

Real Enlightenment Inside Out

The Fight of Your Life



Dexter Godbey
Power of Temperaments

Real Enlightenment Inside Out

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Dexter Godbey

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Preface

Your Temperament Type

If you don't already know your Dominant Temperament Type, please find out before reading this eBook. It's simple and FREE.

Follow the link below to the Power of Temperaments "Temperament/Personality Test."

There are only 17 questions. Answer quickly. Don't over-analyze. Use your gut feel and instincts. Answer as if you're 10 years old.

The Test will take you about a minute. You will instantly get a short, quick Summary of your Temperament Type at the bottom of the test page.

If you want a complete, detailed analysis (**HIGHLY RECOMMENDED**), fill out the form below your Summary, and we'll send you your personalized Detailed Analysis.

Everything in this eBook will make more sense if you've been introduced to your Dominant Temperament Type.

www.PowerOfTemperaments.com/test-3

Power Of Temperaments Community

As you know this eBook is being given away FREE exclusively to new Members of our Power of Temperament Community. That's why you have it.

I invite you to speak up in the Community. At least ask any questions you might have about the contents of the book. Hopefully, you'll also engage in letting me and other Members support and help you with any of your personal Life Issues. The more interaction, the better it will be for everyone.

Thanks for joining the Community. I look forward to getting to know you.

www.Facebook.com/groups/poweroftemperamentscommunitygroup

Best,

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Real Enlightenment Inside Out

The Fight Of Your Life

If There Were No Illusion...

Buddhist saying:

“If there were no illusion, there would be no Enlightenment.”

In my decades doing Temperament work with people, business, organizations, athletes, teams, coaches, and others, I’ve always said:

“If you knew, remembered, and stayed in integrity, alignment, and harmony with your Temperament – your Innate, Natural, ‘True Self,’ then you wouldn’t need Enlightenment. You’re already Enlightened. You just need to rediscover, renew, and relight your Enlightenment.”

When you’re born, you’re fully Enlightened.

You’re completely innocent. And whole. Your mind, body, heart, soul, and spirit are all intact and as perfect as nature itself.

In that perfection and innocence, you’re “Enlightened.” From your first breath, you’re Enlightened.

The problem is that you never knew that. What do you expect? You were a newborn. Plus, over time, you covered up, over-rode, or lost touch with your Nature. With your True Self. With your Enlightened Self. With your Temperament.

How You Lose Touch With Your True Self

How could you lose touch with your True Self? Your Nature? How could that happen? Why would that happen?

Don't be alarmed. It's not your fault. In my experience, just about everyone losses touch with their True Self to one extent or another. Most to a huge extent.

Domestication

It's because you get "domesticated." (I'm borrowing the term "domesticated" in this context from Don Miguel Ruiz' powerful book, "*The Four Agreements.*")

Think of a pet dog. Its nature is to bark and go on high alert when your doorbell rings. Its nature is to protect you – its pack.

But the barking and running around is obnoxious to you. So, you train your dog, or "domesticate" it, to be calmer, not bark, and not run all over the place just because the doorbell rings. That's domestication.



1We use rewards and punishments to domesticate our dogs and our children.

The dog's nature is to take off and run and to stop sniff everything when you go outside walking. But you need to control the dog. So, you domesticate it walk on a leash. To not run around or run away. To heal. To not pull on the leash. To not stop and sniff every plant and bush along the way. That's domestication.

You domesticate the dog (rightfully so, by the way) by a system of rewards and punishments. The "good" behavior gets a treat or kind word or scratch behind the ears. "Good doggy. Oh, yes, who's the best dog in the world? Here's a little treat

for you."

The “bad” behavior gets no treat. It may get harsh words in a harsh tone. Maybe a powerful tug on the leash. Maybe a quick swat on the rear. Some form of discipline. “Bad dog! I’ve told you a hundred times not to pee on the carpet! Get over here. I’m putting you in your crate you bad, bad dog!”

