

Complementary Glandular Support

Thyroid, through consuming at least 2 oz. of dense protein (fish, eggs, chicken, or turkey) with a grain, such as rice or pasta, 5 times a week. Gallbladder, through consuming adequate fats.

Foods Craved

(When Energy is Low) Sweets and carbohydrates, fats (e.g., ice cream and creamy sauces), or any food including spicy or salty foods, and such proteins as meats, shellfish, nuts, and cheese.

Foods to Avoid

Black walnuts, broiled shrimp, roasted garlic, charbroiled foods, and charred toast. If sensitive, whole wheat, sugar – refined or fruit – no more than 2 times a week, caffeine (as it's a stimulant).

Recommended Cuisine

Seafood, Chinese, Japanese, Thai, standard American fare; Mexican, Italian, Greek, Indian (curry), home-style cooking, and highly seasoned, spicy foods. Fish or meat and vegetables, chicken or meat and rice.

Psychological Profile**Essence**

Just as our eyes link us to our outer world and environment, and provide a window to our soul, Eye body types link the world with themselves by connecting the inner and outer worlds through implementing visions. The world of the human body is connected and activated by the eyes, as they are responsible for integrating the body's intelligence throughout all the cells. It's our hands that reach out into the outside world and provide the main physical link to the environment. Use of the hands is connected with the eyes, as there is a direct link between the brain and the motor reflexes in the hands. Eye body types are typically known for implementing a vision. They visualize what they want to manifest and then set out to make it happen.

Characteristic Traits

Since the main function of the eyes is to see, Eye body types are distinguished by their acute vision, both inner and outer. They'll access their inner vision through daydreaming or visualization, while externally, Eyes tend to see things that others don't notice. Besides discerning visual details, they pick up on subtle differences in voice, body language, and even intuitive information. Often visionaries, they have a unique ability to see the big picture and the myriad of options available on a project they are involved in, or anything else that catches their eye.

While the basic nature of Eyes tends to be quiet, gentle, and controlled, underneath there's a witty, rebellious side just waiting to surface. Eyes have

Characteristic Traits (con't)

their own particular sense of humor that is often described as being dry and a bit on the “far side”, with the ability to see the good in even the bleakest of situations.

Eye types are intuitive, yet practical. Their ability to “see” is closely linked to their being able to bring their visions into practical reality. They are exceptionally adept with their hands and will often find that their creativity comes through doing or implementing what they see needs to be done. Known for making things work, Eyes are also proficient in the realms of analysis and the abstract. The common thread of expertise between the practical and the theoretical is an eye for details, and the ability to see how they connect to create a whole system. Eyes are both conscientious about the components and able to perceive the big picture.

Motivation

Eyes need personal experiences to integrate what they see into the physical world around them. Because they see the larger picture, and are constantly looking for ways to make life better, they need to see how much of their vision can be implemented. This leads them to wanting to do things differently, or their way, as this is what enables them to implement or express their vision. It's their rebellious side that stimulates growth and motivates them to move out of their previous restrictions. Refusing to follow directions is a form of quiet rebellion that leads them into discovering new ways of doing things. This initiates creative expression and raises the question, *“Is there a better way?”*

Being self-motivated and determined, Eyes often channel their creative energy through work. Applying themselves to a task for many hours at a time is quite normal for Eyes, and they can show great perseverance in completing endeavors that are elaborate or complex. True to type, Eyes will see that their projects are completed when they look right. While they derive satisfaction from visually seeing the fruits of their labor, in order to feel validated, they need occasional reassurance. Seeing all the little imperfections, the outside pat on the back helps them to focus on what is right and what has already been accomplished.

As a particularly sensitive type, Eyes often have problems dealing with elements of harshness in the world. In particular, issues of personal insecurity can cause difficulties in their relating to other people. Not knowing how to effectively deal with their negative emotions or feelings of vulnerability, Eyes will internalize their emotions. This internalization then in turn leads to physical problems, illness, or the emotional stress of feelings of emptiness and frustration due to the inability to deeply connect and establish true intimacy.

“At Worst”

Stumped or overly stressed, generally from physical ailments, fatigue, or blocked emotions, Eyes go into overwhelm. This is when they'll sit on a stump in a daze, and wait to be rescued. Mentally exhausted, they are unable to see a way out of their dilemma. The problem looks too big, so working toward a solution is hopeless and they'll go into a depression. Then they'll wait to be taken by the hand and led through step-by-step, expecting constant approval and reassurance along the way.

Seeing multiple options, but unable to recognize the reality of what lies ahead, they get stuck in indecisiveness. Lacking confidence in their ability to pick the best course or to carry it out, Eyes are reluctant to make a commitment to any single alternative. They may even hold themselves back for the lack of courage of their convictions or become complacent, seeing what needs to be changed, but feeling the situation is hopeless. As a result, Eyes often postpone taking action or making a decision for as long as possible, waiting to be pushed into it by something or someone else.

When unable to express what they see, their visual energy can turn inward, causing them to be short-sighted or stuck in limited viewpoints, seeing only their side of things rather than the whole picture. Their tendency is to withdraw. Since this pattern is present during childhood, it can manifest physically in their requiring glasses early on when they've closed down their sight to minimize seeing what they don't want to see. Closing down can cause Eyes to retreat into the mental world, becoming too serious, rigid, and skeptical. If they get stuck in worry, they can manifest their fears. They may escape into work with an over-emphasis on production as a means of gaining personal recognition, making them even more emotionally unavailable in their relationships.

“At Best”

Not only are Eyes able to see the big picture and all the available options, they are able to effectively reach their goals. Being able to sort through a profusion of details and figure out a variety of problems, their ability to see more than one option for solving a problem enables them to make decisions quickly and act upon them. Eyes are resourceful, flexible, and adaptable. Meticulous, persevering, logical, and strong in common sense, Eyes are not afraid of hard work and are willing to do whatever it takes to accomplish what they set out to do.

Inner directed, Eyes work well independently and often prefer to do so. Being intuitive as well as practical and efficient, they are able to see what needs changing, make the changes, and bring the project into manifestation. With their heightened capacity for intuition and discernment, they tend to be quite efficient, and are able to get to the heart of the matter. Eyes are manually adept and are usually able to figure out how to repair, fix, or build almost anything.

"At Best" (con't)

Sensitive and compassionate, Eyes are fair-minded, giving, and responsive to others. They're gifted in their ability to speak, to empower, and to manifest. When they trust in their intuitive guidance, they can be comfortable out in the public eye, going where they need to go, and doing what they are guided to do. The emotional fire to manifest their desires comes through their passion about what they believe in. For Eyes, there is nothing more exhilarating than making a difference in the world, and particularly in the lives of everyone they encounter.

Emotional Issues

Emotional issues that are basic challenges for the Eye body type are the fear of feeling emotions, feeling of "**F—You,**" and overwhelmed.

The other side of fear of feeling emotions, is feeling. The transitional statement is "***I let go and allow.***" The fear of feeling emotions is stored in the fascia. The alarm point is on the outside top of the thighs (both sides). The essential oil, **PanAway**, is applied to the fascia alarm points and emotional points on the 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."

The other side of overwhelmed is vision. To reach vision use the statement "***I focus my energy.***" Overwhelmed is stored in the vision alarm point located at the center of the temple one inch above the cheekbone. The essential oil, **Envision**, is used to release the feeling of being overwhelmed.

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*.