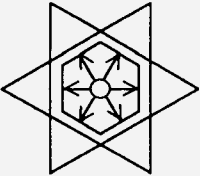
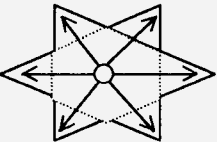
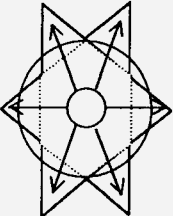
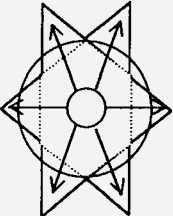
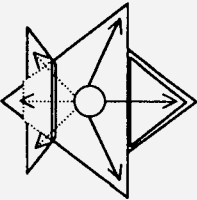
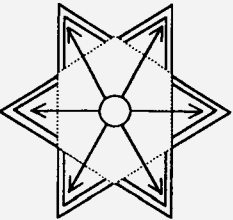
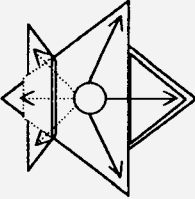
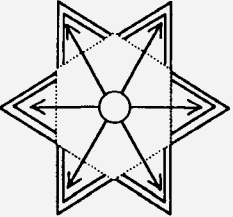


DEFENCE	BODY	PSYCHOLOGY	ENERGY CENTRES & AURA
SCHIZOID Fragmentation 	Holds together out of fear of falling apart if he lets go 1. Body narrow and contracted 2. Appendages hanging 3. Waist tight 4. Body seems divided in 2 halves, other splits: front-back, left-right 5. Vacant look or fearful 6. Head droops 7. Arch high (feet) 8. Limb bow broken: legs, trunk, head are at angles 9. Tension: base of skull, shoulder, joints, pelvis, leg joints 10. Small muscles of joints very contracted (inflexibility or hyperflexibility) 11. Muscles rigid, or flaccid (more severe) 12. Inner charge-tube-frozen (but explosive) 13. Peripheral points undercharged (reality-test weak) 14. Skin undercharged (sensitivity and vulnerability accentuated) 15. If paranoia-elements: fullest body, eyes distrustful, head forward, block in occipital	1. Fear of annihilation, murderous fury 2. Present complaint: fear and anxiety 3. Lack of selfhood (don't feel connected or integrated) 4. Pomegranate, house of many rooms, inability to focus and unify, div. places at same time 5. Ego: disunited-very weak, reactor rather than actor 6. Tendency to avoid intimacy-relationship 7. Basic split: aggressive-receptive, rigidity-collapse, moral-immoral, arrogance-debasement 8. Paranoia (when let himself be used) 9. Needs to strengthen boundaries: Demands: right to exist 10. Defences: denial (the threat of annihilation, the rage and the longing), fragmentation-projection-introjection-idealisation, withdrawal, envy, exaggerated pride (spiritual defence) 11. Transference - reaction: withdrawal away 12. Main illusion: I am my mind-distortion 13. Main image: the world is annihilating to survive, to deaden 14. Intent: I will be split 15. Statement: you will do it to me 16. Duality: split vs. unity 17. Reason: predominant 18. Will: scattered, weak emotion froze	Centres: Sex: very suppressed Solar: open partially Heart: contracted and diminished Will: contracted and diminished Throat: contracted and inverted funnel Btw eyes: varies - asymmetrically on great development, striking insight Crown: asymmetrically suppressed (great development)
ORALITY Lack of charge of development 	Holds on 1. Thinness 2. Chest depressed or chicken breasted/ lower part asking for (and forward) stomach in (as if punched) 3. Underdeveloped musculature, weak (main problem unless compensated by exercises) 4. Elongation of body 5. Signs of immaturity - small hands, feet, pelvis, etc. 6. Point of contact with environment, undercharged eyes (suck energy), hands, feet, genitals 7. Locked knees - collapsed arch (feet) 8. Angles of joints obtuse - energy leaks 9. Posture of tiredness	1. Fear of abandonment and of consequent destructive rage 2. Inner emptiness 3. Dependency - passive but needy, lacks aggression 4. Depressive moods with or without elation (no energy level, anger for unfulfilled longing turned against himself) 5. Complaint of fatigue - sucking energy from others, smoking, overeating, chewing-gum 6. No sustain interest 7. Ego: weak (demanding grabbing) 8. Needs: own needs, stand on his two feet, demand to be nurtured 9. Longing 10. Defences: Denial (the loss) displacing (needs for nurturing and support on to others flaccidity, I will not reach out) 11. Rationalisation 12. Negative intent: I won't need, you do it for me 13. Duality behind intent: need vs abandonment 14. Main illusion distortion: I can't stand alone / I need you 15. Image: No one will ever be there for me, I will always be alone 16. Counter-transference reaction = passive, needy, dependant	Centres: Sex: partially collapsed (inverted) Solar: partially collapsed Heart: partially collapsed Will: closed Throat: partially collapsed Btw eyes: developed Crown: partially developed
