

# THE WAYS OF THE SELF

About the ways of the Self and about the personal development of the I, in terms of Psychosynthesis symbology and theory.

1. The Way of Love



The Self



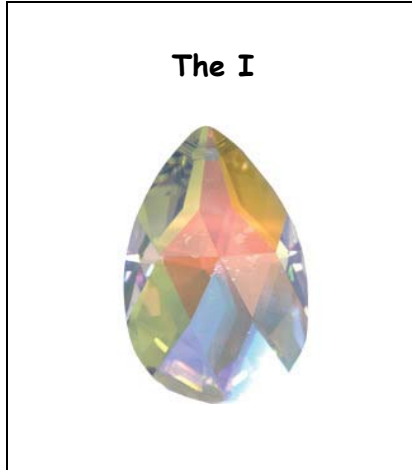
7. The Way of Ritual



2. The Way of Action



The I



6. The Way of Will



3. The Way of Devotion



4. The Way of Beauty



5. The Way of Science



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## 1. The Psychosynthesis model of our psyche

**Psychosynthesis** is a *trans*-personal psychology. It attempts to describe *both* our "normal" psyche *and* our spiritual existence, which is viewed as being *beyond* (trans-) the individual, the personal.

**The I:** an unchanging center in our personality. A center of awareness and will. A "clear space" where I see in awareness and where I can utilize my sub-personalities. (Symbolized by the midpoint in "Assagioli's Egg" below.)

**The Self:** Our spiritual I, transcending the personality. (Symbolized by the light at the top of "Assagioli's Egg" below.) From the viewpoint of the Self, the I is a *reflection* of the Self in the realm of the personality.



Or, using another symbolism, **the I** is a prism diffracting the white spiritual light from **the Self** into many multi-colored light rays - the different expressions of the personality of the Knowledge and the Will of **the Self**. These expressions can be positive and constructive but can also be distorted and destructive.

This paper is about The Ways of the Self: the seven main types of Self-actualization as they are described in Psychosynthesis (ref. Piero Ferrucci, *Inevitable Grace*, 1990, ISBN 1-85274-064-7.)



The word "Self-actualization" shall be interpreted literally: it is not about the longing of the I to reach the level of the Self, it is the Self reaching down, *exerting Its Will, pulling us towards our Self*.

The seven different personality types connected to these Ways are also described, with constructive / destructive aspects, with the "Psychosynthetic Lesson" each personality type may have to discover and may have to work with.

The description of the personality types does not imply that we always belong to *one* of these types, rather a typical personality is *a combination of several different types*, that may be represented more and less in different subpersonalities, or mixed to some proportion in our basic personality.

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The personality type *in most cases* leads a person in selecting the corresponding Way for him/herself, but *sometimes it may not be so*. Especially when a person's basic personality is a mix of several personality types, or when one subpersonality has become dominant over others, that in reality may have a stronger connection to the person's Way.

In cases like this it may require a person to discover this and to consciously try to find his or her Way, or else it will surface later, in the form of an existential life crisis. The "Psychosynthetic Lesson" in this case becomes to activate and to develop the suppressed aspects of one's basic personality that are important for and are connected to one's Way.

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The personality typology in this paper has couplings to another typology used at PsykosyntesForum: **Elementity** (search for this term on the site). At the end of this paper, these couplings are described, and the corresponding Elementity types are listed.

## 2. The Way of Love:



Persons on this Way may during certain periods of their lives focus on Love, during other periods on Enlightenment. The archetypal energies Love and Will balance each other like this in this Way, in others this happens in other ways.

Love is experienced as the energy of Unity and Kinship. The ultimate goal of Love is to continually expand towards complete unity and altruism.

Less or less focus on oneself as a person, more and more a "calling", becoming attracted towards group consciousness, towards a collective consciousness.

**Expression:** servicing, healing.

One of the more obvious examples of The Energy of Love is Jesus, one of the examples of the Energy of Enlightenment is Buddha. Both seem though have been striving towards the same goal, the unity of all human beings.