And, by the way. There’s no “good” or “bad” here. It’s just that what YOU want is deemed “good” by YOU. What you don’t want is deemed “bad” by YOU.

Get it? You train the nature and natural instincts out of your dog. You domesticate it to behave in society the way you deem to be “good.”

There’s nothing wrong with that. Obviously, you can’t have a wild dog (or a pack of them) living in your house.

Then we go ahead and do virtually the same thing with our children.

Domesticate The Kids

When you were born, your parents were the first to start domesticating you. They were, in no uncertain terms, letting you know what was expected of you. What was “good.” And what was “bad.”

They used their words, tone of voice, gestures, emotions, and behaviors.

- You were taught what’s right and wrong.
- You were taught how to behave.
- You were taught what is acceptable.
- You were taught what to believe.
- You were taught how to talk with “good” words.
- You were taught thousands of things over the years.



As you got older, other family members jumped in and started domesticating you, too. Then friends. Then school, teachers, your peer group, the media, churches, society in general all got into the act to teach you what “proper behavior” was.

The thousands of things you were taught were superimposed on top of your True Self. On top of your natural Temperament. Not in conjunction or harmony with it. On top of it.

All those “proper behavior” things were accumulated unconsciously and lodged permanently deep in your subconscious and unconscious minds.

They become your habits. They formed your belief systems. They laid the foundation for the numerous varieties of personalities you would invent, superimpose on your True Self, and believe in as you traveled through life.

In your childhood innocence, you didn't judge these domesticated beliefs and behaviors they were teaching you. Your unconscious accepted them as good, right, and true. You surrendered to them.

It's the surrendering that completes the domestication process.

Domestication Becomes Beliefs Becomes Habits Becomes Your Way Of Life Becomes You

When you stop to think about it now, you'll realize that on some levels, you were trained just like domestic dogs are trained.

Rewards flowed when you were behaving the way your mom, dad, and other caregivers wanted you to. “Oh, that's so great, honey. You're so awesome. I'm so proud of you. Finish your dinner and you can have ice cream.”

You were reprimanded/disciplined/punished when you weren't behaving the way they wanted you to. “Stop being so argumentative. You're going to get in trouble. Stop crying right this second. Why are you acting out like that? No dessert for you tonight. You're late. It's past your curfew. You're grounded!”

Rewards in one form or another when you followed their rules. Punishments in one form or another when you violated their rules.

You craved the rewards. You feared the punishments.

Probably more importantly, you feared being rejected and simply “not being good enough” or “not being lovable enough.” That was the real punishment. Right?

In the process of superimposing all these beliefs on top of your innate, natural self – your True Self/Temperament – you became someone different. Different from your True Self. Different from the way Nature made you.

You became what they wanted you to be. Not what your Nature and underlying Temperament intended you to be.

You lost your normal. You lost your innate, natural instincts. You lost your Enlightenment.

The good news is your Enlightenment didn't die. It just got buried under a big heap of superficial, superimposed rules, beliefs, and habits.

The bad news is those superimposed rules, beliefs, and habits became your driving force. They became you. Or you became them.

The worse news is that at some point you became your own domesticator. That's when you started judging yourself. That's when you became your own authority. You started punishing yourself for your “bad” behaviors. You became (and perhaps, still are) your own judge and jury.

The worst news is that you grew up to like, trust, and rely on your accumulation of superficial beliefs, behavior patterns, and habits. They became familiar.

In your conscious, thinking mind, your domesticated beliefs help you understand how things work...how the world works. They help you understand how to get along and be accepted. They make you feel safe and comfortable simply because you've gotten used to them. They make you feel whole even though they've created a hole you're stuck in and don't even know it.

By trusting them so much, they limit you. You're probably not aware of how much they limit you. You're not aware that you've been domesticated into the beliefs that continue hiding and suppressing your own innate Enlightenment.

Since those beliefs give you a sense of safety and comfort, you don't challenge them. You continue accepting them as if they're natural. That's the habit. That's the illusion of safety. That's why it's difficult to make changes in your life.