Holding on & reaching out 	MASOCHISM Compression and collapse Holds in against the fear of the bottom letting it out (self assertion) 1. Shortening and thickening of body structure (heavy and compact) 2. Overdeveloped musculature 3. Shortening neck-waist / thick neck 4. Collapse at waist (compression) 5. Strong tension in jaw, throat, pelvis and buttocks 6. Pulling in of head, arms, legs and buttocks flat (in and up) 7. Encased 8. Feet small, arch contracted 9. High inner charge, but weak at periphery 10. Brownish skin (stagnated energy) 11. Impulses choked at neck and waist	1. Fear of humiliation and shame if self assertive and of desire to crush the other 2. Holds in feelings 3. Strongly repressed negativity, spiteful 4. Stuck in a morass 5. Whining and complaining, suffering (but remain submissive) 6. Provocative (so he can explode) 7. Fear if he extends too far: cut off or cut down 8. Severe castration anxiety 9. Complain-Tension 10. Guilty-shame-anger-holding 11. Need to be self assertive-demand to be free 12. Defences: Projection (you've done it to me), turning against the self, isolation of affect (contempt and whining), reaction formation 13. Image: I have to hide what I have inside "The world is smothering" 14. Illusion: "I'm trying to please you" 15. Negative intent: I love negativity 16. Statement: "I'll spite and provoke" 17. Duality: Self assertion vs. submission 18. Counter-transference reaction - guilty, shame, holding	Centres: Sex: partially collapsed Solar: frequently open and often Heart: open Will: collapsed Throat: Blocked Btw eyes: frequently open Crown: collapsed (muddy brown energy)
Energy trying to get out Holding in 			Aura: Vibration: 20 per minute Ego: weak (held) Reason: secondary Will: weak Emotion: predominant

DEFENCE	BODY	PSYCHOLOGY	ENERGY CENTRES & AURA
PSYCHOPATHIC Displacement 	Holding up against the fear of failure, deficit 1. Dominance of upper half (structurally and energetically) 2. Main tensions: base of skull (dissociation consciousness from feelings), legs from rest of pelvis (dissociate genitals) 3. Tension in legs (rigid) and pelvis (severe) 4. Tension in shoulders (severe) and arms (immobilised) 5. Neck and shoulder girdle 6. Arch: normal 7. Weak impulses downward (to discharge) 8. Strong impulses upward (to take seize, control, dominate)	1. Fear of submission or subjection, being used and of impulses to smash the user 2. Power-hungry (more important than pleasure) 3. Compliant: defeat 4. Ego dominates personality 5. Acting out (typical) 6. No stand on own legs 7. Manipulation and seduction, no real aggression 8. Oral and masochistic traits frequently 9. Longing (for father) 10. Relationships of control-dependency 11. Sex for ego ends 12. Down deep: <u>panic</u> 13. Need to trust 14. Demand: to be supported and encouraged 15. Ego: Weak (inflated and collapsible) 16. Defences: Denial, projection 17. will vs. surrender (duality) 18. Displacement and reaction formation 19. Counter-transference reaction: control 20. Main image: I must control my environment in order for to move out 21. Main illusion: It is a matter of will	Centres: Sex: Partially closed, no aggression lower half Solar: partially closed Heart: closed Will: extremely developed Throat: severely blocked Btw eyes: highly developed, asymmetrical Crown: asymmetrically developed mostly collapsed Aura: Vibration: Upper half: over 20 per minute Lower half: less 15 per minute Reason: developed Will: predominant Emotion: not real
HYSTERICAL Rigidity 	Holds back against the fear of falling forward 1. Integrated body-structure with good degree of muscular coordination and grace fullness 2. Rigidity in long muscles of back and neck (extensors) 3. Armoured (typical) 4. Strong charge: eyes, genitals and hands 5. Chest inflated and tight 6. Strong peripheral charge (but held) warm heart-cold hands (ability to test reality) 7. Good skin colour 8. Arch: normal 9. If rigidity severe = positive elements reduced	1. Fear of surrender, heart brake, castration, fully sex if letting go 2. Aggressive and competitive 3. Controlled personality 4. Unbending - stubborn (not spiteful) 5. Heart controlled by head 6. Pride: let go = "foolish" 7. Phallic narcissistic male (erective potent) 8. Hysterical female (sex vs. sexuality) "compulsive character" 9. Generally copes effectively with world 10. Illusion: "performance is everything" 11. Counter-transference reaction: holding back 12. Complaints: no feelings 13. Ego: rigid "strong" and holding continuity - no collapse 14. Defences: reaction from identification with aggressor-sublimation 15. Statement: "I won't love you" 16. Negative intent: "I won't surrender" 17. Duality behind intent: sex vs. love 18. "I loose my freedom if I yield to unification and to another with the flow of life"	Centres: Sex: developed (look normal) Solar: open or partially closed Heart: closed Will: developed (look normal) Throat: closed Btw eyes: developed Crown: a) developed b) not developed Aura: Vibration: 22 per minute

DEFENCE	SEXUALITY	EARLY ENVIRONMENT	CORE QUALITIES AND SPIRITUAL TASK	THERAPEUTIC STRATEGIES