Self-actualization is reached through Spiritual Love. Experiencing God in all expressions of Love. Seeing God in nature, seeing God in every fellow human being. Striving to include all living creatures in one single Unity. The expression of Love continually develops towards unconditional loving kindness, gentleness and wisdom. What starts as *expressing* Love, finally becomes *being* Love. Compassion, the experience of being united with the fellow human being. The relation becomes important not because of the needs of the ego, but because of *the healing power of the relationship*.

The traditional techniques for trying to reach Enlightenment on the Way of Love is meditation and contemplation. The goal of these techniques is to open the heart, to awake the longing for servicing and healing, learning to recognize authentic Love.

This goal has been expressed in different ways in different religions and schools of thought: Jesus - "I am the Way", in Buddhism - the Bodhisava. In Psychosynthesis - striving for identifying with one's Self, as God's tool in our relations with our fellow man and in our servicing, in our live assignment to heal.

**Exercise, pairing up with a partner:** Close your eyes. Remember a time when you felt loved, accepted and seen. Then, leave this inner image, but remain in the feeling. Direct this feeling towards a part of yourself that you like. Then, direct this feeling towards a part of yourself that you dislike. Expand the feeling of love, acceptance and presence towards a person you like. Now expand the feeling to include a person you dislike, or have difficulties with. Expand the feeling even more, including your county, then your country. Then the whole world. Then the entire universe. Let Love flow through you, open your eyes and let Love flow towards your partner. Take his/her hands and let Love flow through your hands.

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## The Love Personality Type:

(Note: From now on the masculine gender he/him, etc will be used. This does not have anything to do with values, it will be done in order to increase readability.)



"The Love Type" is primarily motivated by the nature of love, expressed introvertly or extrovertly. Relationships are important. The introvert Love Type focuses on his *own* reactions, emotions and thoughts in relation to others. The extrovert Love Type focuses on the *outside world*. Becoming acknowledged, being in contact, getting appreciation. Or having a relation with things / areas, becoming emotionally attached to them.

The Love type can become too attached to persons or objects. There is an emotional focus on including, enclosing, belonging. To belong oneself, to include everyone else. Fear for separations. "I love you!" *can* covertly imply "Love me!"

The Love type is often "magnetic", people are attracted to him. He can activate fear in others for becoming isolated.

Very sensitive for what other people feel, sometimes too sensitive. Very developed ability for intuitively knowing what is going on around him, which can make him lose focus on who he is himself - *fuzzy boundaries*.

Typical choices of work areas: helping professions - nurse, therapist, counselor, etc.

The *Mental* Love Type loves knowledge, loves buying books (without necessarily reading them), loves information. Strives for acquiring and including *all* aspects of a problem - may get into difficulties to ever coming to a decision. There are *always more things* one needs to learn before one can allow oneself to do what one longs for. The Mental Love type can paralyze himself with his "will energy".

Love, as the archetypal energy it is, needs thus not necessarily be expressed emotionally - it can be experienced and be expressed solely in mental or physical ways. The common denominator is *inclusion*, which can become a pitfall both emotionally, mentally and/or physically.

The Love type as helper can have difficulties in distinguishing between all the information he gets from the person he wants to help, and "the main thread", can have difficulties in establishing a healthy distance to the person and his/her life story.

The Love type as the helped can be subconsciously driven by his wish to make the helper satisfied, by getting one great insight after another, but at the same time subconsciously avoiding to understand what these insights might imply in real life.

**Psychosynthetic lesson:** finding the balance between the dominating energy Love and the counterweight energy Will. This can be achieved by a cultivation of the expression of Love, through discipline and the ability to discriminate.

## 3. The Way of Action.



The stonemason can see his work as

- 1) I am chipping stone all day long...
- 2) I am making a living.
- 3) I am participating in building a cathedral.

Self-actualization through action.

This action can be every-day activities, but these are done with full awareness, with 100% focus, with love and a constant awareness of the ultimate and highest goal.

