



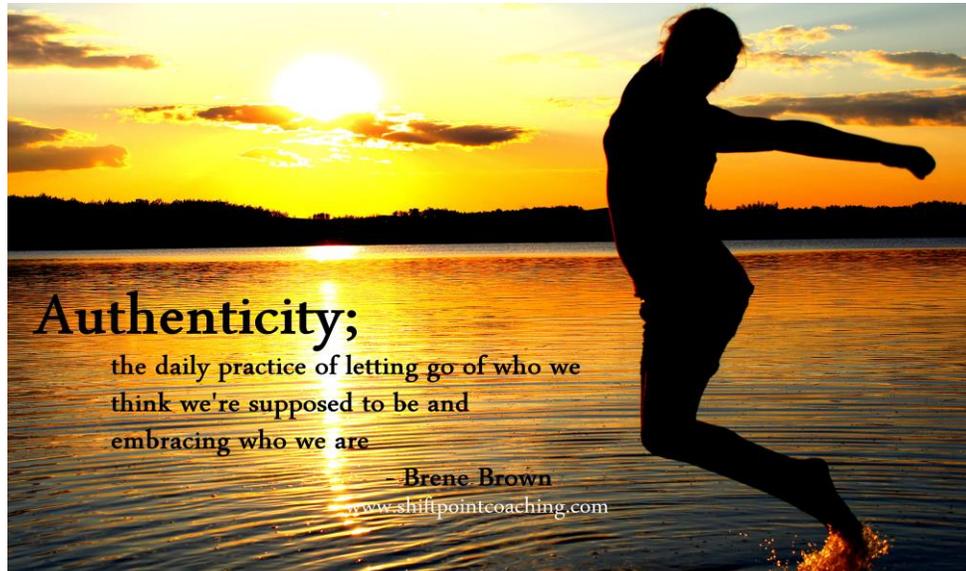
Module 1

SELF KNOWING

The Chakras. Foot Chakra. Personality.

“Who Am I?”

OH MY... Here we are – on the verge of an amazing journey of healing, intuition and personal mastery. We've taken the time to get clear on why & how you're HERE, created a vision for what you desire to be feeling and established why that's important to you...**Road Map Created – Check!**



Our Next Step Together...

First, complete the Free Personality Type Quiz...then we'll take a dive into the first layer of Who You Are and begin building the foundations for your intuition.

- ✓ Healing, unblocking and creating alignment within ourselves begins with creating a solid foundation of self knowing.

On the following pages, you'll find a 'Learning' section as well as 'Tools' designed to guide you in deepening your understanding of Who You Are.

- Answer each set as truthfully as you can – paying specific attention to your intuition (first thing that comes to mind – before the 'judgement' or self doubt!)
- There is no right/wrong or good/bad...there just is what is (so take a deep breath)
- Take your time...set a timeframe for yourself and stick to it to keep you focused. Complete only as much as you can in that timeframe and then come back to the next task at a later time (ex. 15 min each morning)

Learning:

INTUITION, CHAKRAS & PERSONAL MASTERY

What is intuition exactly and how does ‘who we are’ tie into the depth of intuition that we experience?

Intuition is like ‘layers’ of truth – these ‘truths’ are present and available to every person moment to moment but they are often clouded or hidden by our insecurities, fears and limiting beliefs.

As we explore our true Self, we naturally begin to uncover and clarify different layers of ourselves, our beliefs, our values and our fears & insecurities. And, as we get ‘clear’ on our tendencies, needs & desires, we begin to find clarity & a depth of knowing around other’s tendencies, needs & desires (the more our self knowing deepens, the more our intuition deepens).

Throughout your Personal Mastery journey, we’ll weave together an understanding of how your chakra energy system, intuition & self knowing relate & work together to enhance and awaken your intuition.

To start, let’s get you acquainted with the chakra energy system and then we’ll explore your personality type (the first layer of Who You Are).

The Chakras

We exist on various levels, with a physical, spiritual and mental ‘body’ (there are more, but we’ll focus on these for our purposes here).

These levels of existence are intertwined; each reflecting & depending on the health of each other (if the spiritual body is ‘out of whack’, the mental and physical bodies are also impacted).

Similar to how our physical body has a ‘physical’ circulatory system to deliver nutrients and get rid of toxins; our spiritual body has its own energetic ‘circulatory’ system. This system uses vortexes of energy called ‘chakras’ to circulate spiritual nutrients and get rid of toxins.

