. Follow your own internal guidance system.

Money – Pursue activities for which you get paid. Earning money helps build your self-esteem. Accept responsibility for taking care of your own finances. Blind faith in the “Universe” regarding the handling of money avoids taking responsibility for creating a secure financial base. Writing things down and keeping track of what you are spending and where your money is going is empowering. It allows you to channel your money in meaningful directions.

Self-Acceptance - Acknowledge your inner neediness and take personal responsibility for fulfilling those needs. Forgiveness of others is as important as taking care of your own needs. It demonstrates truth and honesty in relationships. Bring your subconscious guilt and self-defeating behaviors into your awareness and release them. Nurturing comes from Mother Earth, empowering you and allowing you to connect directly with her energy and absorb it in a healing and reenergizing way.

Appreciation - Consciously evoke the feeling of appreciation. You have overactive feelings of desire and the antidote is appreciation for what you already have.

Life Objective

Self

Actualize Self-Discovery

As a person whose underlying life structure is Self through Actualization, you know your Higher Self by applying what you discover about your Higher Self to everyday experiences and relationships through your actions and behavior.

The Life Objective of *Self* involves learning to know and be your Self through self-discovery. This life objective is about leadership, first learning to lead your Self, then to lead others. This involves following your impulses and may require butting your head, taking chances, and getting hurt. Taking risks allows you to experience the many facets of your Self rather than being focused on the outcome. Self-discovery must be the underlying intention in all motives and actions. You are learning to trust and be your Self and to experience the joy of self-discovery. Trust your intuitive wisdom and be willing to experiment.

Life is an adventure when you follow your spontaneous impulses and ideas with action.

Strengths

Love - You have a well-developed capacity for Love. You must turn your love toward your Self and push through your feelings of insecurity and the need for validation and approval from others. Validate and give approval to your Self and allow your Self to be seen. You build trust in your Self by revealing your Self and seeing that self-realization really works. Change the methods you use in close relationships. By putting your Self first in a natural way, everyone wins.

Individuality - You will gain in terms of personal growth, development, and gratification by working in unusual areas, doing jobs others avoid, and doing more difficult tasks. You thrive on being an individual. Enjoy being different from others.

Leadership - This life objective is about leadership, first learning to lead your Self, then to lead others. You enjoy using your individuality to benefit others as a leader. Intuitively you know how to support others by your sensitivity to others' needs. Subconsciously you think others are like you and have your intuitive sensitivity. You have compassion for others who do not know how to support you and you are learning to communicate your needs so that they may.

Diversity – You are teaching others (in personal relationships) how to love and be sensitive to the diversity of others.

Obstacles

Self-confidence - Seeing your Self through the eyes of others, through what they think, and what they want you to be, is not who you are. This dilutes your confidence in making decisions based on your own nature. Be your Self no matter how others perceive you.

Should - Let go of being the “nice person” and the preconceived notions of what you “should” do. Your goal is constructive assertiveness.

Negative Emotions – You may feel guilty about experiencing negative emotions and want to pretend everything is fine. Expressing and integrating negative emotions like anger and resentment is healthy for you. They are your strength in an unrefined form. Take time-outs to get in touch with your emotions and feelings so that you can avoid reacting in a surprising, irrational way. The masculine part of you, the potent, assertive, leadership energy, may be repressed. Tapping into this energy and integrating it in a gently sensitive energetic way will facilitate a healthy expression. Strenuous physical exercise will help integrate intense emotions and release them consistently and constructively, avoiding inappropriate displays.

Power - You are coming into your own and claiming your own power. The fear of expressing your Self may make you shy. You may be hesitant to see how powerful you can be when you are presented with your own body and fully grounded in your own identity. Your mind and intellect are obstacles which make you afraid of being wrong, resulting in the belief that your power is at risk of being invalidated. The experience of being wrong validates your sense of Self because you took the risk. Taking a stand is more important than the outcome.

Dependence - You may tend to be overly dependent, relying on others to fulfill your needs. You may feel let down when others do not read your mind. A healthy relationship occurs when two people bolster each other's identities as separate individuals while working toward a common goal.

Remain in your own power while participating in relationships.

Excessive Giving - You may give beyond the point of balance and drain your life force energy. Allow your internal sense of moderation to regulate your giving. The sharing of energy needs to be mutually regenerative.

Challenges

Self-perception - Seeing your Self through your own eyes and listening and acting on your inner desires will develop a strong sense of Self. When you start doing things that please you, you will increase your energy and bolster your Self, making you feel confident and nourished.

Self-Love - Loving your Self will actualize your dreams. Honesty with Self and others is the only way. When you are not hiding anything, you can focus all your energy in the direction you want to move and enlist the support of others. When you put your Self first in a natural way, everyone wins. Take actions which make you feel stronger, happier, more complete, and satisfied. If you respect and honor your Self others will do the same. Respect your Self. When you let others know your needs and expectations in relationships, you will attract people who resonate with your values and can reciprocate. Your behavior does not always have to be logical and you do not have to justify your Self or your decisions. You are learning to be sensitive to your own internal ebbs and flows rather those of others. Live in a way that is fair to your Self.

Honest Assertiveness - Be impulsive and say what first comes to mind. This teaches you who you are and validates your true identity, apart from others' projections. Validating your impulses by acting on them increases your energy and strength.

Intuition – You are learning to trust and be your Self. Trust your intuitive wisdom and be willing to experiment. Your ideas are unique and innovative, though your first response is resistance because it means change. You are learning to experience the joy of self-discovery. Life

is an adventure when you follow your spontaneous impulses and ideas with action. You will feel an inner fullness and substantial positive feelings. Stop doubting and just be.

Self-Discovery - Develop the courage to follow your impulses. It manifests vitality in your life.

You will find out who you are by butting your head, taking chances, and getting hurt.

Taking risks allows you to experience the many facets of your Self rather than being primarily focused on the outcome. Self-discovery needs to be the underlying motive behind all action. Whatever happens will reveal more about who you are.