

## Description of Type Eight: The Protector

### Personality Bias

**Mental:** Vengeance

**Emotional:** Lust

### Essence Qualities

**Mental:** Truth

**Emotional:** Innocence

**Basic Proposition:** The original innocent state of sensing the essential truth in everything and in each individual goes into the background in a world that you perceive as hard and unjust and where the powerful take advantage of others. Consequently, you come to believe that you can assure protection and gain respect (worthiness) by becoming strong and powerful and by hiding vulnerability. Concurrently, you develop a big lustful energy. Attention naturally goes to injustices and to what needs control or assertiveness.

**Where Attention Goes:** Outward to power and control; to action and assertiveness; to extremes and excess--an all or nothing style of attending to what is just or unjust; to the overt; to the present ("amnesia" for the past); to incongruities; to immediacy; to referencing to self.

**Resulting Preoccupations:** Dominance and control of space, things, people; taking a position and taking direct action; correcting "injustice" (revenge) and protecting the weak; being assertive and openly angry (the move against); making contact and facing conflict; admiring strength; denial of (inattention to) own weakness and vulnerability; creating intensity in life; anger as protection and representation of strength and respect.

**Difficulties Produced for Self:** Too much, too soon, too loud, too long, too many leading to exhaustion, self-abuse, rejection and other self-defeating behaviors; denial of fear, weakness, and vulnerability resulting in harm and damage to self and others; control and domination possibly resulting in counter attack, loss, defeat of own goals, and trouble with authority; mixing up justice with revenge (sometimes with resulting self-vengeance); missing the virtues of tenderness, dependency, passivity, sensitivity.

**Difficulties Produced for Others:** Finding one's self driven away by the excesses and control; resenting the intimidation and intrusiveness (confrontiveness); experiencing harm and disrespect--harmed by the one who loves you most; experiencing violations of "rights and property"; experiencing misdirected justice as revenge.

**Blessings:** Strong, powerful, exciting, intense, determined, courageous, persistent, protective of others, just, friendly, truthful, fair, clear, straightforward, firm.

**Basic Strategy for Eights:** Helping Eight notice intensity and reduce impulsiveness, appreciate differences and value opposites (e.g., weakness, vulnerability), and realize and moderate impact on others.

**What Helps Eights to Self Develop:** In meditation allowing the mind and body to quiet and return to the empty state when outer directed energy arises; once each hour checking for energy and impulse to act, then taking several relaxing breaths; each day previewing and reviewing impact upon others; asking others if you are being too much, too....; keeping long term goals in mind: what are the consequences of this behavior; advocating the virtue in the mundane, the mild, the moderate; practicing delaying gratification and stimulation: welcoming boredom and fear; allowing the other side--the emergence of vulnerability, weakness, innocence; utilizing adversary situations as a beginning for compromise and for win-win solutions.

**What Supports Eights:** Encouraging Eight in her/his development, e.g., in accepting own vulnerability and weakness, in realizing impactfulness, in reducing excesses and impulsiveness; staying firm, yet flexible; providing Eight feedback about her/his impact and intimidation; being forthright; showing the virtue of passivity and acceptance.