Surrendering to Love of the fellow man in action, by instantly and without any doubt meeting the needs of one's fellow man.

Persons on this Way are often of humble nature, often occupy themselves in every-day activities, in the background. They are not emotionally attached to any specific result, Love is expressed in the action by itself. Some of these are well-known, like Mother Theresa, Albert Schweitzer, Florence Nightingale.

In the East this Way is called Karma Yoga.

Persons on the Way of Love and on the Way of Action can come into conflict when and if they attempt finding a way of expressing their love and compassion together, as they lack a common language for this.

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## The man/woman of action, the Action personality type



### **Strengths and qualities:**

Things get done. Direct and clear messages. Leadership, ability to assign work. Unselfish. Unsentimental but caring. Efficient. *Skilled Will*.

### **Potential weaknesses and distortions:**

Can create a mess. Risks making mistakes, hurting others. Can go into the role of "the rescuer" and thereby taking on a too large responsibility. Can get lost in details.

The Action type does not dwell in his emotions much. Trustworthy, self-sufficient. Competent, sometimes to a level of mastery, rational, creative.

Can become tense, impatient. Can be narrow-minded, dislikes psychologizing, uninterested in philosophical aspects. Blind for esthetical values. Can sometimes "do too much" just to *show* his competence. Can hold on to responsibilities, instead of delegating them to others. Can interfere in an insensitive way. Can become excessively attached to visible and clear results.

### **Psychosynthetic lesson:**

More reflection on intention, on why something needs to be done. To try to integrate more Love, in order to balance the energy of Will. Reflection on one's own motives. Learning to understand the other personality types and their corresponding Ways. Learning how to give without self-sacrifice. Developing qualities of the other personality types, like music, art, sensing the fragrance of roses, learning to listen, learning the Art of Relaxation. Developing an ability to the Holy in seemingly trivial every-day activities, finding an inner sense of The Whole.

## 4. The Way of Devotion



We are all devoted to something. It may be God, but it can also be the body, sports results, art, one's partner, ...

A *spiritual* devotion implies a total focus on seeking God. The quality is fire, passion, "the burning heart". Strong emotions, a longing for ecstasy.

Key words are surrender, letting go, trust. "*Not my will be done, but Thine.*"

Surrendering is of course a theme in all the Ways, but here it is central and exists as a recurring theme.

Being as a child, that can throw himself from a high wall, in complete trust that his father or mother will catch him.

Sometimes a very sensual, even sexual, experience. Has sometimes been called "The Divine Marriage". A pronounced emotionally laden Way, spiritual experiences often trigger crying, laughter, ecstasy. Experiencing being embedded in The White Light.

A non-rational Way, in contrast to Enlightenment in the Way of Love. Giving oneself in one's Devotion without expecting anything back. Being trusting, being loyal.

The most prominent technique is prayer. Being in direct contact with one's longing for God, with the suffering of being separated from God. Striving for inner cleansing, towards the pure and uncluttered.

Having a distance to worldly things, which sometimes can become the distorted expression of mistreating one's body.

### Exercise:

What makes your heart sing? Hold onto this. Imagine being on a shore, just before dawn. Swim out in the warm water, into the reflections of the rising sun. Swim into the light of the sun, become One with the Sun. ... After having immersed, being there, return to the beach. Sit there, rest and reflect.

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## The Idealist, The Idealistic personality type:



### Positive qualities:

Personal depth, honesty, committed. Brave, generous. Clear inner values. A sense of intuitive knowledge. Innocent purity, like a child. Emotional intensity. Sensitive to the inner qualities of others. Experiences direct communication with God, even being angry at Him. Has a living, active, love relationship with God.

**Typical profession:** Monks, nuns, some politicians, environmental activist.

### Distortions:

The uninvited missionary, "This Is The Truth".

Lack of respect for others, judgmental, can become aggressive.

Passionate devoted love can turn into passionate devoted *hate*.

