

# Character Styles

## Embrace Your Core Qualities

By Robert Kirby

Our character styles are a composite of our mind, body, spirit and personality. Their foundation is in place by our fourth birthday and represents both healthy and unhealthy qualities. The scientific and clinical research of three psychiatrists (Reich, Pierrakos and Lowen) discovered five specific patterns of character that arise within each of us. Each style of character includes both a wounded self and a healthy self.

The dreamer character is usually spacy and unfocused. They have trouble staying present and tend to live in their heads – and everything in their world is black and white. The healthy aspects are that they are very intuitive, grounded and have a strong spiritual connection.

The needy character suffers from abandonment issues and demands that others do things for them. They are co-dependant personalities and are usually great takers. Their healthy qualities are their great intelligence, generosity and valid independence.

The negative character is sweet and submissive on the outside and hostile, whining and negative on the inside. They are terrified of intimacy and withdraw from confrontation. The healthy side is their loving heart, integrity and loyalty.

The controller character is very manipulative, seductive, charming and betraying. They are either on top of the world or defeated. Their healthy side is that they are powerful, courageous and inspiring leaders who contribute great things to the world.

The perfectionist characters are numb to their feelings, cold

hearted, rejecting and critical. They have difficulty being loyal and cannot tolerate mistakes in themselves or others. Their healthy qualities are their success, physical beauty, skill and acquired ability to love and commit.

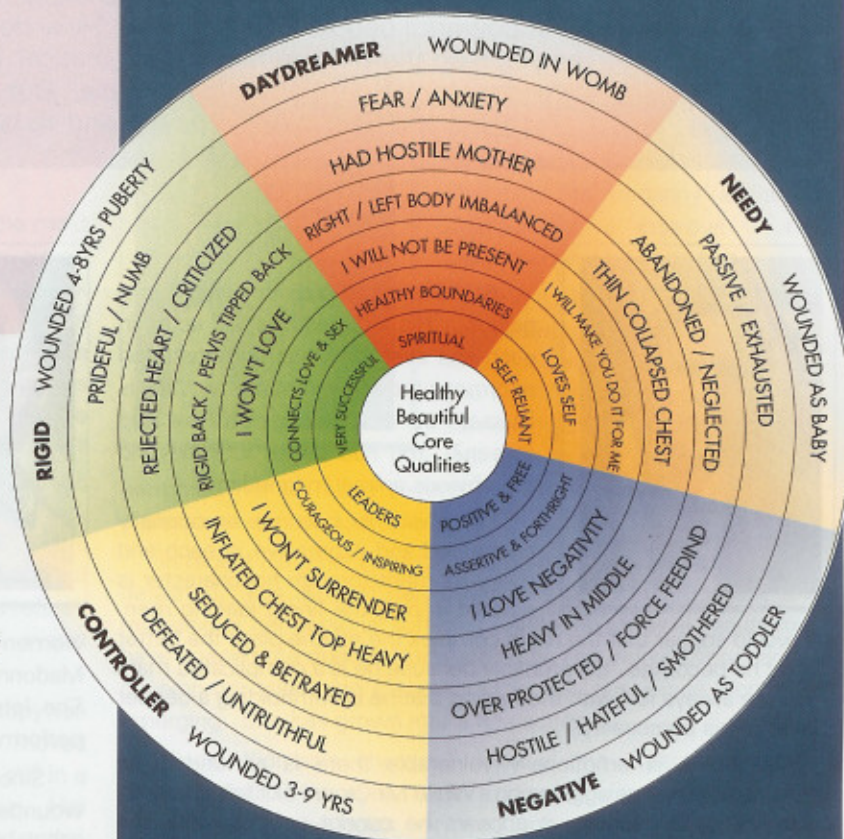
There are three specific inputs to our style of behaviour/personality.

1. Core beliefs – The family dynamic from our childhood that shaped our values and beliefs due to modeling and environmental experience.

2. Genetic Patterns – The bloodline we have received from both parents which creates a predisposition toward physical traits and personality traits.

3. Soul Vibrations – Our soul came in with specific patterns and issues. It includes our beautiful qualities and an aspect of character that requires purification.

This trinity of input into our makeup creates a specific energy that shapes the structure of our character, our physical body shape and the qualities of our personality.