Messing with your own status quo and rediscovering your Real Enlightenment takes awareness, knowledge, courage, and determination.

Whether it's something as simple as taking a different route to work occasionally, trying a new sport or hobby, losing a few pounds, selling your house, or changing jobs. It doesn't matter. Shaking up your habitual comforts and sense of order, stability, and safety isn't easy.

What Is Your Temperament?

How Does It Fit In With All Of This?

This simplest definition of "Temperament," (this from Dictionary.com), is:

"The combination of mental, physical, and emotional traits of a person; natural predisposition."

My definition is more complete is:

"Your Temperament is the sum of your natural physical, emotional, and intellectual components that affect or determine your most natural, instinctive actions, reactions, interactions, thoughts, feelings, and emotions. It's your natural predisposition and style of interacting with or reacting to all people, places, and things."

The Basics

Notice how many times the word "natural" appears in the above definitions.

Your Temperament is your "natural predisposition." Let's call that your "Nature" or your "True Self."

Your Temperament is your innate Nature. It's inside you. It's embedded and encoded in your DNA. It's hardwired into every cell in your body. It's your personal, unique Life Force.

Then, on the outside of you, in your real, practical, everyday world, your Temperament is a driving force in every area and aspect of your life. It's your Life's Natural Blueprint.

It's a combination of all your innate natural strengths, traits, and characteristics. That includes mental, physical, emotional, and behavioral.

Your Temperament is directly connected to your ability to reach your full potential. It's directly connected to your ability to live a peaceful, purposeful, productive life. It's directly connected to your ability to avoid and solve all your Life Issues. It's directly connected to how you get along with other people, and, more importantly, how you get along with yourself.

Your unique Temperament is your personal, unique foundation on which everything else is, or should be, built.

A Little Bit of History and Science

There are four distinct, primary Temperament Types. They were uncovered by Hippocrates, the “Father of Modern Medicine,” around 2,500 years ago. They’ve been studied and used continuously since then in one form or another by scientists, psychologists, psychiatrists, behaviorists, and others. Their validity and use have an exceptionally long, successful history.

Your Temperament shows the way your genetics (or god, or the universe, or however you choose to think about it) intended you to be. In fact, it’s not just how you were intended to be...it’s how you are. It’s your True Self.

Your True Self shows up in your life as your unique, personal Temperament or Temperament Type. It’s the total of all your innate, natural traits, and characteristics. Those traits and characteristics are embedded and encoded in your DNA. They’re part of your genetic system or “genome.”

Your Temperament underlies, controls, interacts with, and, at the very least, influences virtually everything about you.

Some Bad News

One of the biggest problems in life (yours, mine, and everyone else’s) is that darned domestication thing we talked about earlier.

Your domestication occurred over many years. Your parents, relatives, friends, and teachers were certainly loving and well-meaning. They were doing the best they knew how. You were also domesticated by parents, family, friends, news, society, norms, mores, and other outside influences. It’s nearly impossible that your domestication was in integrity, alignment, and harmony with your Temperament.

While all your various domesticating influences were being heaped on you, your True Self, Nature, Enlightened Self, and Temperament got buried.

They were hidden underneath the piles of clutter of your domestication. The light of your Natural Enlightenment was lost.

Integrity, Alignment, And Harmony

So what?

You may be saying, "So what? I've never heard of Temperaments before, and I'm perfectly fine. I have a great life. Car, spouse, kids, house. A great job. Friends. Annual vacation. I love my life!!!"

All that's true. You believe it. You were domesticated to believe that.

But, what if, that's not the whole story?

If you're struggling at all – even a tiny bit, there's a reason. If you don't wake up every morning excited for the new day, there's a reason. If you feel any stress, strain, or struggle in any area or aspect of your life, there's a reason. If you're not self-assured and confident, there's a reason. If you're not getting along marvelously with others, there's a reason.

There are thousands of signs and signals of unease or outright conflict that I merge into a huge category I call "Life Issues."

