

## Description of Type Seven: The Epicure

### Personality Bias

**Mental:** Planning

**Emotional:** Gluttony

### Essence Qualities

**Mental:** Work

**Emotional:** Sobriety

**Basic Proposition** The original state of focused concentration called holy work or constancy with an ability to travel the spectrum of life fully and freely goes into the background in a world that you perceive frustrates you, limits you, and causes you pain. Consequently, you come to believe that you can escape frustration and pain and assure a good life by going into options and opportunities and adventures. Concurrently, you develop gluttony of the mind for positive possibilities and pleasures. Attention naturally goes to options and keeping life up.

**Where Attention Goes:** To multiple options; to interconnecting and interrelating information; from little chunks (specific thinking) to big chunks (global thinking); to imagination and action; to planning for pleasurable possibilities; to extremes; to relative values; to self referencing, especially what feels good; to an internal locus of control.

**Resulting Preoccupations:** Excitement/enjoyment/experiencing life (to the up side of even painful situations); being up and sorting for what keeps life up (feels good); being liked (charm and disarm); the many simultaneous possible options, often interrelating these (monkey mind); explaining and justifying own behavior (rationalizing and intellectualizing); valuing limits only as sacrifice; maintaining a superior position.

**Difficulties Produced for Self:** Short term gain may lead to long term pain (no pain, no gain); various losses resulting from trying to keep life up and escape limits (traps); overload from trying to keep excitement going (gluttony); trying to do more may lead to loss of purpose, then anxiety and depression; distraction and diversion from deeper purposes and commitments; repeating same mistakes; equalizing authority creates difficulties.

**Difficulties for Others:** Perceiving that Seven doesn't really care or can't be counted on as a result of Seven's preoccupation with self (narcissism); experiencing being a child of a lesser God (the result of Seven's superior position); experiencing pain as a result of Seven's not making/keeping commitments; feeling diminished by Seven's minimizing pain and conflict which appears to trivialize others' suffering and issues.

**Blessings:** Playful, enjoyable, inventive, imaginative, energetic, optimistic, loving of life, seeing possibilities, helpful.

**Basic Strategy for Sevens:** Helping Seven recognize the excesses of experience, make deep commitments, and accept all of life: pain, fear, boredom, limits as well as pleasure, joy, excitement, and options.

**What Helps Sevens to Self Develop:** In meditation slowing the mind down and focusing on a single point; each day previewing and reviewing the hunger for stimulation and spreading out to options; practicing attending to and accepting the present situation whether painful or pleasurable, stimulating or boring; working on one thing at a time until completion; letting go of some options; recognizing that life is choices (less can be more); in accepting limits, noticing that feeling trapped and fearful may occur; practicing holding ground and resisting rationalizations when making commitments; working at welcoming conflict and criticism; noticing subtle superiority in position of upness.

**What Supports Sevens:** Encouraging Seven in her/his self-development, e.g., in making deep commitments, in accepting pain as well as pleasure in life, in appreciating the value and worth of all others; providing Seven a supportive framework for moving into painful situations and commitments; making your own needs/wants/feelings important; applying the KISS (keep it simple "sweetie") principle.