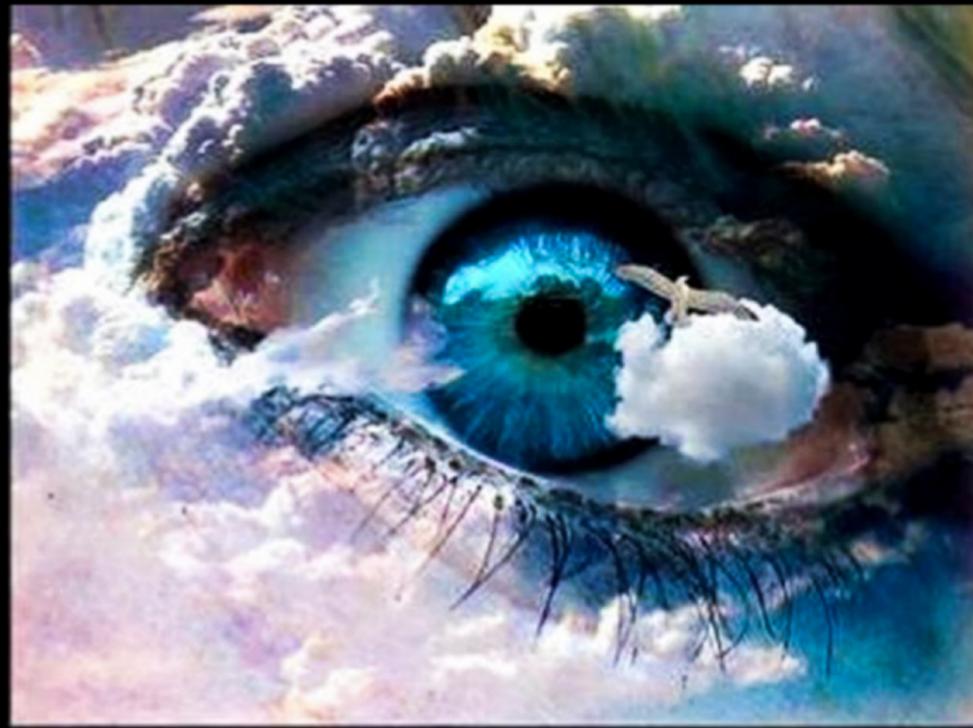


The Temperaments & Face Reading

Silver



Alison Demarco

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SILVER

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PART ONE: - THE INFLUENCE OF OUR TEMPERAMENT TO ACHIEVE SUCCESSFUL RELATIONSHIPS

- 1. Each personality type is made up of four elements and is seen in the overall shape and characteristics within the face.**
- 2. The order of the most prominent elements seen in your face makes up the true nature of your personality.**
- 3. The purpose of this personality identification is to give you the skills to understand and develop yourselves further.**
- 4. Once you can see your true self, then you can begin to learn how you can identify and understand the other 11 personalities.**
- 5. You will have the skills to accurately pinpoint that which you truly are.**
- 6. You will have the skills to accurately pin point how others truly are.**
- 7. You will have the skills to accurately pin point how you can develop all four elements in your personality.**
- 8. You will understand how you can become positively inspired, happy and content because you are now 'in your element'.**

This true nature, once identified as personality, will reveal:-

- 1. Personality weaknesses.**
- 2. Personality strengths.**
- 3. Areas for development.**
- 4. The ideas and values of the personality.**
- 5. The part of your nature which is hidden from yourself and others.**
- 6. Your ideal partner.**
- 7. Your ideal profession.**
- 8. Your immediate way of life and living.**
- 9. Your values and beliefs.**
- 10. Your communication preferences.**
- 11. Your relationship strengths and weaknesses.**
- 12. What makes you "tick".**
- 13. Your likes/dislikes.**
- 14. Your reactions/non-reactions.**
- 15. Your positive/negative triggers.**
- 16. Your preferred peer group.**
- 17. The hobbies that would help promote your health and wellness.**
- 18. How to be in your element.**

PART TWO: - BODY TEMPERAMENT = ONLY 1 OF THE FOLLOWING ELEMENTS

1. Earth 2. Air 3. Fire 4. Water

One element out of the above four is seen in the overall shape and energy of the body, and this creates a temperament.

For energy - think characteristics - then, ask yourself:- is this a

A "Down to earth" type of person

An "Airy fairy" type of person

A "Fiery" type of person

A "Wishy-washy" type of person?

1 ELEMENT = THE TEMPERAMENT = AS SEEN IN THE OVERALL "BODY SHAPE"

THE TEMPERAMENT DRIVES THE BEHAVIOUR OF THE PERSONALITY

PERSONALITY = ALL 4 ELEMENTS PLACED IN A SPECIFIC ORDER, AS SEEN IN THE OVERALL CHARACTERISTICS OF THE "FACE"

**BODY SHAPE = TEMPERAMENT
FACE SHAPE = PERSONALITY**

We tend to base our friendships and personality likes and dislikes on these four elements.

THE TEMPERAMENT

We are subconsciously/consciously influenced from birth not only by our parents, their views, beliefs and values; but also through the conditioning of our schooling, our studies and the school environment.



At birth, we feel sensations inside and outside. All our bodily functions, such as digestion, all work involuntarily from their respective organs. We are born with the five senses, hearing, seeing, touch, smell and taste. All external movements (all movements which have to be learnt) movements which become habitual, what we imagine, our day dreams, the way we talk and our thoughts are recorded in the part of the moving function of the brain.

These thoughts become the phenomenon known as intuitive knowledge; the seat of intuition and co-ordination of body.

Within our mental processes, is the realization, formation of concepts, comparisons, imaging and verbalization of our thoughts; which creates inner seeing, attention to detail and observation. We have the ability to relate to new concepts as we harness the power of clear seeing.



When we are in the feeling part of our being, sympathy, happiness, sorrow, fear, faith, hope, love and compassion exist.

When in our feeling state, we can distort our picture of our feelings and this then results in our suffering.

Our feelings are our seat of sensitivity and calm flowing energy. We learn behaviour through the actions and reactions of our peer group. In turn, our learned behaviour influences how we develop our behavioural patterns.

Therefore, outside influences play a part in the progress of our characteristic traits and mannerisms.

All this data becomes logged in our mind and is expressed through our actions in our everyday life. These actions contribute and lead us, more often than not, to subconsciously continue with positive/negative behaviour patterns that we believe supports and keeps us safe from our external and internal fears.

Imagine you are on your own at a works night out and you hardly know anyone, as you have just begun working for the company. You are standing on your own while everyone else is in groups. You are unsure what to do, you feel like a wallflower and panic begins to set in.



