19-1124 Influences of Our Cycles

Notes of Atori Alo Yansa

It is more important to know what sort of person has a disease than to know what sort of disease a person has. – Hippocrates

My comment: Understanding the person helps you understand the necessary treatment for health and spirituality. ~AAY~

Our attempts to reshape others may produce change, but the change is distortion rather than transformation. –David Keirsey

My comment: When I was growing up we had a lot of chickens on the farm. Observing the little chick pecking away at the egg shell is amazing. However, when you reach to get involved and break away the shell for it, it will die. It needs the chaos of a transformation to survive. ~AAY~

When you know what your core values and needs are, and feel good about them, you can perform at your highest potential in every area . –Don Lowry

My comment: Knowing yourself is the greatest knowledge that you will ever experience. To search out anything else without knowing yourself is vain intellect at best. Know and feel good about yourself and your other adventures will be amazing. ~AAY~

How do we bring out the best in each other instead of driving each other crazy? That is the power of knowing your personality.   –Mary Miscisin

My comment: We are not here to taze people with our knowledge. Things like forcing ourselves on others spiritually, speaking at inopportune times just to start a conflict, stating the obvious just to hurt someone, shaming someone due to their education, class status, gender, life style or body features. We are not about driving people crazy! We are here to bring out the best in people and you can do that by the power of knowing your personality. ~AAY~

An important key to health is discovering how to work with your personality strengths instead of against them. Strengthen your strengths and in so doing your weaknesses will become stronger.

Many people worry about their weaknesses and slowly their strengths become as their weaknesses; unstable. Dont fall to this dilemma. Know your strengths and exploit them. "My people know the Spirit and will do exploits!" ~AAY~

**Birth Order Influences: “Family Ties”**

**Characteristics of Firstborn Children:**

* **Reliable.**
* **Conscientious.**
* **Structured.**
* **Cautious.**
* **Controlling (sometimes bossy)**
* **Achievers.**
* **Want to excel at everything.**
* **Bask in parent's attention.**

**Firstborns are "dethroned" when a second child comes along,** and this may have a lasting influence on them – Ishmael, Isaac – Esau, Jacob

The **middle child** tends to be the family peace-keeper, and often possesses traits like agreeableness and loyalty. It's common for **middle children** to be sociable, faithful in their relationships and good at relating to both older and younger people.

**Middle child** syndrome is the feeling of exclusion by **middle children**. This effect occurs because the first **child** is more prone to receiving privileges and responsibilities (by virtue of being the oldest), while the youngest in the family is more likely to receive indulgences.

**Middle children are** more independent as they gain confidence. **Middle children** typically have more freedom and less pressure growing up. Sometimes they can even get away with more things as a **kid**. This, over time, leads to them developing more independence and confidence.

The pressure is off the **last born** in terms of having to meet their parents' high expectations so they are more likely to achieve in their own ways. ... They learn when they are young that if they persist with what they want they will outlast their siblings and wear their parents down eventually.

**What Is Youngest Child Syndrome?**

* **highly social.**
* **confident.**
* **creative.**
* **good at problem solving.**
* **adept at getting others to do things for them.**

**Where the child sits at the dinner table, whether they receive new cloths or hand-me-downs, sharing bedrooms, privacy, and many other things influence and develop a child in the early years.**

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**Bile Influences:**

**Blood - Red** (Sanguine) buoyant

**Yellow bile**(Choleric) Commanding
**Black bile**(Melancholic) gloomy - fear

**Phlegm – Green** (Phlegmatic) passive - patient

Hippocrates - Phlegmatic, Choleric, Melancholic, or Sanguine. Each correlated with a body fluid or “humor”. He theorized that a preponderance of one of the four humors was a strong predictor of personality type.

**Sensing**(S) Concrete information gathering by the way of your 5 senses

**Intuition**(N) Perception of meaning and possibilities by way of insight

**Thinking**(T) Decides from detached standpoint of logic and objectivity

**Feeling**(F) Decides by associating with situations and considering values and needs of people involved

**Perceiving** (P) Those with an orientation towards this function spend more time gathering information as their circumstances unfold. They are most comfortable leaving options open and undecided as long as possible.

**Judging** (J) Those with an orientation towards this function move quickly through the information gathering stage in order to reach conclusions and closure as quickly as possible.

**Connector**: connects their world with others, possibilities, feelings, and meaning

**Planner**: plans their world around consistency, responsibility, and rules

**Thinker**: thinks about the world; mentally active, questioning and innovating

**Mover**: moves in and about their world; spontaneous, adventurous, risk-taker

The evidence is clear. An important key to health is discovering how to work with your personality strengths instead of against them.

The Temperaments:

**Temperament** is the way you tend to behave or the types of emotions you tend to exhibit. When a **person** is calm and collected and doesn't tend to get mad easily, this is an example of a **person** with a calm **temperament**.

**Four fundamental personality types exist, and they are as follows:**

* **Sanguine (enthusiastic, active, social)**
* **Choleric (short-tempered, fast, irritable)**
* **Melancholic (analytical, wise, and quiet)**
* **Phlegmatic (relaxed and peaceful)**

The **Sanguine** is a very social **person** who likes to be with people. Of all the temperaments, the **Sanguine** is the easiest to be around socially. They are n outgoing, handshaking, touching **person**. ... They are the least disciplined and organized of all the temperaments.

“Peace at all costs” is their motto. The **Phlegmatic** has no fear of rejection and can handle unaffectionate and hostile people. They are calm, easygoing people who are not plagued with the emotional outbursts, exaggerated feelings, anger, bitterness or unforgiveness as are other temperaments.