- The most well-known chakras, the 7 chakras associated with the physical body, lie along the same line as our spine, the first located at the base of the spine moving up to the 7th chakra at the crown or top of our head.
- We have a lesser known 'Foot Chakra' (chakra 0) that is our connection to our soul purpose & our grounding source as well as multiple upper or spiritual chakras (chakras 8+).
- Each chakra is associated with a certain aspect of our being, a particular portion of our intuition and each holds specific opportunities for growth & self awareness.

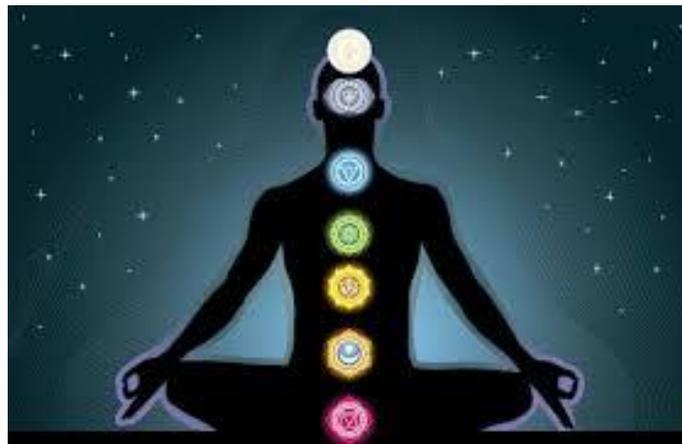


Diagram 1.0 The 7 Chakras (Photo Credit in5d)

When our chakras aren't balanced we find ourselves feeling 'off', emotional, unable to think clearly, etc.

If we say 'yes', for example when our Self really wants to say 'no', our chakras will be impacted. If we continually take up a practice of not honoring our true Self, our chakra(s) may flow too much, too little or become blocked.

Our chakras are constantly adjusting based on our moment to moment decisions, thoughts & actions. Long term blockages and imbalances impact all levels of our physical, mental & emotional Being and can lead to illness or disease.

Tool #1:

ASSESS YOUR FOOT CHAKRA

1. Acknowledge the state of your feet (they reflect the health of your foot chakra)

Circle all of the options below that apply to your feet.

Always cold	Nail fungus	Warts	Ingrown nail(s)
Always hurt	Often ache	Calluses	Roughness
Healthy feet	Soft feet	Healthy nails	Ridges in nails

2. Where are you at in life?

For each statement, indicate your level of agreement with the statement by writing a number 1-10 out of 10 (1 – not at all; 10 – absolutely yes) Ex. 7/10

I feel supported in life... /10

I feel like I have my own 'space' & purpose in life... /10

My life feels like it flows with ease... /10

It's easy to focus on tasks & complete them... /10

3. What are you noticing or realizing about your foot chakra, your feet or how grounded & supported you feel?

Learning:

PERSONALITY TYPE

Your soul foundation and the first layer of your intuition begin with an awareness of your unique personality type and preferences in life, essentially Who You Are.

It's time to figure out who YOU truly are – not who you show up as for friends, family & work, but who you are and how you function at a soul level.

When we're not clear on Who We Are at our core, we align with *others'* beliefs & values and end up adjusting our own personal boundaries to find acceptance, inclusion and acknowledgement.

He who knows others is learned,
He who knows himself is wise.

Lao Tzu (Tao Te Ching)

PERSONALITY TYPES

Personality typing was pioneered & developed by C.G. Jung in the early 1900's. Although there are various methods, the Myers-Briggs method is one of the most comprehensive. This method describes *four* distinct behaviors that distinguish who we are as individuals. Each of these behaviours is given a 'letter', which then combine to form our personality type.

4 Behaviour Types:

- 1. How We Interact with the World (E or I)**
 - **Extraversion (E)** = Prefer to spend our time with others
 - **Introversion (I)** = Prefer to spend our time in solitude
- 2. How We Take in Information (S or N)**
 - **Sensing (S)** = Obtain information from the senses: hearing, seeing, touching, tasting, smelling
 - **Intuition (N)** = Interpret information internally and add meaning
- 3. What We Take into Consideration (T or F)**
 - **Thinking (T)** = Consider logic & consistency when processing information
 - **Feeling (F)** = Consider people & special circumstances when processing information
- 4. How We Make Decisions (J or P)**
 - **Judging (J)** = Prefer to get things decided & complete
 - **Perceiving (P)** = Prefer to stay open to new information & options

Each of these behaviour tendencies is neither right nor wrong, better or worse – they simply are.