As you look around the room, your eyes land on someone's face; they seem familiar to you, yet you can't place how you know them or where you have seen them before. You take the plunge and you go over and introduce yourself to this friendly face. They smile at you as you approach and immediately you are chatting away as if you have known each other all your lives. You find out that they work next door to your office, doing the same type of work as you do. You also find out that you have the same hobbies and share the same sense of humour. You both communicate in a similar mode and this makes you feel relaxed and calm in their company.

You can see that their face is not dissimilar to yours, they have similar large eyes, similar shaped face and similar high cheekbones. These facial characteristics suggest that water is their first element out of the other three facial elements of the personality.



As you look at their overall body shape, you notice their body movements. You notice that they have a very high spirited energy and are constantly moving from foot to foot, looking around the room and expressing themselves with huge sweeping arms movements.

You, on the other hand, stand calmly and still. From these different behaviour, characteristics come different temperaments.

The fast moving fire element of the temperament (body shape) drives movement, alertness and quick, fast, responsive body language.



The water element of the temperament (Body shape) shows a calm, still, collected and creative nature.



Therefore, this example of how two different people, who share the first element of their Personality (Face), but, who do not share the same element in their Temperament (Body) can gel. They gel because they have all four elements in the same order within their personality, beginning with the key element water. For example:- Facial elements - Water - Fire - Air - Earth create the Personality known as The Actress.

So to recap, each of the two people examples I have given, have different temperaments, one has a fire temperament and one has water temperament. The temperament is seen in the overall shape of the body, by how the person uses their energy.

The temperament drives the personality, and so different characteristics become evident. The fire temperament would eventually become exasperated with the water temperament due to the slowness and laid back attitude.

The water temperament would eventually become exhausted by the fast-flowing quick actions of the fire temperament.

However, if each understands their differences, they can help balance each other's energy.

FIRE - Action - Heavier set - wide rounded shoulders, shows energy - fashionable clothes & fitness attire - fast actions and thinking



WATER - Relaxation - Heavy set narrow shoulders - low energy, loose clothes and slow actions and thinking

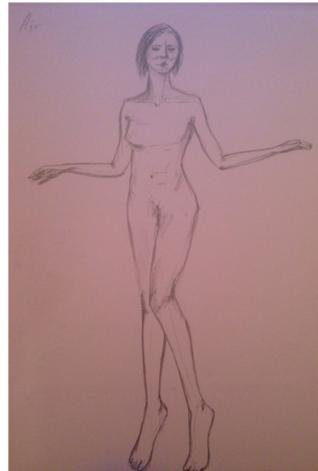




EARTH - Dreamer -
Long slim neck -
stooped shoulders,
casual dressed -
low energy - looks
and walks like the
weight of the world
on their shoulders



AIR - Long slim
neck - air about
them - walks with
grace - well
dressed



1. Element Earth - Earth temperament - Traits - down to earth - Introvert - Feminine
2. Element Air - Air temperament - Traits - flighty chatterbox - Extrovert - Masculine
3. Element Fire - Fire temperament - Traits - fast paced - Extrovert - Masculine
4. Element Water - Water temperament - Traits - slow paced - Introvert - Feminine
5. Each element has negative and positive qualities.
6. Each element has learnt beliefs and values.
7. Each of the four element behaviours reacts differently, thinks, feels and communicates through its predictable traits.
8. The specific element of our temperament is what drives our needs either positively or negatively.
9. Our adult needs have a basis in our positive/negative, fulfilled/unfilled childhood experiences.
10. Our temperament is influenced by our parents, our friends, teachers, peers and the education system we grew up in.
11. Achieving our needs, develops our sense of self-worth, confidence and happiness

PART THREE: - THE ELEMENTS - BODY SHAPE AND DESCRIPTION

This system is not about boxing people into categories, rather it is about finding the temperament and personality category that you already live in. Once you know this, you can expand your awareness and be open to new and exciting possibilities. This will result in more success, joy, happiness, health and wealth across all aspects of your life.

Remember the 4 elements are: - Earth, Air, Fire, & Water.....

and.....One element out of the above four is seen in the overall shape and energy of the body and creates a temperament.

1 ELEMENT - TEMPERAMENT - AS SEEN IN THE OVERALL BODY SHAPE.

TEMPERAMENT DRIVES THE BEHAVIOUR OF THE PERSONALITY.

PERSONALITY - THE SPECIFIC PLACEMENT OF ALL 4 ELEMENTS AS SEEN IN THE OVERALL CHARACTERISTICS OF THE FACIAL SHAPE.

We tend to base our friendships and personality likes and dislikes on these four elements.



BODY SHAPES AND CHARACTERISTICS OF THE FOUR ELEMENTS.

EARTH – long slim neck and body, usually leans against walls, or props themselves up by hunching over their shopping trolley when in supermarkets.

Their shoulders are usually stooped, and their dress and shoe style must be comfortable. They hold their head to one side as if it is too heavy for them and usually have a lean or hatchet or V-shaped face with predominant cheekbones.

They have heavy-lidded eyes and a long thin nose, with oval rather than rounded nostrils and a thin upper lip. They have sloping shoulders that give the impression of a burdensome life.



They are usually fine boned, slight build, elegant hands, long slim fingers, and dark lank lifeless hair. They are born hippies and wear heavy boots or casual, comfortable sandals.



They often have long scraggly hair, can be musical and play an instrument, or write melodic music. They can become exhausted easily and claim to suffer from numerous different illnesses and painful sore bones. They are at one with nature, either gardening, growing plants and love to live off the land. Psychic and intuition play a great role in their lives, and they can often live in the deep waters of depression. In some cases, drugs and alcohol will play a part in their lives.

They are introverts and often are mechanics by trade, while creative cookery can also motivate them when they are in a healthy lifestyle mode. Practical and precise they like order and like to be left alone to work and dream.

AIR – long slim neck and body. However, the difference from the earth temperament is that they love to dress smartly in the latest fashion.

Everything has to match; everything needs to look and feel good.

Their hair has to be sleek and cut and styled in the latest fashion.



They are rarely seen without their make-up and are the life and soul of the party.

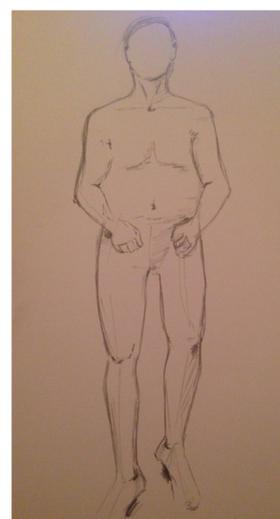
They love people and love to chat, they are like a butterfly and tend to flit from one thing to another. If you were to look in their cupboards things would be just thrown in and would not reflect the tidy image they would try and convince you that they work from.



