

Description of Type Three: The Performer

Personality Bias

Mental: Vanity/Go

Emotional: Deceit

Essence Qualities

Mental: Hope (Law)

Emotional: Honesty/Veracity

Basic Proposition. The original state of hope wherein things work according to universal law (i.e., are not dependent on the effort of the doer) goes into the background in a world that you perceive rewards doing not being. Consequently, you come to believe that you can gain love, acceptance, and recognition through performance, doing, and success. Concurrently, you develop a go-ahead energy of self-deception in order to match to the image of success and approval. Attention naturally goes to tasks and things to accomplish.

Where Attention Goes: To the many tasks to accomplish; to converging onto a single, focused goal; to action and approval; to what is positive to accomplish; to the future; to self-empowerment; to other referencing.

Resulting Preoccupations: Accomplishing and succeeding; identifying with performance; efficiency; keeping busy and active; adjusting and matching to the desired image; screening out interference with accomplishment, e.g., negatives, feelings, perceived obstacles; competing and winning; looking good; getting positive feedback and approval; gaining status, prestige, and power.

Difficulties Produced for Self: Self-deception about real needs; missing own feelings; incompleteness (moving to a new task); doing some action when acceptance is the task; suffering (sadness, anxiety) seems to come from "nowhere" and wants to be chased away; anger and impatience with differences which are seen as obstructions in the path toward the goal; wanting too much admiration and attention.

Difficulties Produced for Others: Perceiving that the Three doesn't care about me, especially my feelings; Three looking artificial or superficial; experiencing that things and goals matter more than people; experiencing the Three's difficulty with letting go, relaxing, and reflecting; Threes' cutting corners and softening the truth; feeling manipulated by Three's accomplishment agenda.

Blessings: Industry, leadership, possibility, enthusiasm, hope in action, encouragement, solutions, providing, efficiency, practicality, competence.

Basic Strategy for Threes: Helping Three slow down, welcome and appreciate feelings, notice that love is being as well as doing and having.

What Helps Threes to Self Develop: In meditation noticing the mind speeding and going to multiple channels of tasks; taking time to slow down and detach from performance; building the self-observer by noticing feelings and paying attention to physical sensations (especially tiredness); asking self what really matters; practicing distinguishing between what needs change (doing) and what needs acceptance (realization); utilizing the frustration around obstructions to appreciate differences; asking self is this the image or the real self I'm going for; acknowledging weakness and looking for what are continuous essences in various tasks; working at an introspective stance; elevating empathetic understanding to equal status with accomplishment.

What Supports Threes: Encouraging Three in her/his development, e.g., taking time to smell the flowers, to pay attention to feelings, to really hear you; helping Three make relationships and feelings the "task"; letting Three know you care independent of accomplishments; letting Three know what is really important to you.