The character styles mandala is a brief summary or overview of the five wounds/defences on the "outer circle" that become transformed/healed on your journey to good health. This is also known as an evolutionary process. As one progresses toward balance and wholeness the character more and more reflects the beautiful qualities of the inner region of the mandala. Each soul, on his/her courageous journey can benefit from knowing, understanding, accepting and confronting the truth of their specific character styles. Shedding the old skin and embracing your core qualities is a miracle that each soul deserves and is capable of achieving.

# Character Styles - Pick the Character Style of these Celebrities

It's time for all conscious travellers to explore the personality profiles of the most powerful people on the planet. How do they match up to you? Notice as you read them if you feel jealous, critical, in agreement or if you want to defend or condemn these super people. But I caution you to remember that you and I put them in power and so what are they reflecting?



**RUSSELL CROWE** in a word is a genius. His progress as an actor in each and every film has demonstrated enormous growth and maturity. Why is Russell so compelling on the big screen? You had better look beyond the obvious animal magnetism.

His ability to become emotionally connected and expressive in each and every moment through his character is evident in only the finest leading men.

It would appear that the more complex the role he plays the better actor he becomes. It's probably because he is a complicated man. You are always left with the feeling that he is withholding a deeper layer of his personality.

While he is emotionally vulnerable there is an underlying tension of ominous aggression. While Mr Crowe skillfully contains this energy on screen, it appears he cannot contain it off the screen. He seems to get pleasure in being rude to the very people who have made him a star! Oh well, none of us are perfect.

Russell's character styles are the controller and the negative. Physically this can be seen in his body which holds energy on the upper back and mid-section.



**MADONNA** is a dynamic character whose feminine persona has successfully permeated three decades. In spite of her overt outrageousness she humbly admits she is not the best singer or the best dancer.

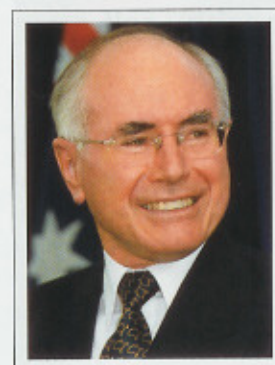
On the other hand she is a true leader in that she has the courage to perpetually redefine herself. Her charisma is an inspiration to many

women because she made the most of what God has given her. Madonna's hit songs are no accident because the girl has heart. She lets "innocent child" pour out into every song and every performance.

Since Madonna is very human, she also has a dark side – a wounded part of her soul that is so desperate for approval that she will do anything to get it again and again in her personal and public life. Frequently tactless, she rubs boundary-less sexuality in your face and leaves nothing for the imagination.

Her narcissism and blatant history of moving in and out of relationships with celebrities in a heartbeat shows a childhood of seduction, idealization, abandonment and betrayal. Famous or not, any wound we deny we will eventually act out.

Madonna's character styles are the controller and the needy. She runs a lot of energy up her spine but is undercharged in the upper chest.

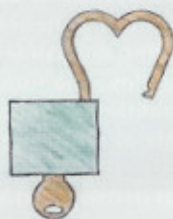


**PRIME MINISTER JOHN HOWARD'S** most remarkable quality is his perseverance and determination. He's a battler and battered at the same time, and he possesses the gift of survival. Regardless of one's political preferences and expectations for Australia's future, he deserves respect for his ability to support and align himself to those people, countries and policies that keep him at the top. John Howard does not

possess the character style of a break-away trend setter. He has never claimed to be any more than what he presents. He supports the conservative status quo and is not capable of rocking the boat.

John Howard is a true public servant and not an independent thinker. He remains very true to his body structure's stereotype and it would be next to impossible for him to change his present path as a support man for the vision of super powers. He does stand up for what he believes in and will never give up and never back down.

John Howard's character styles are the negative and the needy.



## Unlock your heart.

Ever get the feeling that your hearts desires are not being fulfilled?  
You're not alone.

At *Core Energetics* we hear this complaint all too often. But fortunately, it's a problem our courses are specifically designed to solve. Core Energetics is a revolutionary therapy system that takes the best work of Freud, Jung and Reich, then blends it with bodywork.

By unblocking the body's energy channels our students find that they not only feel great, they begin to think much clearer. Problems are easier to solve. Relationships become smoother.

Life appears easier. More productive. More delightful. Maybe it's worth you looking into. If you agree, then why not attend one of our evening mini workshops.

Or perhaps one of our weekend courses is more your style.

We even have week long retreats, so you can really immerse yourself in the full range of life altering techniques that Core Energetics offers.