FIRE - have rounded shoulders, usually small in height and have more of a chunky body shape. They are always rushing here there and everywhere. They are quick thinkers and usually finish your sentences for you.



They are entrepreneurs and have good business sense. As long as they are in control of their energy and do not dictate, push around or aggravate the others in their team, they will be very successful.





They are sharp tongued, quick to react and tend not to listen to others.

Their energy drives them to react aggressively in an instant, and they can silence someone with their words alone.



When the energy is balanced, they are great motivators and great leaders.

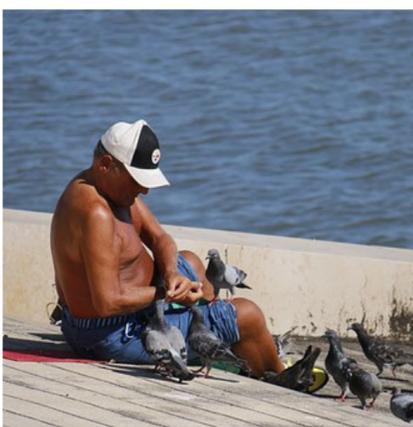
WATER**:- are similar to the fire body shape but tend to be heavier and have a longer neck. They are usually medium height and tend to walk, talk and think in a slow and deliberate manner.**



They can be stubborn, know their mind and keep their thoughts to themselves. Practical and creative, they are dreamers and use their intuition to help others.

They love to have a day chilling and will take their time while out shopping, or walking. They are not in a rush to get anywhere.

Exhaustion can overcome them, leaving them feeling weak and withdrawn.



They are introverts and are practical in their approach to life. Don't rush them, or overwhelm them, or they will withdraw and take even longer to reach an agreement

PART FOUR: - BENEFITS OF THE ELEMENTS

Thinking of nature's elements the sun (Fire), Water, Earth and Air, all of which feed nature and all that lives in nature; then, we should consider the benefits of harnessing such vibrations.



***By using the purest, highest, vibrations from the sun rays, we will receive warmth and growth.**



***If we use the highest vibrations from the water consciousness, we will clear and cleanse our emotions.**

***If we use the highest form that radiates from the practicality of the earth element, we will ground ourselves and our ideas.**



***By using the highest vibration of the intellect from the air element, we will then develop our knowledge and wisdom to its highest vibration.**

PART FIVE : - THE ELEMENTS

Are you dominated by a specific style of behaviour? Are you controlled by a specific style of behaviour?



The male and female energies are the foundation of all life and each has their own set of characteristics and behaviours.

Within us all, are the elements fire (masculine) and water (feminine). A balance between these two elements is essential for a healthy state of every day existence.

However, with the rise of the women's movement, more women have entered the male world of high powered business people; in this world, a woman has become more identified with the male energy (Fire). It may be true to say that, the world of the business man has seen his masculine energy becoming more and more powerful, therefore, he is showing less and less of his female traits.



We are the result of what information, behaviours, attitudes, values, beliefs, as well as any trauma and life events, we experienced as a child.

There is a belief that the male consciousness is related to the sun and the female consciousness is related to the moon. So, the male consciousness is related to being awake during the day and evolves through education, effort, work and experience from without; it sleeps at night.



The female consciousness comes into play within us at night, when we sleep, or during the day, is awakened through our intuition, dreaming, imagination, sensing and feeling.



So the masculine consciousness is our everyday working state and gains its experience externally; it sleeps at night.



Women have developed the masculine consciousness; so to a degree, the female consciousness has been neglected.



Over development of the masculine attributes of consciousness has caused wars, violence, aggression and hatred.



A water consciousness, freed from its controlling fire consciousness can liberate us from such controlled rule.



The Dalai Lama and other like-minded people are examples of those who work from the female consciousness, that is, through communication and teachings and ways of life that promote world peace.

So, if you are employed, you are using the state of consciousness that controls the consciousness responsible for the activity at hand and has little to do with money and earning a living i.e. we are consciously focused on the work activity... not the reward/money at the end.

The Patriarchal personality (air) governs our world with their knowledge, power and ego.

The majority of society follows their rule. This kind of knowledge comes without wisdom and so wars and destruction follow.

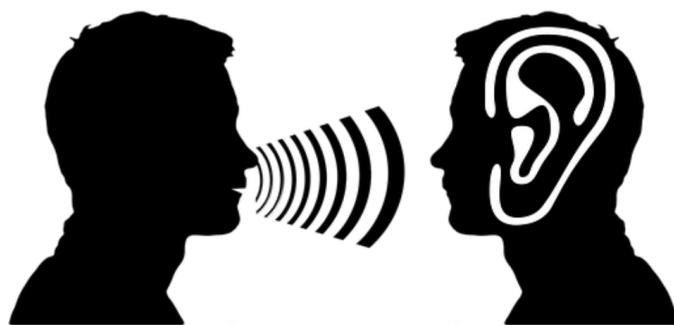




This is why, many authoritative figures fear the Dalai Lama, who talks of freedom and of developing the self to become enlightened, pure, kind, loving and compassionate.

Air needs the practical element of (Earth) to develop its plans. The Air element is the authoritative figure in our world today; but unless we mirror that form of intellect, we are not heard or listened to.

For us to develop, we need to be open to listening to everyone and everything; we do not need to agree but rather reach out and develop ourselves by knowledge and wisdom.



QUESTIONS FOR YOU TO CONSIDER

Have you neglected the feminine consciousness?

Have you neglected the masculine consciousness?

What are your values?

Do you stay true to your values, no matter what?

Do you always think that "all will be well in the end" without looking at what you can change?



Do you reassure others when their world is collapsing?

What attitude do you show to others?

Do you believe that, if you have the right attitude, that you can use for any situation, that you would improve your relationships?

How would you feel and what would others make of you, if you suppressed your fire e.g. spoke quietly when giving a public speech?



How would you feel and what would others make of you, if you expressed your emotions when giving a public speech? How would you feel and what would others make of you, if you presented intellectual knowledge only during a public speech?



How would you feel and what would others make if you, if you looked depressed, hung your head, did not speak out when giving a public speech?



If you suppress your fire, you may become exhausted, frustrated, angry and even prone to emotional outbursts.



If you suppress your water, you may become bitter, have difficulty with expressing your emotions, weepy, reclusive, stubborn. You may have difficulty with developing relationships and prone to being emotionally detached, losing your thirst for life. You may not see much value in others and suffer when you are in your feeling state.

If you suppress your air, you may become overawed, nervous and anxious by those around you, who you perceive to be intelligent.