Life Issues are unique. Everyone has their own. Although many may be similar and can be lumped together in broad categories like "Relationship Problems," no two are the same. Everyone is different from everyone else. Each human is as unique as snowflakes and fingerprints.

The one thing they all have in common, though, has something to do with not being in integrity, alignment, and harmony with their unique Temperament.

Remember, your Temperament is the Blueprint for your Life. It's your foundation. If you're not in integrity, alignment, and harmony with it, trouble ensues.

I'm not saying that integrity, alignment, and harmony with your Temperament are the sole reason or reasons for all your Life Issues. But lack of integrity, alignment, and harmony with your Temperament is most likely involved in some way.

Here's how it works. This true for everyone.

If you're not in integrity, in alignment, in tune, in touch, in synch, and in harmony with your Temperament, you're fighting it.

Think about fighting against your Nature...fighting against the way you're innately hardwired. The way, at your very core, that you're intended to be.

It would be like fighting against a lightning bolt or the force of the ocean. You can't possibly win.

If you're fighting your Nature, there's no middle ground. You're either fighting it or not. You're either in integrity, alignment, and harmony with it or you're fighting against it...swimming upstream.

If you're fighting it, you're fighting your True Self. You're fighting your Authenticity. You're fighting your Nature. And you're fighting it 24/7/365.

The Fight Of Your Life

I call this ongoing battle with yourself, "***The Fight of Your Life.***"

It doesn't take much to understand two critical things.

1. You can't win that fight. You cannot win a fight against Mother Nature, can you? So, if you're fighting your own innate, inborn Nature, how do you possibly think you can win?
2. While you're in that fight, you're wasting an enormous amount of your time and your physical, intellectual, and emotional energy. That alone is causing you unnecessary problems, conflicts, contradictions, stress, strain, and struggle. You're going through life wasting your most precious resources engaged in a battle with your Nature that you can't possibly win. Does that sound like a good plan?



Image Credit: Inna Mikitas

You can wake up every morning and set your goal for the day to be, go out and waste most of your time and energy in "The Fight Of Your Life" which you can't possibly win.

Or, you can wake up every morning and set your goal to be, to invest your time and energy into self-realization, self-improvement, personal development, solving instead of compounding your Life Issues, and living your most joyful and

fulfilling life. The life you were intended by Nature to live in the first place. The life you're hardwired to live if you just get out of your own way.

If you choose #2, the most joyful and fulfilling life possible, then you're in the right place. Here and now.

Your innate Nature and Temperament holds all your unique possibilities. Simply acknowledge them, understand them, accept them, believe in them, embrace them, cling to them, use them, own them, love them, and live them.

I don't mean to use them in some spiritual, metaphysical, esoteric, La-La, Woo-Woo, out in the future some time way.

I mean literally start using them in your day-to-day, real-world, practical life **starting today**.

How, You Ask?

I'm glad you asked.

It's BOTH simple and easy.

It's a four-step process that's not only one of the most profound experiences you'll have in your life, it's also one of the simplest, easiest, and most fun.

1. Learn what your Temperament Type is. That includes understanding what your personal, unique Temperament is. Learn what your natural, Temperament Traits and Characteristics are.
2. Accept and embrace your Temperament. That includes your innate natural traits and characteristics. For example, your underlying, natural strengths and weaknesses, your pace, your priorities, your likes and dislikes, your learning style, your communication style, your various natural orientations, and much more.
3. Synch up your behaviors, thoughts, and feelings – how you act, react, and interact – with your Temperament traits and characteristics. This will get you into integrity, alignment, and harmony with your **True Self**.
4. Practice. Once you get steps 1, 2, and 3, the practice part comes naturally. By doing the first three steps, you're automatically clearing off some of the layers of your domestication. You'll have a blast renewing, rediscovering, and relighting your unique Enlightenment. And then practicing becomes the most fun, important, Enlightened part of your life. Every single day. In everything you do.