Can experience the body as an obstacle to the passion of devotion - this can lead to mistreatment of the body, or exposing oneself to excessive discipline (fasting, too little sleep, daily purging of the intestines, etc.)

Lack of a sense of humor - "this is of an *ultimate* importance". Excessive honesty, no healthy self-consciousness. Can lose one's sense of proportions, becoming narrow-minded. Can tend to exclude others, separating oneself from the "enemies" of the Cause. The tyranny of idealism, fanaticism.

### Psychosynthetic lesson:

Dis-identification. Developing a sense of humor. Developing one's understanding and acceptance for the Ways of other people. Developing the ability of including others, creating an atmosphere of togetherness. Developing one's sense of proportions.

Cultivating and balancing the energy of devotion with other qualities as mental clarity, practical skills, Skilful Will.

## 5. The Way of Beauty



A developed ability to experience, to see Beauty in even the seemingly ugly or in every-day things. Creative vision. A forgiving state of mind. An ability to what is, seeing the inner essence. Able to see beyond the established norm of what is considered beautiful, beyond fashion.

The ability to see beauty "unfold" when looking at something long enough: external beauty - inner beauty - archetypal beauty - the Divine, the Source of Beauty.

*"When the Universe is in harmony with man ... we know the eternal as the Truth and we experience it as Beauty." (R.Tagore and A. Einstein, 1930.)*

### **The creative / artistic personality type:**

Sensitive, emotional, a state of mind often swinging between extremes: pain - ecstasy. Intensity, cannot see any "middle road". Often turns everything into "art", even every-day duties as cooking, putting one's clothes on, sex, gardening. Can be intuitive, has an ability of sensing hidden messages or implicit meanings of things.

Modus Operandi: Functions best when Life is experienced as a struggle - "The Drama King/Queen", is drawn to Suffering, which is experienced as ennobling. Strives for harmony, *but through conflict*. The overt Conflict type can even wallow in the ugly, the painful, in order to strengthen the polarity between the ugly / vulgar and the beautiful / harmonious. Can have mano-depressive traits.

Or, can also be of the type "Harmony at any cost". Wants to see *only* the beautiful in everything, and when he thinks that he has achieved this, he wants to be left alone - "don't rock the boat!". Can be scared of the ugly, the vulgar, the crude, the Shadow, wanting to suppress it from consciousness. "Positive Thinking" can turn into "Positive Stinking". Wants to see meaning in *everything*. Emotionally attached to form.

Emotional aspect: attracted by the dramatic, which can be a defense towards real pain.

Mental aspect: Can become stuck in decision-making, in eternal polarities, everything is either - or. Can suffer from a lack of discipline, can lack practical skills.

**Psychosynthetic lesson:** Integration. Staying at the same spot long enough in order to perceive reality. Developing purposeful action, more goal-oriented and persevering. Finding a sense of unattachment to form, learning to "float over the battle field", learning to dis-identify from dominating subpersonalities. Developing a sense of humor.

Learning to leave the level either-or (where the only possible "solution" is compromise, which for this personality type leads to boredom), and instead finding the level "above": the synthesis, the integration.

## 6. The Way of Science



The Way of Rational Thought, using mental skills to transcend towards Knowledge. Prepared to watch, study, reflect long enough in order to see deeper and deeper: matter - the laws of nature - inherent intelligence - "the cosmic blueprint" - the Thought of God:

"Not my thought, but Thine Thought."

Constantly having hypotheses, but also constantly being prepared to abandon these for a new paradigm. Loyal towards the real, humble. Exposes large courage during periods of disbelief and unacceptance from society. Honesty. Always strives to sort out the relevant. Feels awe for the inner beauty of the laws of nature.

Total concentration, sometimes bordering to meditative devotion. Disciplined, structured, systematic, objective, intellectually honest, focused. At the same time open to new structures, never limited by conventions. Can experience mayor scientific discoveries as "peak experiences", almost as if they were of spiritual nature.