If you suppress your Earth you may become introverted, depressed, lonely and lost.

If you resonate to the Fire element, how would you feel if someone told you to slow down?

If you resonate to the Water element, how would you feel if someone told you to hurry up?

If you resonate to the Air element, how would you feel if someone told you to stop behaving in an intellectual manner?

If you resonate with the Earth element, how would you feel if someone told you to snap out of your daydreams and be happy?

These two consciousnesses (Water and Fire) can affect us positively or negatively.



We can reap the benefits of being in love (Water) or reap the destruction of wars (Fire). As a society, we need to find our water consciousness state once more.

The sayings we say, such as "I don't have the time", and "I have to". - control our lives.

Perhaps, an alternative, is to plan our life about our needs, our dreams and our goals.

By addressing the factors that control our life, we can free ourselves and thereby live in our creative, intuitive, calm, peaceful, compassionate state and enhance the way we live.



Just like the plants, which use all four elements, we too should experience all of the aspects of them; this leads us to a better understanding of ourselves and



others. For a working example; many plants need to have their roots firmly anchoring them to the earth, from which they take up life giving water and nutrients; they breathe in air and use the sunlight to create the food for growth. Fire is used for regeneration.

We need at least two of these elements to describe a behaviour as being just like the " yin and yang".

Just as we have the positive and the negative aspects of being, so too, we have both male and female elements.

PART SIX: - THE POSITIONS OF THE ELEMENTS

Fire first and Earth second creates the Warrior personality, the masculine personality of the Child. This combination creates an energy which enables the personality to defend itself. These personalities are pioneers, entrepreneurs and have the courage to drive their visions out into the wide world.

Water first and Air second creates the Child personality, the female personality of the Warrior. These personalities are young at heart, they love beauty, the arts and show an interest in reincarnation and past lives.

So now, we have the total of all four elements from the most predominant to the least predominant, that are seen in the overall shape and characteristics of a person's face.

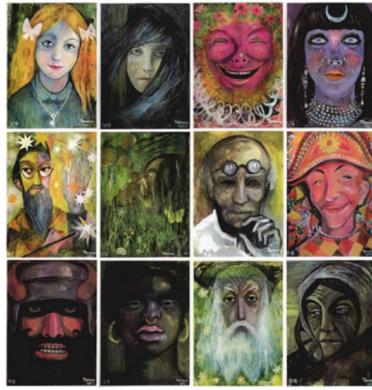
The overall placement then, is as follows.

Fire, Earth, Water and Air.

We now have the opposite male and female personalities together and can now glean more information about the whole personality.

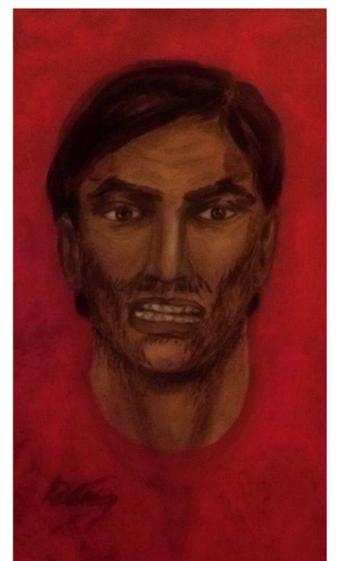
PART SEVEN: - THE TWELVE PERSONALITIES

The empowering knowledge of the twelve individual, differing personalities and their association with their opposite counterpart.



This system, as mentioned in another section, has its basis in Tamo DeJong and Richard Gardner's work; who for over fifty years, studied and observed hundreds of people, through their facial and behavioural tendencies. From his study, he grouped his findings, based on the most dominant facial characteristics he saw in people and described these through the medium of the elements. He went on further, to provoke the actual people he met, so he could witness the opposite character, which was not so dominant in their facial characteristics. In this way, he developed the personalities in pairs.

With this knowledge, he knew that if he provoked a specific personality he would get a different reaction and behaviour from their usual state. For example if he provoked the Child personality then the Child would reveal the underlying Warrior personality.



We have all heard of the " baby-faced killer" well, here is an example of just that.

You may approach a person with a baby face in an angry manner, for example, remonstrating them with regards to their child's behaviour.

You feel safe to do this because they look as if butter would not melt in their mouth; they have a childlike face and mannerism. However you hit the wrong button, someone with the child personality, when provoked, can turn into the Warrior in an instant. Of course, this can work the other way. So, in other words, when Tamo provoked a personality, he could then see their opposite hidden personality and this is how he grouped personalities together. Each personality has male and female elements, introvert or extrovert behaviour, weaknesses and strengths, different sets of behavioural tendencies and ways of thinking and acting.

PERSONALITY

We need all 4 elements to function as a whole and balanced personality.

These four elements are seen in the overall shape, size and characteristics of the face.

The combination of the four elements - Earth, Air, Fire, Water- creates a personality.

The personality containing the four elements is dictated by order of their predominance as seen in the overall shape and facial characteristics of the face.

Remember:-

- The first element is how others see us.**
- The second element is in what we term “In a box” in other words we rarely show its nature.**
- The third element is underdeveloped and where our most negative traits occur.**
- The last element is our ideal and when we are in our element.**
- Within each of us is a male personality and a female personality each possess two elements.**
- They come in pairs and there are 6 female and 6 male archetypes.**

There is no one temperament that is perfect.



Whatever temperament you are, you can have, either a wonderful, or horrendous relationship, with someone from each of the other three temperaments. Also, people are not just one temperament all the time. We are all made up of all the temperaments.

The way to use the information is to decide what it is you want from life and in your relationship and then to assess which temperament is most likely to provide this.

You can also look at the things you don't want in a relationship and decide which temperament to avoid.

If you want a gentle, romantic relationship, with much soul searching, long periods of tender loving care and quiet introspection, then choose earth. The negative side of this, is that, you may find that just when you want to go out and have some fun, they are too depressed or languid to move. If you do not adapt to them, they may sulk.



If you want someone who is steady and reliable, who is likely to be faithful and loyal, who will come home from work as regular as clockwork and will keep the house tidy for you, then choose water. Don't complain if they protest when their routine is disrupted, or if you find life sometimes seems monotonous or dull and you want to put a bomb under them!



If you want someone strong and independent, someone you can depend on and who makes a success of their life, then choose a fire temperament. Don't complain when they insist on doing things their way and on making decisions and when they take it for granted that you will recognise their wisdom and their right to dictate. Be willing to let them have their way some of the time and stand up to them at other times.

Do not expect an easy, expressive and close relationship; but do recognise the depth and strength of their emotions.