Temperaments Big Picture – Some Temperament Type Traits & Characteristics

What's Your Temperament Type?

In case you don't know what your Temperament Type is yet, please take our [FREE Temperament Test](#) now.

In this section of the Book, you'll get an introduction to some of the traits and characteristics of each of the 4-Temperaments. If you know which of the four is your "Core Dominant Temperament,"™ you'll have some context. Knowing your Temperament Type gives you more insight. It will make the following more relevant and personal for you.

Here's the link to our Temperament / Personality Test:

www.PowerOfTemperaments.com/test-3

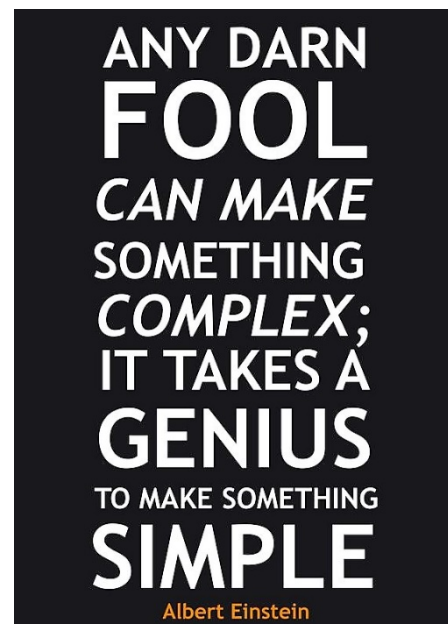
Keeping It Simple

The Science of Temperaments is simple. At least I try to keep it as simple as possible. The way I like it is so a typical 10-year-old can understand and USE it immediately.

That way, everyone can "get" it. Everyone can use it. It's practical. It's not esoteric or theoretical. You can apply it in your real-life every day starting right now.

The underlying science and psychology can be detailed and more complex than practical.

I prefer to synthesize it for you. To condense it down and make it simple, easy, and immediately useful.



Everything about Temperaments and your Temperament makes more sense when you compare yours with the alternatives.

For example, if I said, "The Yellow Phlegmatics are more introverted and emotionally oriented," it doesn't mean very much. "More than what?" you'd surely ask. Well, I'd say, "More than the Green Melancholies." Which also doesn't mean very much...YET.

But, as you'll see, when we compare and contrast the 4-Temperament Types, one against the others, you'll quickly and easily see how and why they differ and fit together in the ways they do.

You'll also notice there's a Word and a Color to identify each Temperament Type. The Word is the Greek word Hippocrates used. It's just a reminder of how ancient and reliable the Science of Temperaments is.

