



Life Mastery Training Three How to Work with Clients in Defense

Identifying the Rule Keeper/ Knowledgeable Achiever

Presenting Complaint: A limited ability to feel and connect to others is usually at the root of their therapy. Though they do not feel that they have done anything wrong in living their life the way they have, they are getting a sense that something is missing in life and wonder why they cannot establish deep loving relationships, or they begin to question why they find nothing wrong with functional rather than passionate relationships with their partner.

Eye Contact: In defense they will look you in the eyes and you can see that they are assessing you and judging and processing the things you say and do. They see your actions and words but not your individual self. When you speak to them about new ideas you may meet their wall of skepticism or a polite waiting for you to finish so they can tell/share their own thoughts on the matter.

Body Observations: Usually fit and evenly proportioned and attractive. Good posture, well groomed. Usually strong and athletic, but having tight muscles especially in the will centers in the back. The lower back is often the weak link since they hold back on 2nd chakra emotions, and run most of their will power from their adrenals in the 3rd chakra. This tightens the lower back and psoas muscle running down the legs. They are often well grounded with good balance. Can do bio-energetics all day with no emotional results if they treat them as exercises.

Energy Observations: Even though they tend to have broad strong chests you will feel a fear of intimacy and a tender heart hiding behind a wall of protection and firm attitudes.

Personality in defense: Rule Keeper. Independent to a fault. Pride is their downfall. "I'm OK, I don't need anything or anybody" is their lie to protect a delicate heart. They are split between sex and love, rarely bringing both into the same relationship. Often took over at a very young age in their households that had a poor me or alcoholic parent that was a "mess" organizationally and emotionally. Or they had a very rigid parent that demanded perfection but whatever they did "could have been better." The vow in the 2nd chakra is to never be a mess emotionally; they distrust all poor me's, or want to save them, and choose to be an adult with no needs. Often their home is very structured and limited emotionally but they will get very drunk or have affairs outside the home to move the stifled passion. They vow to be perfect in the 3rd chakra and close the personal needs of their heart so they can work longer and harder achieving their goal through the use of their iron will. They took on adult roles very young or went into competitive sports or competitive classes and grades in school. But the truth is that the child still longs to be held and allowed to rest and wants to put down the relentless inner judge that drives them and keeps them feeling like life and success and happiness are just around the corner. They can never give up control, and are always right since they have looked at every angle and figured it out when others didn't. Very analytical and scientific, they do not trust emotions or intuitive hunches in themselves or others, or have a spiritual mask and use their knowledge to of spirit to belittle or be above others.

Personality out of defense: Knowledgeable Achiever. The shift comes once they connect their 2nd chakra (feelings and passion) with their 4th chakra love and tenderness, giving them both equal say in their life choices. They expand their ability to see the big picture materially to the big picture spiritually. Their personal goal achievement drive shifts into mastery where living in the moment is the goalless goal. They then see themselves and others as souls with a purpose rather than just bodies with a job. They discover that the most important information comes from their heart when it is in its most vulnerable state of openness. They transform their will power into passion and enthusiasm and see relationships as the greatest guide to their ultimate success.



Working with the Rule Keeper/ Knowledgeable Achiever

The Rule Keeper/Knowledgeable Achiever will rarely come in for therapy because they are generally successful in the work arena, maintain functional and appropriate long term relationships and are generally attractive and are accepted by the world for what they look like and what they do. When they enter the therapeutic or spiritual school environment they often have an agenda to achieve some kind of knowledge or to enhance what they already know, improve their business, or to "self" improve through adding more skills to their impressive list already. This is their defense against real change. Once the work strays too far from their comfort zone they reject it as flawed and return to what they know to be true. They have built their persona on their accomplishments and will want to be treated as an authority and never a beginner. It was never safe for them to not know something as a child so they make it their business to be knowledgeable.

The goal with the Rule Keeper/ Knowledgeable Achiever is to let them tell their story and acknowledge their achievements. They will want to engage strictly at the level of the mind and action plans, so once a trust is built the therapist must focus almost solely on getting them to feel. First feel their body, then feel the other chakra levels giving those levels a voice. Learning to trust their own feelings, especially when a feeling seems to go against their will or mind is a difficult transition point for them and will cause a collapse of their inner order. Be prepared for them to panic and fall apart as they discover internally that control is just a thought in their head and does not exist in this universe. Expect them to revert back to rigid internal control over and over to try to protect themselves. Learning to trust their feelings takes time but once they begin to see the goal of being more open and relaxed, then that can be their mastery. Primary chakras to work with are 2, 4, and 7.

Exercises: Bio-energetics work well but stick to the more subtle exercises. Forward flop, Bow, and random movement where they cannot repeat any motions and must let the impulse move them are key.

Exercise: They will tell you they do not get angry, just frustrated. They need to see that the way they treat themselves internally when they are not perfect is a violent attack that must be allowed external voice. Have them hit and scream, and scream in the car. They are definitely "fake it till you make it" types and it can take a long time to crack the armor. Encourage them to get a punching bag and use it often.

Exercise: Teach the client to meditate but not mental, just totally focused on following feelings through their body.

Exercise: Do some lower-self work with the client. They have huge shadows. Doing the Debbie Ford Bus Tip 100 times is a good start.