If you want to live the jet-set life, on the crest of the wave, socialising every evening with a large circle of friends; if you want to dream dreams and then live them, choose an air temperament. Enjoy the fun and laughter, follow their expressive lifestyle, but don't be surprised when you find they have been unfaithful, or when some of the promises they have made do not come true; what do you want – the dream and/or the reality?

PART EIGHT : - RELATIONSHIPS BETWEEN THE PERSONALITIES AND THE ELEMENTS FIRE MALE – FIRE FEMALE

Alex and Denise, were my neighbours, they were two very dynamic people and their life was never dull. There were always on the go, as well as running a very successful company, they had their fingers in many pies, so to speak. I often heard them shouting at each other, one trying their best to get the upper hand on the other; but even though they went at each other hammer and tongs, they did show each other a great deal of respect and love. Alex often told me, as he pruned the hedge in the back garden, that he felt he should be the boss and not his wife but he and I both know his wife outwardly liked to show that she was the boss.

They worked well as a couple because Alex was firm, he did not let her bully him and she respected his solid nature. She looked up to him and admired him and so enjoyed an adventurous outdoor life.



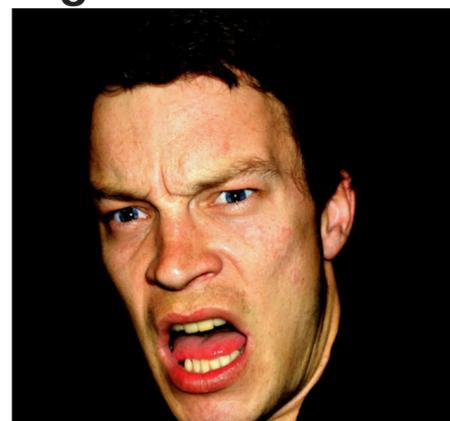
They gelled together, their physical relationship was as important to them as the relationship of their minds.



FIRE MALE – AIR FEMALE

Eddie, was the proud man who captured the heart of the beautiful, elegant (and much admired by his friends) Courtney. Eddie loved to show off his lovely wife, as if she was his prize trophy. Courtney felt loved, cherished and protected by his actions and she loved the good times he gave her.

She especially loved all the clothes and jewelry he bought her, which she took great delight in showing off to all their friends when she met them. He doted on her, whatever she wanted, she got, but he hated it when she questioned his authority, or when someone flirted with her. He employed a cleaner and gardener, so she did not have to do what she called “the dreaded housework”. They were often entertaining their friends and work colleagues and those they met in their high society life style.



FIRE MALE – WATER FEMALE

Dale had more of an introverted nature than it was extroverted, this was why he and his wife Carol seemed to have a good relationship.

Carol ensured that their home was a stable, calm place; where after a hectic, often chaotic day in the office Dale come home to relax. Dale was a risk taker, he ran his own business and often jumped from one crisis to another.

Often, he would bring clients back to the house and he knew that Carol would provide a great dinner and that she would have created an enjoyable atmosphere with everything running in order and on time.



Carol believed in planning; she would have the children in bed, or occupied, so she, her husband and her guests would be surrounded by a calm and happy energy.

Dale loved the fact that she looked after their children well; they always looked clean and smart but at times, he felt as if he was an outsider in his own home. Sometimes he feels that his home is like a hotel.

He hates it when Carol tries to get him to share information about his business, nags him as to what kind of day he has had and when she criticises him for being too much of a daredevil risk taker.

He can't live the peaceful, settled life she wants him to occupy; he has to make money and he is not always able to predict his exact movements, nor run his life to the precise timings that his wife would like him to.



Although Carol does not always agree with her husband, she usually backs down for the sake of peace; she needs his decision making, his protection and the security he offers her.

When time permits they have good times together, but they also have their own interests and friends.



He often meets some of his friends at the weekend for a round of golf, followed by a drink at the golf club afterwards; while Carol is usually around other wives and mothers.



Dale, from time to time, has been attracted to other women but he has taken responsibility for his marriage and he would not like to go down the road of divorce; that would only tell others that he had made a mistake and he did not make mistakes.

He looks to his own inadequacies within the relationship and knows that the grass is not always greener on the other side.

FIRE MALE – EARTH FEMALE

Part of Bert's nature was to be adored, and Stacy adored him right from the start. Stacy could see no flaws in him, she appreciated his strength, but prior to their marriage, it did not really matter to her that she did not understand him. He was taken in by her caring nature, the ways she loved him and her vulnerability.



At first, he had wanted to protect her and be loved by her. Now after four years of marriage, he was nearing leaving her. He had begun to resent her slow, clinging and dependent nature. He hated the way she constantly tried to get him to talk about his emotions, his feelings and why he did not share these with her.

What Stacy did not understand was that while he told her he loved her, it was from a logical and intellectual view point. Stacy wanted him to declare undying love for her, from an emotional state, because this is the only state she knew. Because he expressed his emotions logically, she did not truly believe that her husband loved her. She wanted him to fit into her emotional world. He saw her world as sappy and emotional.

Stacy had become angry with her husband, a feeling she was not comfortable with. She was angry at his constant tirade of telling her to hurry up, to stop questioning him and his demand for sex as and when he wanted.



Stacy wanted the romance, the slow passionate one to one sexual relationship, with the word of love spoken afterwards; not the cold shoulder routine that had come to be the norm.



Nearly every time Bert came home from work, he found to his annoyance, that there would be someone sitting in the kitchen pouring their heart out, while his wife nodded her head to their comments. He often told her she should train to be a counselor and earn a good living from those who took up all her time.



These outsiders drove him mad, he should have her attention, she should have his dinner ready and she should put his needs first.

“Hurry up!” was his constant cry to her. He was nearly always impatient with her, and nowadays he had become sarcastic and cutting, even although he knew his words hurt her, he could not stop himself. The more his wife backed away from him, the more he became angry with her, and the more he picked fights with her.



EARTH MALE – EARTH FEMALE

Many called Glen and Geraldine the Romeo and Juliet couple, together they seemed so close even lost in themselves and each other.



They were often expressing their deep emotions and spent many hours in quiet talking and sharing their emotions and mutual admiration. Glen was very expressive in his exploration of their relationship and it seemed as if together they were creating a new identity through this coming together.

Both Glen and Geraldine had retreated into their new-found relationship and friends and family had been set aside while they developed their understanding of each other. Glen and Geraldine worked well together unlike my other two friends Jim and Shelly.

Jim and Shelly were so alike Glen and Geraldine but the difference was that Jim and Shelly often wrongly assumed what the other was thinking and feeling and believed that they acted as one. This resulted in either one of them, or sometimes both of them waking up to the fact that they are not acting as one and this illusion can be painful. This then, led to them becoming the grieving lovers.