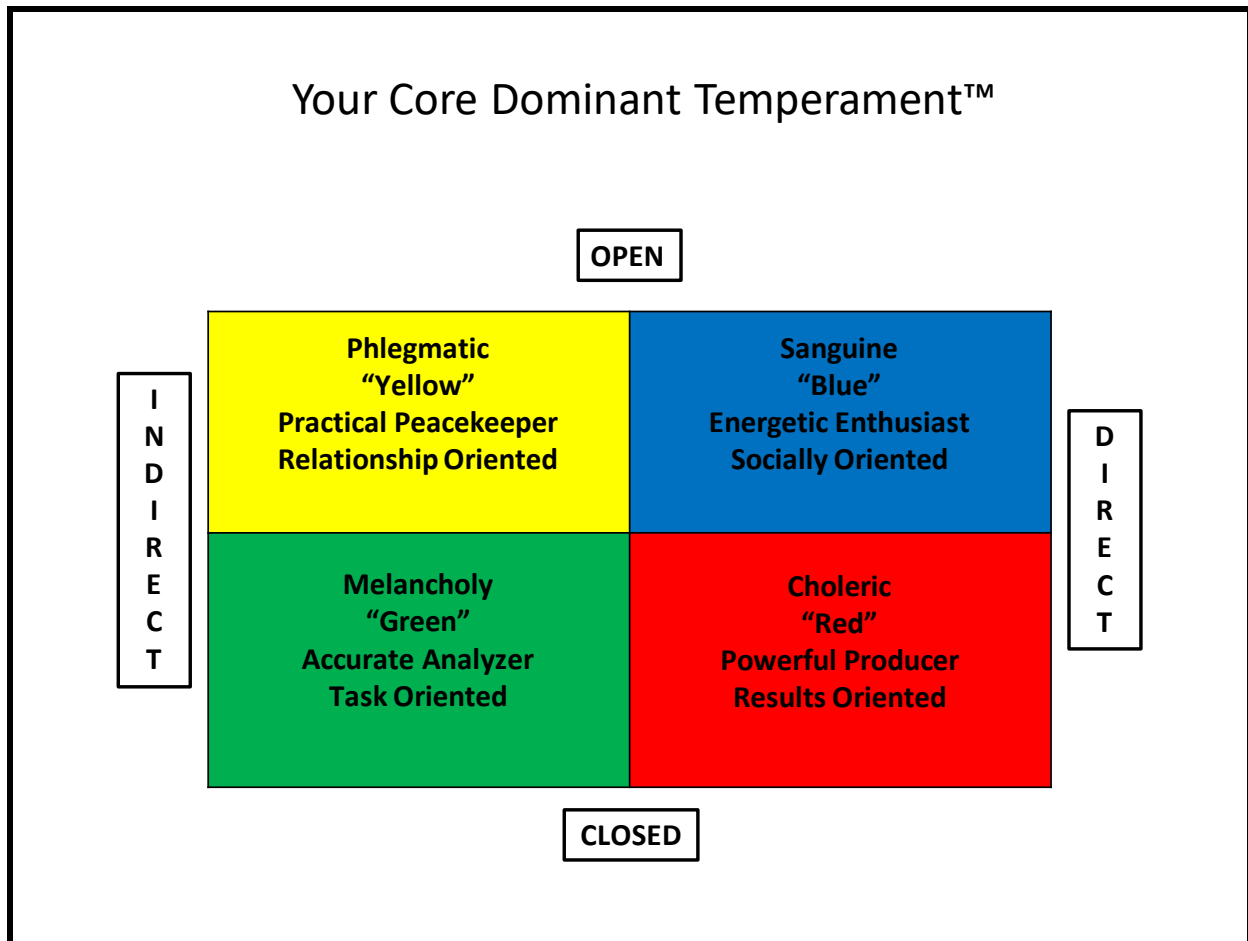
The colors are additional labels for each Temperament Type that are easier to remember than the Greek. They were picked randomly and have no inherent meaning related to the Temperaments. Please don't try to read any meaning into the colors.

The following is a practical, simple, and easy look at each of the 4-Temperament Types.

All Four Together

A Few Major Points Regarding All Temperament Types

1. Everyone is a blend of the 4-Temperaments Types. No one, for example, is 100% Yellow Phlegmatic 100% of the time. A Yellow Phlegmatic who is close to the center vertical line on the chart, below, titled, "Your Core Dominant Temperament," will have and exhibit some Blue Sanguine Temperament traits and characteristics some of the time in some situations.
2. Even though everyone is a blend of the 4-Temperaments, just about everyone is also dominantly one of the four. That one is your "Core Dominant Temperament." It will be your biggest influencer throughout your life most of the time in most situations.
3. Every "strength" taken to an extreme can become a "weakness." Every "weakness" can become a "strength" at times, too. (We'll talk a lot about this at length in our [Community](#).)
4. These three Major Points apply to all the Temperament Types. That means they apply to you!!!
5. No Temperament Type is "good" or "bad" or "better" or "worse" than any other. They are what they are. They're in your DNA. You can't change them. When you get involved in our [Community](#), you'll discover right away that you'll stop judging yourself and stop judging others as soon as you have a solid understanding of the Temperaments.