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## The Scientific personality type:



**Main motivation factor:** Thirsts for knowledge about the external reality.

**Typical professions:** Instructor / tutor. Surgeon, engineer, science journalist, researcher.

**Personal traits:** Intelligent, curious. Wants to know without necessarily having focus on practical applications. Love is more often directed towards objects, rather than towards persons. Thinking is not tiring, rather it gives energy. Can even be seen as manic. Orderly, structured, good at higher-level system analysis.

Sometimes lacking in social skills, can be clumsy/insensitive in relationships. Can be experienced as cold or detached from one's emotions or having a shallow emotional inner life.

Can get lost in details, "lose the main thread". An over-identification with concrete thinking can limit the development of intuitive thinking. Can "clash" with pronounced Love types, as their mutual inner maps of reality do not have any overlap whatsoever.

Can lose contact with the purpose, with the deeper meaning, of what he is working with and thereby using his creative abilities for totally destructive work as weapon development, developing new torture methods, methods for genocide.

### **Psychosynthetic lesson:**

Developing balance between brain and heart. Finding an inner acceptance of the Implicit Mystery of Life (which science in itself will never be able to explain). Developing intuition, primarily on the emotional level. Learning to handle one's anger, allowing oneself to be unreasonable, unrealistic, incomprehensible, developing one's "animal" side. Developing better contact with one's body.

## 7. The Way of the Will



**Archetypes:** The Hero, The Heroine. Confronts and transcends the ultimate fear, the fear of death. Risks his life for a Higher Purpose (although without masochistic self-sacrifice).

The fear of death can be symbolic, when it resides on the level of subpersonalities (the fear that something has to die within oneself). Accepting physical pain.

Transcending the level of personality, committing oneself for a Higher Purpose and daring to face the consequences. Striving to *be* Will, rather than expressing it.

Acting outwardly, daring to take risks, daring to be one's Best Me. Purified simplicity, get one's power from the total focus on the Goal, acting directly and purposefully, with an intuitive feeling of Rightness.

Acting self-sufficiently, also when one belongs to a group of people. (The Hero is supported in an optimal way if most members of the group are on the way of Love.)

Self-actualization through *being* Will.

### The Will type:

May resemble the Organizer (see below), but here the inner motivating factor is not order but Influence, Power.

Ledare, personer i maktställning. Kan vara skrupelfri, tävlingsinriktad. Trivs i den materiella världen, men låter inte materien stoppa sig utan skär igenom om nödvändigt. Detta kan leda till misskötsel av kroppen, exempelvis maratonlöpare.

Leaders, persons in power. Can be unscrupulous, competitive.

Prefers to act by himself. Does not necessarily strive for including others or to organize others in order to reach a common goal. Acting alone is perceived as a way of avoiding unnecessary obstacles.

Tends to suppress emotions, that are felt to be obstacles on the path towards the Goal. Can become impatient with emotions of others.

Has a mental skill of "cutting way through the bushes". *Is* able to see the forest for all the trees. Can also become narrow-minded, can tend to see just *one* solution, becoming emotionally attached to it.

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When the Will type is confronted with a seemingly unsolvable problem, even if this is a relationship problem or an emotional problem, the typical reaction is "this has to be solved!", and energy is focused on finding new methods, new tools for "fixing" the problem.

The Will type can be intuitive, but then mostly on a general level, globally, on a national level, more seldom on the level of an individual person.

Can abuse power by controlling or manipulating others. The fear behind this is impotency, losing control. Control of others, of one's own emotions, of the therapist...

### **Psychosynthetic lesson:**

Developing *Good Will*, the energy of the heart. "Not my will be done, but Thine."

Developing one's ability to trust, so that one can let go.

Developing compassion and understanding.