Whatever avenue you choose to explore, you'll find the Core Energetics system will be one of the most profound teachings you'll ever experience. You'll change your energy. You'll change your life. And that little heart of yours will go fluttering off into the sky.

For more details please call us on (02) 9977 2690 0417 992 749 or visit [www.robertkirby.com](http://www.robertkirby.com)



Change your Energy  
Change your Life.

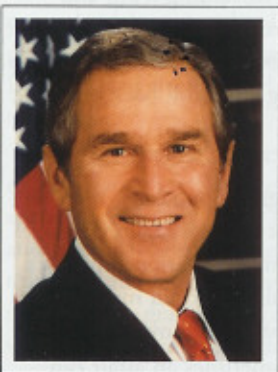
He holds a lot of energy and extra weight in his mid-section and upper legs. He withholds and demands information simultaneously.



**OPRAH** is truly one of the most remarkable people in the world today. She is the greatest black female leader in history and one of the most powerful and innovative civil rights thinkers the world has ever known. What's even more amazing is that she accomplished all this not as a politician but as a talk show host. Why is Oprah so loved, popular and successful? It's because she is a rare combination of a woman with a probing and refined intellect and simultaneously possess an open-hearted, warm presence with enormous love and compassion.

While it is obvious that Oprah has done a lot of therapy (on television with the entire world looking on) and has moved mountains of obstacles to get where she is today; she is still in a lot of pain. Her humility is that she does not hide her pain. Her character structure reveals that she was over-mothered and under-fathered. You can see a deep sadness and longing in her eyes. Simply put, she believes she's not enough. Her compensation for this wound is truly a miracle.

Oprah's character style is the controller, the negative and the needy. She holds energy in the upper back, mid-section, upper legs and loves to be the centre of attention.



**GEORGE BUSH** is easy to miss as a celebrity because you would expect the most powerful man in the world to be more human and passionate about life. Nevertheless, you must give credit where it is earned and he has accomplished what very few ever dream of.

How does an uninspiring governor with a mediocre track record get to be President of the most powerful country in the world?

Well, if you believe that history repeats itself you must look to ancient Greece and to the rise and fall of the Roman Empire. These great civilizations peaked and began to slowly deteriorate. The leadership got sloppy and abused its power and the culture became materialistic and greedy. Are there any similarities here?

To his credit Mr. Bush did handle the 911 crisis with a profound sense of urgency. For at least two weeks after the disaster he crystallized his energy and implemented very good security measures. Then he appeared to abruptly change to a heartless, vindictive tyrant and forgot all international protocol.

George Bush's character style is the perfectionist and the controller. His heart is closed and armoured and he rushes energy up his spine in a forceful manner.



**NICOLE KIDMAN** possesses a rare combination of elegance and vulnerability. Like Russell Crowe she has the uncanny ability to dramatically improve her performance with each film.

One aspect of her star quality is her mysterious "far away" look. It's kind of a spiritual quality that leaves you with the feeling that she knows something that you don't. Perhaps the pain in her personal life has

permitted her to move beyond her movie star quality of being impersonal and untouchable.

In recent films her departure from an intellectual who is sort of detached, has allowed her to become very human, earthy and revealing of her personal suffering. Although physical beauty may have opened the door to Hollywood, she has worked very hard to develop her talent and it shows. The real, passionate woman is emerging. She has grown into a fine actress.

Nicole Kidman's character style is the dreamer and the perfectionist. Her eyes have a dreamy, far away look and simultaneously she holds her head upwards as if she is saying "I have it all".

Robert Kirby BS, MBA is a psychotherapist, author and Core Energetics trainer/director. For information about his workshops, retreats and trainings designed to heal character style issues visit [www.robertkirby.com](http://www.robertkirby.com)

*Learn  
how to  
heal people.  
Starting  
with  
yourself.*

Simply because we've found our best teachers and therapists are the ones who have experienced the full power of the healing process personally.

The Core Energetics Therapist Training course lasts for 4-years part-time.

The results last forever.

Contact us on (02) 9977 2690 or visit [www.robertkirby.com](http://www.robertkirby.com)

The Core Energetics Therapist Training course is unlike any other.

From a foundation of psychology you'll learn how to heal your patients' body, mind, and soul in a most profound and lasting way.

But your first patient will be yourself.



*Change your Energy.  
Change your Life.*