The Power Of Temperaments makes the whole 2,500 years of the evolution and use of the Science Of Temperaments so simple AND easy that a 10-year-old can "get" it and use it virtually instantly.

Here are the steps:

1. Look at the horizontal (sideways) line in the above chart between "Indirect" and "Direct." Your Temperament Type falls somewhere along that line. That line relates to your behaviors. It's about how you "Deal" with the outside world.
2. If it's easier for you, you can substitute the words "Shy" and "Outgoing" or "Introverted" and "Extroverted" for "Indirect" and "Direct."
3. The closer you are to the outside edges of the "Deal" line, the more dominantly Indirect or Direct you are. Those closest to the middle of the line will slip back and forth between being Indirect and Direct more easily. Most people are between the extremes.

4. Look at the vertical (up and down) line between “Open” and “Closed.” Your Temperament Type falls somewhere along that line. That line relates to your feelings and emotions. It’s about how much your feelings and emotions impact your behaviors and beliefs. Do you make decisions more based on your emotions and feelings or facts and logic? Also, it indicates how often and easily you freely express your feelings and emotions.
5. If it’s easier for you, you can substitute the words “Feeling Oriented” and “Logic Oriented” or “Emotions Oriented” and “Task Oriented” for “Open” and “Closed.”
6. Again, the closer you are to the top and bottom of the “Feel” line, the more dominantly Open or Closed you are. Those closest to the middle of the line will slip back and forth between being Open and Closed more easily. Most people are between the extremes.

This will become clearer as we move through the individual Temperament Types including some of their specific traits and characteristics.

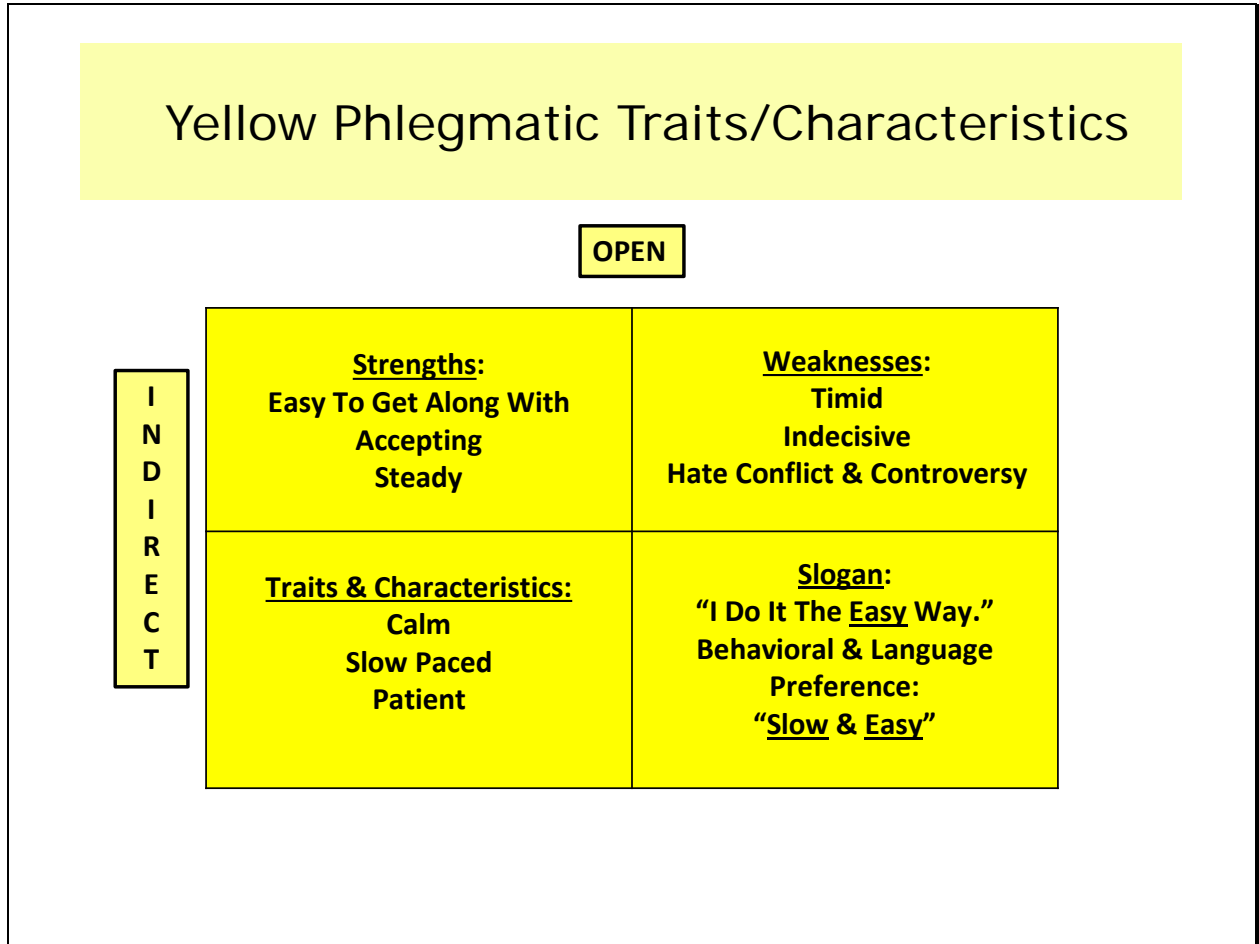
(PS – we’ll be talking a lot more and in more detail about this in the [Community](#). If you have questions about any of this, you can ask them in the [Community](#). Or, you can always email me directly at Dexter@PowerOfTemperaments.com.)