I saw Jim and Shelly often trying to be centre stage, as they told and dwelt on their issues, each one trying to out tell the other.



It took time for Jim and Shelly to develop their relationship but they did work on it as it was important for their love for each other to survive.





Recently I heard that they had both trained as nurses and were headed off to be missionaries in Africa.

EARTH MALE – FIRE FEMALE

Johnny took a long-time wooing, what he believed, was the love of his life. Her name was Lydia, and she worked in the same office as him.

Lydia was becoming fed up of his indecision to take the next step in their so-called relationship and although she did think she loved him, she was just not sure how he felt. Lydia was beginning to become impatient; she was looking for someone that she could look up to and respect.



She did not understand his need to sit in silence and his soft gentle ways and slow thinking, that had now begun to irritate her.

She understood, only to a point, that he was deep; she did not like the fact that he did not talk about his emotions, nor his past relationships.

By nature, she did not see him as strong, nor independent; rather, she wore the trousers in their relationship.

Johnny had, over the months, tried to show Lydia that she would benefit if she tuned into her softer, caring nature more. Lydia saw this a stupid and weak.

This kind of nature did not help her to achieve her everyday goals and she felt that her strengths lay in her ability to express her feelings, even if it was in a dramatic way.

Johnny eventually moved on to someone who could offer their support and who was happy that he was not independent, strong and controlling.

EARTH MALE – WATER FEMALE

“Oh at last,” thought Terry; a woman who was quiet and calm.

He had met Ruby after a very turbulent relationship, where he felt he had been treated in a roughshod way.



Ruby sat and listened to him, she enjoyed his company and his conversation. With Ruby he could speak of his emotional past, and she would help him to explore and discuss his problems, as well as the problems of the world. Ruby was the one person who, he felt sure, he could marry.

He told her of his fears of marriage, he told her of his upbringing and how many of his family and friends were now divorced.

Ruby always gave Terry her full attention, she was genuinely interested and did not need to interrupt him all the time with obvious comments. Rather together they would both feel part of the conversation.



Terry did ask her to marry him and over the forthcoming years she provided him with a stable home, with little drama or disasters. She provided a stable home for him, one with few disasters and crises. She did not 'jolly him along', or expect him to be more cheerful than he felt like being.

During their years together, she provided a practical support for his friends, his family, as well as her own and now their own. Their life was not hugely exciting, but they did have a depth of emotional feelings and a true level of companionship.

EARTH MALE- AIR FEMALE

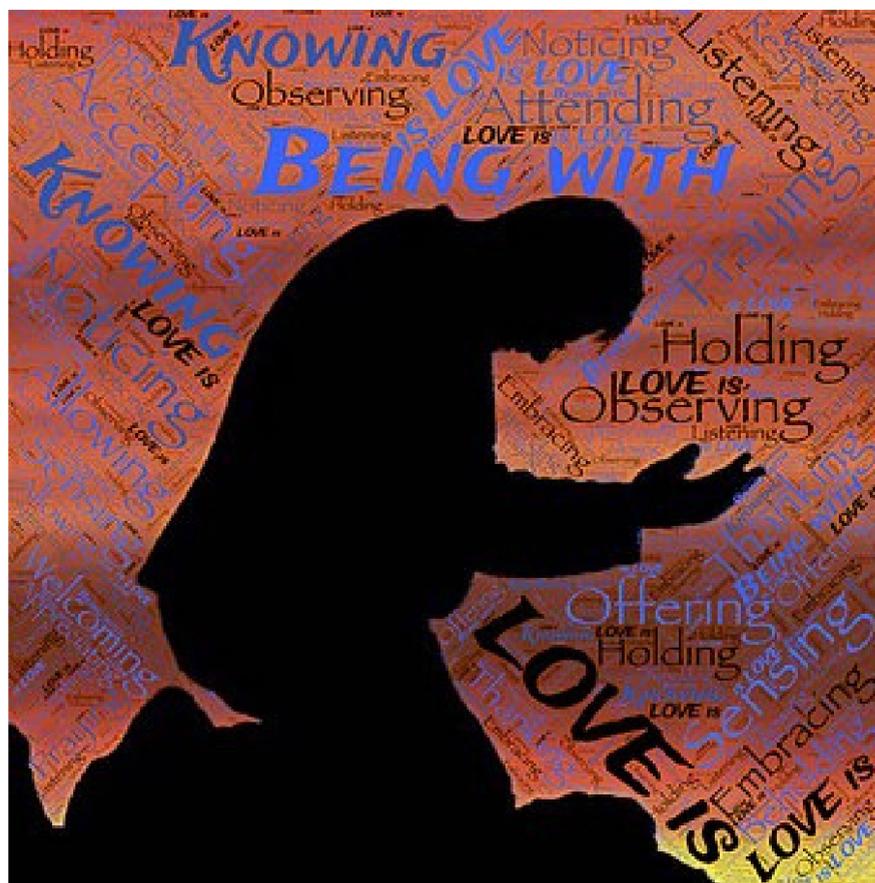
Simon and Patricia were real opposites and they do say that opposites' attract'. Simon was immediately attracted to her extroverted nature and her sense of fun.

He loved how she acted so alive when she was around him and this, in turn, made him feel alive.

She was full of fun and excitement and this energy lifted him out of the moods he often suffered from. He often had quite grave thoughts, feelings of depression even.



Patricia knew she was like a butterfly flitting from one thing to another and she saw Simon as a rock, a stable base, for her emotional roller coaster of an emotional life so far, she was ready to settle down.



They did settle down and slowly they did try and change each other, Patricia tried to bring Simon more into her flighty world of darting here and there, suddenly booking the next holiday and expecting him to drop everything at her new whim.

He tried to curb her spending, her erratic, spontaneous behaviour and they soon began to bicker with each other. "Come on Simon!" she would shout at him, "let's have some fun, you are so stuffy"

More often than not, he wanted to be like her, to be happy, carefree and fun loving, but something stopped him and he did not know what that was.



Simon did not want to lose Patricia, so over the years he tried to jump out of his comfort zone and have fun with her; he told her he was unsure how to be truly happy and carefree and so, although she did not understand this, she began to show him how to simply have fun.

Simon saw her as a free spirit, he thought she lacked emotional depth; but, he began to realise, she did love him, and she began to become wise to his deep concerns about worldly things that were of no concern normally to her.

Patricia had long since learnt not to cheer him up by telling him that everything would be OK, rather she had begun to understand and respect his concerns.



They found a common interest in the arts, she oozed with wonderment at the creativity of the arts, while he analysed the major theories behind the work.