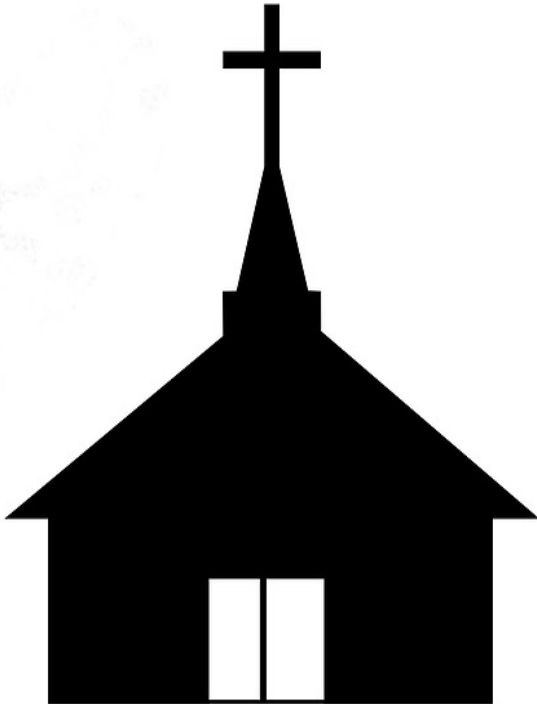
Developing relating skills, allowing oneself to really *feel* that one *needs love*.

Learning to co-operate with others.

Learning to dis-identify from the *Goal*, the *Cause*, discovering other aspects of life, like enjoying the fragrance of roses...

Learning to distinguish between what must be released, destroyed, left to others and what must be kept, nourished, developed or transformed.

## 8. The Way of Ritual



Uniting matter and spirit. To build in matter, creating form, in order to awaken and contain the spiritual. Using matter in order to transcend matter.

Ritual = form with rhythm.

Through form building bridges, by the creation of rituals that reunite us with the spiritual. Building bridges between Earth and Heaven.

The ritual can be a dance, through which our body becomes a vehicle bringing us to the Divine. Ultimately, the body can transcend itself and become Divine energy, *embodying* Spirit.

To strive for the Ideal Relationship, the Ideal Structure.

### Examples:

UN is an organizational form that holds diversity together in order to create unity, by building bridges, by attempting to create Ideal Relations between nations.

We have seen how new nations have been created, with new rituals, new forms, new symbols, how new vehicles for becoming united are created.

The Japanese tea ceremony.

The cathedral, the church: divinely inspired architecture.

### Distorsions:

Nazism, Ku Klux Klan. Distortions are often characterized by how *inclusion* is replaced by *exclusion*, through using ritual, form, to create an excluding group, that projects its Shadow onto "the others".

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## The organizer, the Organizing personality type:



Strives to create *form* that shall lead to fulfilling the intended *purpose*, by getting different parts, different persons to interact via Ideal Relations, in a systematic order.

He has a ritual style, is attracted to form, systems, order. He is often a "starter", becomes bored if forced to execute and follow up an action plan, or to maintain systems, to just manage an organization. Can become prisoner in his own systems, can lose contact with its purpose - the bureaucrat. Can also be creative, releasing locked energies, making people more free to pursue their tasks more efficiently.

He is at best just and fair, follows the same rules for all. When the system, the ritual, works well, emotions will not constitute obstacles.

He can also lose contact with that everything really is about human beings, and the organization, the ritual as a tool, becomes more important than the people it serves.

The key on this Way is thus always to remember that the systems, the organizations, the rituals are *tools* for service.

### Psychosynthetic lesson:

To continually reconnect with the goal, the intended purpose. Learning to cope with temporary chaos. Developing Good Will.

### Group exercise:

Each one brings an object, serving as a symbol. Sit on the floor in a circle, hold each others' hands for a minute or so. Each person shows his/her object and tells the others what it symbolizes, and then puts it down inside the circle. When everybody has done this, everybody is now allowed, showing care and respect, to move any of the objects around, until Ideal Relations, an Ideal Order has been created. When this feels ready, affirm this by holding each others' hands again, in silence.

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## 9. Coupling to other personality typologies

The following table describes the couplings between different personality typologies and the different personality types on the Ways of the Self.

