

Foods to Avoid

Any food that is a problem for you. Some of the more common ones are: raw onions, because they can cause indigestion; chocolate, because it can raise blood pressure; cookies, because they can raise body heat excessively, even to point of facial flushing; sugar, because it can cause fatigue or sleep disturbances; wheat or yeast, because they can cause sleepiness or loss of mental focus. Leg pain may result from certain food combinations, such as carrot/celery/beet juice. In general, search out food sensitivities (which can come from any food group) and eliminate.

Recommended Cuisine

Chinese, Thai, Sushi, Japanese, Moroccan, Mexican, French, Indian. Foods moderately seasoned, protein and grain combinations.

Psychological Profile

Essence

Just as the Balanced body type is not controlled by any single gland, organ or system, but is dependent upon everything working together synergistically, Balanced body types need balance in their world. This means balance between work and play, physical and spiritual expression, mental and emotional states, and relationships, both personal and business. In other words, balance in both their inner and outer worlds, between people and life in general. Essentially playful and adventurous, they embody the synergy that brings about balance.

Characteristic Traits

Sensitive by nature, Balanced types have a fragile equilibrium and will go to great lengths to maintain their delicate balance. On the outside, they are often light, playful, personable and entertaining, while being reserved on the inside, reluctant to share their true feelings. Generally quite social, people are readily attracted to them but rarely allowed to get very close emotionally until they've proven that they can be trusted.

Balanced body types have a strong sense of adventure and like to travel or move frequently, giving them the opportunity to meet new people and try new things. They love performing or being the center of attention, and since they are typically in their glory when interacting with people, will often be the life of the party. They mix well with others and can be quite good at making favorable impressions. They are basically easygoing, forgiving, optimistic, and open-minded individuals, with a positive attitude toward life.

Characteristic Traits, cont.

Adventure is what creates an aliveness and a love of life that is often expressed as new ideas, concepts and designs. Imaginative and creative, with a strong attraction to the Arts, Balanced types have a need for order and structure that allows them to be extremely precise in their music, dance or creative expression. Sensitive and artistic, they are also practical, logical, and technically adept. Their acute sense of sight, hearing and touch is balanced with a natural sense of rhythm and timing which they often use to discover their inner sense of stability and balance.

Motivation

Because of their extreme sensitivity to imbalances, Balanced types have a heightened need for security and stability, causing them to go to great lengths to control their environment. They need to work in situations that ensure maximum predictability and harmony. They often find it difficult to delegate tasks or supervise others and feel that it's faster and more effective to do a job personally. Consequently, they prefer to work alone, taking full responsibility for the outcome and offering their personal guarantee that the job will be done right. By working alone they also avoid the unpleasant task of criticizing or correcting co-workers.

Despite the care they take in projecting a positive image, Balanced types are known to undermine their own efforts. For example, by placing such a high value on honesty, truthfulness can override diplomacy and result in tactless comments. There is a tendency to speak without censoring words. They have difficulty keeping secrets and don't like others to be secretive, often becoming very impatient when others withhold information.

Being intuitively aware of the dangers relationships pose, and taking commitments seriously, they are cautious about making them. Consequently, as a protective mechanism, they may have a fear of intimacy, which compels them to distance themselves from others and limit close friends to a select few. They need to develop relationships slowly and to know others well, before they are willing to reveal their innermost thoughts and feelings.

"At Worst"

Balanced types can become extremely impatient both with themselves and others when things go wrong and their need for order and balance isn't satisfied. Unless they've developed considerable self-control, they may display anger or even rage, and then regret it later. They can overreact with rigidity and intolerance or retreat from problems through compulsive/addictive behavior in the form of an activity, a relationship, or substance abuse.

If they haven't developed an inner sense of stability, Balanced types will typically look to others to provide it. Since relationships can never fulfill

“At Worst”, cont.

what can only come from within, expecting to gain stability from outer relationships makes them prone to disillusionment, or settling for relationships that are detrimental to their personal growth and inner peace.

Motivated by the need for acceptance by others, Balanced types will often suppress or even deny their feelings, causing them to appear distant, detached, or preoccupied. Their fear of rejection can cause them to keep their feelings hidden to avoid upsetting themselves or others. These suppressed emotions generally surface as physical complaints, like headaches or digestive problems. Balanced types use play and adventurous activities to release stored-up emotional energy. When out of balance, they can get so caught up in their play and fantasies that they lose sight of reality.

“At Best”

Balanced types are persistent, goal-oriented self-starters who like to be in control of their work, gladly accepting responsibility for the completion of a task. They are good at seeing to the heart of a matter, focusing more on the big picture or the main objective than on technicalities, so as not to be distracted by surface appearances. While they are not primarily detail-oriented, they’ll make sure the details are correct before finally releasing a project. Conscientious and competent, they can be depended upon to fulfill their promises and are often found working late into the night to finish a project.

Engaging in adventurous activities and daring pursuits that capture the imagination and challenge their problem solving abilities allows Balanced types to get rid of pent-up stress and revitalize themselves through play. They find the balance between work and play by finding their passion and making work and play synonymous. Balancing work with play helps them find the harmony they need for a sense of well-being. This in turn helps them maintain an optimistic, open-minded, positive attitude toward life enabling them to bounce back from adversity.

Having developed their intuitive nature, they are guided by their deep sense of stability and balance, causing them to create positive experiences in relationships and in life overall. By solidly connecting with their spiritual center and developing their own stability, they are able to establish a nurturing relationship with themselves, and break free from their fears and self-imposed restrictions. By discovering their deeper truths and movements, they are able to live more from the potential that each day and each moment offers.

Balanced types are self-contained and at peace within themselves. Having developed an inner sense of harmony and balance, they have an easygoing, forgiving, and humorous nature that brings a lightness and balance into the lives of those they touch.

Emotional Issues

Emotional issues that are basic lessons for the Balanced body type are the fear of *losing control*, fear of *rejection*, and feeling of “*F—You.*”

The higher octave of *control* is **balance**. The transitional statement is “*I am content and blessed.*” The fear of control is stored in the stomach. The alarm point is on both sides near the sternum, between the breast. The essential oil, **Peace & Calming**, is used to release the need to control and is applied to the stomach alarm points and the emotional points on the frontal eminences.

The other side of *rejection* (fear of being rejected) is **acceptance**. The transitional statement is “*I accept all that I am.*” Fear of being rejected is stored in the lungs. The alarm points are on the front of the body, the upper chest just above the armpit, in two inches, toward the center of the body and one inch below the clavicle. The essential oil, **Purification**, is applied to the lung alarm points and frontal eminences.

The other side of the feeling of “*F—you*” is **detachment**. The transitional statement is “*I stand in my power.*” The feeling of “*F—you*” is stored in the ego. The location of the ego alarm point is at the bottom of the sternum. The essential oil, **Frankincense**, is used to release the feeling of “*F—you.*”

This process is explained in more detail on page 7. For a visual location of the alarm points see *Releasing Emotional Patterns with Essential Oils*.