WATER MALE – WATER FEMALE

Kelly knew that most of her friends thought her relationship with Darren was dull and boring, but she knew that that this was just not the case. Although their relationship was probably, on the surface- boring, yet, she stayed due to the quiet nature of their ways, which suited both of them. Other people were sometimes jealous of the way she and Darren just got on with everyday living in their peaceful, tranquil ways, whilst they went through drama, chaos and emotional instabilities.



Both Darren and Kelly knew not to rush things, they had taken their time to build their relationship, placing companionship at the top of their list. Kelly knew that Darren loved her, he knew she loved him, yet they seldom told each other.

They were content in making back handed compliments to each other, rather than openly showing their emotions.

Darren and Kelly were comfortable sitting in silence, while out in a restaurant for dinner, and will tell everyone who asks that they had a wonderful time.



They can be stubborn, they tend to push their problems to the back of their minds and refuse to look at them, as they need peace at any price.

Kelly, more than Darren, hated arguments and, because of this was more prone to allowing their rows to fester, and cause unnecessary pain.



However, both were tolerant and uncritical and so managed to overcome any everyday issues that they incurred.

Arguments for both of them were seen as stupid and a waste of time, although they accepted they did happen from time to time; this couple found it relatively easy to stay together.

WATER MALE – FIRE FEMALE

Taylor was a quiet and placid man; the opposite of Jody who was an outspoken, loud mouth.

She was seen as a controlling wife and strong willed, to the point of ordering her poor husband about.



He was attracted to her initiative and get-up-and-go; while Jody was attracted by his calm nature.

He offered her a haven in her life of high activity and drive. Neither Taylor, nor Jody, wanted to change the other.



She had found a man who let her go out and have her career, her girlfriends and a social life with him and with her friends, all of which she loved. In turn, he had found a woman who brought excitement into his life and offered him the drive he felt he lacked.

They had two children now and he stayed at home looking after the kids and house. Jody always had a cooked meal put down in front of her when she got home, whether she was late or not.

Taylor was laid back, he knew that, if he were to force his wife to change her chaotic life style, her fire would burn out and she would be unhappy. He knew she would not allow him to cramp her style and if he tried to tie her down to a family life, he would eventually drive her away as she would become quickly frustrated and bored.



He had often thought about demanding her to stay at home more, but this always resulted in an aggressive emotional eruption. The way things were, kept them both in their comfort zones.

What Taylor really disliked about Jodie was when she was critical, impatient and demanding. He never knew how to react, when he tried to ignore her, sit quietly and calmly refusing to get into her drama, this attitude seemed only to fuel her anger.



The more he ignored her and did not get drawn into her anger, the more she would scream at him, to get a response.

He had struggled with this for a long time, as this kind of behaviour was foreign to his very nature. Arguing and fighting was so alien to him, he had no fear of becoming involved, even if it resulted in a physical fight; but more importantly, he believed that everything would always work out one way or another. He saw no need for him to get excited by someone's personal drama.

Many people who knew him told him, or said behind his back, that he was hen pecked, bossed around by his wife who was trying to get him to stand up and be a man.

He was aware of this, but he was centred in his belief of character and way of thinking.

WATER MALE – EARTH FEMALE

Victor was seen as solid and stable, he provided emotional stability for Miranda, who he loved with all his heart. It did not bother him that she seemed to wile the hours away; he often came home to no cooked dinner but this did not faze him, he simply ordered a takeaway, or rustled something up for them.



Victor loved the fact that his wife was always helping others; so many people, who really needed help, came to her and she was always first to offer them help.



He too loved helping those in the community and was proud of the way he provided a good home and income, from his job, for his family. Victor had no problem helping his wife with the children, often when he came home from work he would bath his two children, put them to bed and read them a bed-time story. A calm atmosphere and a good routine, makes him feel at peace with the world and is essential to his well-being.

WATER MALE – AIR FEMALE

Norman was a traditionalist and demanded routine. He had made a promise, a long time ago, to remain a bachelor for all his life; but now at the age of forty, he felt his life was rather staid and dull.

HELPING HAND



He was slightly envious of the more of the flamboyant friends he has, in his inner circle, who always seemed to be having exciting times, travelling and leading life to the full. When he first met Jessie, she had been a beacon of fun and light, someone he admired.



Without too much effort on his part he did win her and saw this as a real feather in his cap.

However, having been a confirmed bachelor, he was taking his time to ask her to marry him. He decided to ask Jessie to move into his house first, to see how he would feel living with another person.

Almost immediately, Jessie was taken aback when he asked her to conform and to live by his house rules, this was not easy for her to do.

Soon he sees her flamboyant behaviour as outrageous, and he feels that this behaviour reflects on him and he is embarrassed in front of his friend and work colleagues.

Norman wants to lead a quiet life with Jessie, and suggests that they move to quieter surroundings, perhaps



Jessie is in love with Norman but is now feeling restricted and confined by this, she is now unhappy.

As time moves on, she now sees Norman in a different light she sees him as a boring old stick-in-the-mud, she believes that he is boring and lazy and even accuses him of being stupid. Jessie now begins to behave more and more outrageously to stir him up and bring some fun into their life. Norman tries to persuade her that by accepting a deep inner calm she could learn to find peace and inner happiness.



AIR MALE – AIR FEMALE



Bertie and Jemima were known by most, as high-flying, jet-set, social, beautiful people. Everyone who met them had enormous fun, got involved with exciting, if not somewhat rather irresponsible things. They were the life and soul of any party. Bertie and Jemima were a very interesting, arty couple, and lived an unusual life.

Bertie was always telling of how he had fallen passionately in and out of love many times and Jemima agreed to the same; but told everyone that it was Bertie who was the love of her life, she had never loved anyone as much as him before. They acted like kids, carved their names on trees, and were always planning exciting surprises for each other and told the world they were in love. Bertie knew that Jemima was his soul mate, he planned to marry her as soon as he could, even though they had only known each other a few weeks, he knew she was the one.



Bertie's problem was that he had to find the ultimate wedding venue, maybe it could be some exotic or fantastic venue, or perhaps at the top of a mountain. Wherever it was going to be, it had to be the best of the best for his Jessie.

It was in their second year of marriage that the couple's problems began to occur. The dust had settled and the excitement had worn off. Now, they both began to look around for something new. Bertie was a flirt, he was flamboyant and he loved the girls, he looked outwards, towards a new and exciting young girl, who had been particularly lively and flirtatious at the local bar he often stopped at, for a drink after work.





Jemima began to become suspicious of his behaviour; the new spring in his step, the staying out later and later at night. His inability to tell her exactly where he had been, all became points that aroused her suspicion.

Jemima did not want to lose her husband, she wanted back the fun, exciting times they had spent together.