Generalizing				
	FJ Feeling Judging	NP Intuitive Perception		TJ Thinking Judging
Associating				
		SP Sensing Perception		
Specifying				

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The table is subdivided in accordance to the personality aspects defined by Carl Gustaf Jung (the **Jungian psychology**). Yellow fields stand for **Extrovert**, blue for **Introvert**. The other subdivision is after the psychological functions **Think/Feel, Sense/Intuit, Perceive/Judge**.

The personality types according to **Elementity** (that builds entirely on the Jungian psychology) are noted in each box, with the symbols

## EARTH



- |  |
|--|
| <ul style="list-style-type: none"><li>+ The Analytical Thinker. "Terra Firma", the stable ground base. Predictable, nourishing, works patiently and persistently, structured, methodical, calm, self-confident.</li><li>- Rigid, stubborn, can be a bit dull, preoccupied with details, nitpicker.</li></ul> |
|--|

## WATER



- |   |
|---|
| <ul style="list-style-type: none"><li>+ Vital, patient, welcomes change if it is planned, harmonious, creates balance, problem solver, team player.</li><li>- Identifies with others, has difficulties saying no, wants to please, oversensitive.</li></ul> |
|---|

## WIND



- |  |
|--|
| <ul style="list-style-type: none"><li>+ Spontaneous, vigorously energetic, active, tackles obstacles, influences others, observant.</li><li>- Restless, unpredictable, impulsive, hard to get to know, easily bored.</li></ul> |
|--|

## FIRE



- |  |
|--|
| <ul style="list-style-type: none"><li>+ Arouses enthusiasm in others, intense, passionate, goal focussed, daring.</li><li>- Impatient, can bully others, uncontrolled, insensitive, quarrelsome.</li></ul> |
|--|

The outer rim of the table describes the main thought frames, according to the psychological theory in **NLP (Neuro-Linguistic Programming)**:  
**Generalizing / Specifying** and **Associated / Dissociated**.

(For more information, see the paper *Elementity*, on the corresponding page on the PsykosyntesForum site.

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The picture indicates some things about the different personality types on the Way of the Self:

1. **The Love Type** is a marked Feeling Judger, but can be found both amongst the Introvert and the Extrovert. The thought frame is mostly Associated: the Love Type becomes engulfed, engaged, involved, present in what happens. The dominating element is **Water**.
2. **The Action Type** can be found both amongst the Introvert and the Extrovert, but is more a Thinker than a Feeler. The Introvert Action Type is the Problem Solver, dominated by the element **Earth**, the Extrovert Action Type is the "Action Hero", dominated by **Wind**.
3. **The Idealist** can be found amongst Introvert, Intuitive and Feeling persons, mainly those with the element **Fire-Water**. Has a Generalizing thought frame, can interpret intuitively an implicit meaning of things, without taking specific details into account.
4. **The Beauty Type** can be found both amongst the Introvert and the Extrovert, and is Perceiving and Feeling. The thought frame is Associated and Specifying: get fully involved in what he takes in, takes everything in. Dominated by **Wind**.
5. The Scientific Type is mostly Introvert, a Thinker and an Observer. Dissociated thought frame: stands on the outside, remaining objective. The practical Scientific Type is mostly **Wind-Earth**, the more theoretically inclined is often **Fire-Earth**.
6. **The Will Type** is markedly Extrovert and Intuitive, but can be both Thinking or Feeling and both Perceiving or Judging. The thought frame is in most cases Generalizing: sees the whole picture, does not care much about the details. The dominating element is **Fire**.
7. **The Organizer** is a marked Thinking Judger, found amongst both Introvert and Extrovert. Has a very Dissociated thought frame: looks at things from above. The dominant element is **Earth**.

A warning: if you find yourself having a personality closely matching one of the above, this *may* mean that your Way corresponds to it, but your personality type may also be a result of cultural conditioning, or conditioning during your upbringing, and *your Way may be one that differs completely from how you identify yourself just now.*