Consider:

A person who tends towards judging in their decision making, for example, quickly and confidently makes decisions; however, that same person may find that they make decisions so quickly that they miss or overlook important information. So, what seemed like a great idea may turn into regret and feeling stuck in a situation or a commitment for not having taken the time to seek out more information to begin with.

On the other hand, a person who tends towards perceiving in their decision making is generally great at seeking out plenty of information and various options when making decisions; however, that same person may find that they struggle to make even the simplest decisions and commitments.

The combination of each of your four behavioral types produces one of 16 personality types (Ex. ENFJ, INFP, etc). Your behavioral type and tendencies will give deeper clues about who you are, how you interact with the world and where to find your 'Self' in a sea of personalities.

We all tend towards a *combination of both traits* within a behavior (extroverted/introverted) that is unique to us – each behaviour shows up as a percentage or along a range (we are neither 100% extroverted nor 100% introverted).

Our behaviours are unique to us and, although the type (E vs I) may remain consistent over our lifetime, the balance between the extremes will shift and change. Our Personality Type and behaviours are not an *'all or nothing'* or a *'stay the same forever'* type of thing. So, even though the core of our personality remains constant, as an individual, the variables shift, change and grow as we experience, explore, learn and journey through our life.

**YOU ARE UNDER NO OBLIGATION TO BE
THE SAME PERSON YOU WERE A YEAR, A
MONTH OR EVEN 15 MINUTES AGO.**

You have the right to grow. No apologies.

Even though you and another person may share the same 'Personality Type', you have your own specific percentage of each characteristic that results in a combination that is uniquely YOU. (See mine below)

I19%**N**13%**F**46%**P**29%

I am an INFP personality type but I uniquely exhibit the combination of 19% introvert + 13% intuitive + 46% feeling + 29% perceiving. My most dominant personality traits are 'Feeling' (46%) and perceiving (29%).

Each personality type has its own inherent strengths, weaknesses, natural aptitudes and inborn challenges. Recognizing & becoming aware of your tendencies, strengths & challenges naturally provides a foundation for identifying your most fulfilling direction in life, creating balance in your behaviours and understanding how to honor, value & nurture your 'Self'.

3. What might your natural strengths be as this personality type (in work, relationships, etc)?

4. What might your natural challenges be as this personality type (in work, relationships, etc)?

YOU ARE UNIQUELY YOU...

“The privilege of a lifetime is being who you are”

-Joseph Campbell

Tool #2:

WHERE AM I IN THE SEA?

ISTJ 11.6% factual practical organized steadfast	ISFJ 13.8% detailed traditional service-minded devoted	INFJ 1.5% committed creative determined idealistic	INTJ 2.1% independent visionary original global
ISTP 5.4% logical realistic adventurous self-determined	ISFP 8.8% caring adaptable gentle harmonious	INFP 4.3% compassionate original creative empathetic	INTP 3.3% independent theoretical analytical reserved
ESTP 4.3% activity-oriented versatile pragmatic outgoing	ESFP 8.5% enthusiastic friendly cooperative tolerant	ENFP 8.1% creative versatile perceptive imaginative	ENTP 3.2% enterprising outspoken challenging resourceful
ESTJ 8.7% logical systematic organized conscientious	ESFJ 12.3% thorough responsible detailed traditional	ENFJ 2.4% loyal verbal energetic congenial	ENTJ 1.8% logical strategic fair straightforward

1. Circle the box with your personality type in it. Notice the % of the population that has your type vs other types. What are you realizing or becoming aware of about yourself in relation to other people?

Tool #3:

DEEPEN YOUR KNOWING

1. How might your personality type relate to your past successes and challenges in life?
2. Where have you judged your personality as wrong or bad in the past?
3. How have you been trying to change, hide or deny part(s) of your personality?
4. What are you now accepting or appreciating about the truth of Who You Are?
5. What are you discovering or realizing about others?

TOOL #4: RECONNECT

After completing my FREE personality type quiz and learning about the chakras, the foot chakra & personality types, I'm feeling:

****Circle all of the words that apply to you**

Relieved

Excited

Surprised

Motivated

Overwhelmed

Intrigued

Irritated

Determined

Curious

Other: _____

As a result of knowing more clearly Who I Am & my personality type, I'm beginning to acknowledge & appreciate my:

****Circle all of the words that apply to you**

Self-Worth

Self-Value

Self-Love

Uniqueness

Challenges

Strengths

Natural Abilities

Life Path

Frustration/Confusion

Current Circumstances

Friendships

Relationships

Other: _____

This Week's Daily Affirmation:

I am learning to honor my _____ and let go of _____ so that I may experience _____.