SCHIZOID Fragmentation  <p>Holding together</p>	<ul style="list-style-type: none"> Denies Body: sex for closeness and warmth, but fear of sex Threatens survival by loosing control Discharge is not primary object Break heart - pelvis and energy from head (incestuous images) Thoughts pushed into genitals (split) Lack of focus in genitals for hold in life Mechanical sex to create some life Disconnected from feelings, <u>sex is not the issue</u> <u>Surrender</u>: Terror of annihilation, fear of falling apart <p>Meaning of surrender: Give up the struggle of child, to accept one's losses and go on with living For a patient = defeat</p>	<ol style="list-style-type: none"> Early rejection by mother (hostility) Terror - fear that self assertion = annihilation Lack of security - joy History of withdrawal If survival was possible by used = paranoia Fear of reaching out or demanding - terror 	<p>Core Qualities:</p> <ul style="list-style-type: none"> Deep connection with spirituality (may not be conscious) Deep sincerity <p>Integration:</p> <p>Focusness, true joy, fearlessness, faith</p> <p>Task: need to see their right to exist</p> <ul style="list-style-type: none"> acceptance of the body (incarnate) stabilise life, job, relationships move out in life: take risks to challenge "I'll fall apart", trust life strengthen his ego face his terror and fury 	<ol style="list-style-type: none"> Need to feel fully accepted by the therapist Slowly help him sense his body, his being, is him by breathing, vibrating, emphasise ground feeling legs, etc. To be focused (Activities, actions, emotions, thoughts) Be grounded Help to strengthen boundaries Don't let him become overwhelmed by his feelings (support) Analyse paranoid tendency Slowly encourage reaching out and see his own Contact with underlying terror (after a lot of work which froze his personality (eyes work) Release murderous rage slowly/ (when possible) towel twist To surrender to rejection as a child (he was not annihilated) Hold head between therapist - hands, bring on major-block with your hands. Energy/Breath/ etc
ORALITY Lack of charge of development  <p>Holding on & reaching out</p>	<ul style="list-style-type: none"> Sex for not being abandoned, of being nourished Discharge is not primary <u>Lack of Energy</u> Women: vagina feels empty, woman takes releases easy orgasms, not charged Men: difficult erection, premature ejaculation, not focus the energy Charge not strong <p>Meaning of surrender: Fear of abandonment + panic if he falls behind = alone!</p>	<ol style="list-style-type: none"> Deprivation: Lack of contact with a warm and supporting mother Lack of security Underlying sense of loss Disappointment in reaching out 	<p>Core Qualities:</p> <ul style="list-style-type: none"> Ability to perceive inner reality, wisdom Strong individuality Patience, stability, determination, lively interest <p>Task:</p> <ul style="list-style-type: none"> to reverse grabbing to trust abundance of universe to give up the role of helpless person to give it to him take positive responsibility for his life to say: "I need it", "I have it" strengthen ego face fear of being alone 	<ol style="list-style-type: none"> Grounding and feel his legs are under him and support him Recognise the loss like a past experience (not there for him) Overcome his resistance to reaching out with lips and eyes Bring out the "no" to life and therapy (to avoid and disappointment) Charging the chest Limit their need's goals Have to own needs / stand on his two feet To be confronted about needs and demands Ground Help him to get out his aggression (hitting, boot-grounding) Nobody is going to give it to him, he does it himself
MASOCHISM Compression and collapse  <p>Energy trying to get out Holding in</p>	<ul style="list-style-type: none"> Sex for remote control (discharge) Weak discharge on sex Fear of releasing: does that squeezing (anal-style) pushed out, frequently impotent, pornography interest Women: passive, terrified, holding Men: trouble moving, hold the buttocks <p>Meaning of surrender: submission to a force which completely will crush them</p>	<ol style="list-style-type: none"> Smothering mother suppression of self expression Focus on eating and shitting (pressure from above and below) Trapped and bogged down in negativity and hostility, spiteful negativity Humiliation when he let it freely: vomit, faeces, negativity 	<p>Core Qualities:</p> <ul style="list-style-type: none"> Heart open Giving and serving (know when to give or withhold), deep care for others Lightness of spirit, positive assertion, capacity for fun and joy Optimism, humility <p>Task:</p> <ul style="list-style-type: none"> to free the aggression (expansive principles - free capacity for love) to be aware and "to be" his core qualities to stretch to his right size and keep it to feel his lightness and joyfulness to breath out to express his heart-feelings simultaneously with his assertion 	<ol style="list-style-type: none"> Encourage self-expression and self-assertion, "no" and temper tantrums Work on holding in buttocks perianal region / release anal sadism: "Shit on you" Needs to counter collapse by any defiant attitude stand erect, hold head up! Get into his feet so can leap or fly to counter his heaviness and lift him from the morass Make sure his negativity comes out against therapy not to therapy Need to assert be free, open spiritual connection Throw up regularly (counter tendency to hold) Recognition and consciously turning against the maso-pattern and risk of "sticking it out" help