Although the guy who worked beside her had taken a fancy to her, there was nobody who could match the excitement that she got from her husband. She began to work out a plan; she started to surprise Bertie with various trips, meals out and did her best to create the excitement they once shared.

Jemima's plan began to work and not only did she create new adventures, but she began to tell Bertie how much she loved him. Her hard work began to pay off, and in no time the couple were back to how they had been, flirting with each other and living the high life in a whirlwind of energetic fun-loving antics.

AIR MAN – FIRE WOMAN

Victoria found love and relationships difficult, due to the fact that she always became the one who controlled her partner. So far, the men she had formed relationships with, had buckled down to her and she in turn had become bored, irritated and fed up.



Even though she had always chosen a strong, physically fit, entrepreneurial character, the relationships always seemed to burn out.

Patrick was different, there was an air about him, he was funny, oozed self-confidence and was fun and carefree. However, after seeing each other for a few months, she began to realise that he needed re-assurance and compliments, with positive feedback from her and his friends to fuel his confidence.

Patrick was drawn to Victoria's strength and her confident attitude, which was genuine and not based on the opinions of others.

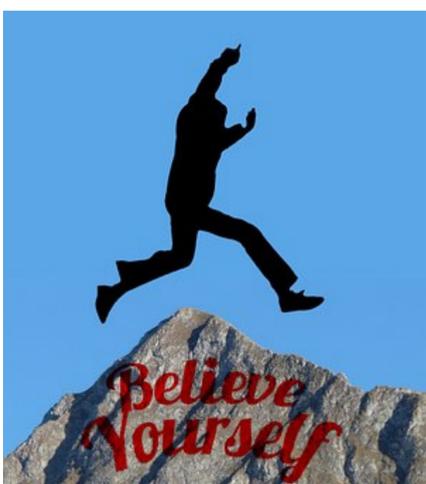
Patrick knew that he would have to work hard to keep Victoria's interest and he knew he had to be different from the other men she had gone out with. He wanted to soften the unfeeling and excessively strong side of her nature and he began to work on that aspect of her being.

For a while Patrick tried to chip away at her hard exterior, he began to take an interest in her work, she was career oriented and obsessed with her day to day office drama.



But his interest in her work was superficial and he began to want to break free from her controlling ways and start a new, fun packed, everyday life. The stability she brought to their relationship no longer interested him.

Victoria began to find his flighty nature unsettling and had come to realise that he lacked depth of character.



She began to realise that her career was much more important to her than her relationship with Patrick and so began to work more and more overtime. Now a gap had appeared in their relationship, which neither Patrick nor Victoria seemed to want to bridge.



Patrick became more and more overwhelmed and intimidated by her strength and success and began to feel his intellectual inadequacy.

Patrick began to realise he had lost his spontaneous, fun loving, everyday life and he decided to look for a woman who would worship him and have fun with him.



Victoria heard, through the grapevine, that Patrick had been seeing another woman and she was outraged. She confronted him, furious that he could do such a thing to her. He tried to explain to her that their relationship had become too heavy, too controlled

and lacked any form of fun loving freedom.

She stormed off, realising that he was far too insecure, not grounded and was not a match for her high flying career and future goals.

AIR MALE – EARTH FEMALE

Opposites attract, and in this relationship, Phil was the outgoing one; he set the pace for the social life he and his wife Julia lived.



Julia was a wonderful, nurturing, traditional home maker but Phil at times found her moods too heavy.

This was when he took off, he loved to roam and have a great, fun time. Intellectual and quick witted, Phil worked in the local accountancy firm.



They lived in a small village, where Julia had been brought up. Before marriage, Phil had lived in the city; but Julia had her own house and she had insisted that, because it was more economic to live in her house in the countryside, he had to move in with her. He had relented and moved to this small village where he had got a job locally but he was now feeling claustrophobic, surrounded by the same faces and same routine day in, day out.

Phil was becoming irritated with Julia and she was beginning to see his flighty nature as irresponsible.

An old flame of Julia's, Mike, was working in the local butcher shop. Mike had served her the other morning when she had gone in for her weekly meat order and she began to wonder why she had not stayed with him. He was so practical and down to earth and he seemed to understand her.



He was her friend, someone she could talk to about her feelings, a friend that she could confide in. He was a shoulder for her to cry on and he always sympathised with what she was experiencing.

Mike still liked Julia, but he knew that they had only ever really shared a platonic relationship; and yet they did get on so well together. It was a real quandary to him, even more, now she was married to Phil.

When Julia asked Phil if he was happy in their relationship, he always told her he was, she accepted his answer, but she was hurting, she was not happy.

Phil, Julia knew, was good looking and she did not trust him one bit.



She believed that if he were to find someone else, it would be her fault, she did not have a high opinion of herself.

Phil was always wanting to go on outings, on holiday, or go out to the pub or other social events.

Deep down, Julia knew she could not keep up with the extrovert, fun loving, side of her husband's nature; she could not just get up and go out on a whim, she had duties to do in the house and garden, she had responsibilities.

Julia was willing to live her life in this unhappy state, but Phil did finally move on; he bought a flat in the city and began his new and exciting city life. Julia stayed in the village she had grown up in, got a job in the local butcher's shop and tended to her home and garden.

AIR MAN – WATER WOMAN

Mark imagined that Gail was the real deal. He liked her steadiness and stability; he was attracted to her nurturing, caring nature, all of which, he felt he lacked.

Mark was happy go lucky and flitted from occupation to occupation. This was an aspect of his nature he was looking to change, so Gail gave him the opportunity to make these changes.



Their relationship worked well for a time, but slowly, he began to revert back to his restless ways, he wanted new activities, he wanted change and variety, whereas Gail was staid in her ways and did not want change at all, she could not keep up with him.

Phil wanted to go out socialising, while she wanted to stay at home with him, cook them a good meal and sit comfortably together. On the occasions she had gone out with Phil, he was the life and soul of the party and she felt like a wallflower, pushed into the background.



Over the years, she had tried her best to please Phil. She had moved house on one of his whims, she had travelled with him to far flung places, she had entertained his social friends; but somewhere, she felt she had lost herself.

Phil had begun to find her tedious and had become frustrated that no matter what he did, she still spoiled his fun.

He loved Gail but now after four years, he was restless; he needed to get out of their relationship, but at the same time he wanted to stay with Gail. He wanted to live a separate life and yet remain in the one he already had. He, decided to tell her that he wanted out; wanted new and exciting things in his life and someone at his side who would understand him and share his adventures.

He insisted that his need for freedom did not threaten their relationship, he loved her.

Gail recognised this as the truth and decided to ride out the storm, she would tolerate this situation for the time being.

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