DEFENCE	SEXUALITY	EARLY ENVIRONMENT	CORE QUALITIES AND SPIRITUAL TASK	THERAPEUTIC STRATEGIES
<p>PSYCHOPATHIC Displacement</p>  <p>Holds up</p>	<ul style="list-style-type: none"> • Sex for ego ends. Impulses moving to discharge. Pleasure and surrender weak (lower body underdeveloped) • Sex <u>mechanical</u>. Control sex, disconnected from heart. • Brutal sexuality (controlling, taking, using) • Becomes terrorised and loses erection (transferred to mother) • Orgasm mechanical • Hostile - fragil, homosexuality fantasy <p>Meaning of surrender: "Fear of submission or subjected and fear of falling down-will failure. Helplessness in face of seductive-rejective mother, of being swallowed by her."</p>	<ol style="list-style-type: none"> 1. Sexual seductive mother and <u>rejecting</u> father 2. Homosexual personality 3. Imagery on ego level: the boy challenging father by mother (he is put in his positions) 4. Oral and masochistical elements (compensated by going upward instead of rigidity) 5. Denial of dependence on mother and need for closeness to father 	<p>Core Qualities:</p> <ul style="list-style-type: none"> • High ideals, executive abilities, ability to connect, to create, to direct honesty • <u>Integrity</u>, tolerant, leadership, wise ruler/guide <p>Task:</p> <ul style="list-style-type: none"> • to stand on his legs • strengthen capacity of experiencing real feelings • to face terror of being swallowed by his mother • to feel needs • trust and make friends • give into sexuality and to life • to be a human being through understanding and giving up his illusion of "dethroned ruler" • true surrender 	<ol style="list-style-type: none"> 1. Approach him negatively (not counting to the efforts, etc) 2. Need to trust 3. Challenge on body level, here he feels inferior vulnerable 4. Work the lower part, point out fear of letting 5. Do not attack homosexuality directly, it is a d 6. Open up longing for father by having patient out to male therapist 7. Bring "acting out" tendency under control and out the meaning of it, panic, will run away or reality when cornered
<p>HYSTERICAL Rigidity</p>  <p>Holding back Good armour</p>	<ul style="list-style-type: none"> • Homosexual, mainly psychopaths • Sexuality enormous, very active • Hysterical woman: seductive, missing feel, used as sexual object, capacity no heart, hold sex • Phallic narcissistic man = aggressive using woman, afraid to surrender, aware of disconnection, holding sex against woman and competing father "to win" him. Express hat through sex • Both - "fucking with competency" <p>Meaning of surrender: "Falling forward on one's face (losing face) and being carried away for life (love, sexuality, cosmic longing) Woman: loss of sex appeal Man: loss of erective potency and recognition of failure to get what he wants by persistence and deception Admission of dependency and need."</p>	<ol style="list-style-type: none"> 1. Strong ego position, will not surrender 2. Not much deprivation or suppression, but <u>frustration in erotic gratification</u> 3. Fear of betrayal if open the heart (stemming from rejection of his sexuality) 4. Fear of defeat = loss of potency 5. Learned how to get what he wants by indirection and deception 	<p>Core Qualities:</p> <ul style="list-style-type: none"> • Integration, organisation skills, executing abilities, courage, generosity, flexibility, tolerance, trust, letting go capacities • <u>Spontaneity</u> <p>Task:</p> <ul style="list-style-type: none"> • to heal splits: heart-genitals, feelings-power • to surrender to life (love, sexuality, cosmic longing) • to open the feelings centre • to be receptive • to have deep contact with others • to develop spontaneity 	<ol style="list-style-type: none"> 1. Expose feeling of betrayal 2. Accept defeat as part of life 3. Encourage more openness and directness in expression 4. Emphasis on "letting go" (let the involuntary to take over) 5. Do not attack ego position (use it to free feeli 6. Work through the oral and masochistic eleme before rigidity yield (defence against them) 7. Open the heart and connect tender feelings to into genitals and head 8. Work on "surrendering" and its meaning