The Yellow Phlegmatic Temperament Type

First, note that the Yellow Phlegmatic Temperament Type is in the top left quadrant of the chart.

It’s the “Indirect and Open” category.

Or, you could say more on the introverted (horizontal “Dealing” line) and emotionally oriented (vertical “Feeling” line) sides of things. Please remember these aren’t absolutes. It’s important to think of the makeup of the Temperament Types as comparisons.



Here's a closer look at that Indirect and Open Yellow Phlegmatic quadrant. You'll see a few of their Big Picture Strengths, Weaknesses, Traits, and Characteristics. Everything about them is summed up in their slogan, "I Do It The Easy Way," and their Behavioral and Language Preference, "Slow and Easy."

Yellow Phlegmatic Temperament Type - In Plain English

Relationship Oriented

People with Yellow Phlegmatic Core Dominant Temperaments™ are relationship (more than task or fact) oriented. They love being with family. They like to have small groups of close friends rather than loads of "friends" that are barely more than acquaintances.

Since they're on the indirect/more shy side of the Indirect-Direct spectrum, they prefer the background to the spotlight.

It's in their nature to be supporters and nurturers. They want everyone else to be happy and get along with each other. They'll sacrifice their own happiness and even their own health in support of other people.

You'll often find that Yellow Phlegmatics are insightful about people. They are kind, loving, giving, and generous – sometimes to a fault.

Peace, Quiet, and Stability

Yellow Phlegmatics crave calmness. They don't like their boat being rocked.

They tend to be slow, thoughtful, and hesitant in making decisions. If you're in a group out to dinner and there's a Yellow Phlegmatic in the group, he or she will likely be the last to order. Plus, it's common they'd just copy someone else's order rather than having to decide for themselves.

They do not like confusion, confrontation, or controversy. Or taking risks.

They prefer the status quo and one of their main motivations is "to just get along."

Slow Paced

Compared to all the other Temperament Types, our Yellow Phlegmatics travel through all areas of their lives at a slower, steady pace.

They tend to talk more slowly and more quietly than the other Temperaments. They go through their daily routines quite slowly and deliberately.

Their slow and relaxed approach to every situation can have a calming influence in a sea of conflict.

If you're a Yellow Phlegmatic, be aware of that power. There are many ways and situations where you can use it to help you reach your highest potential. And do it while helping others do the same.

A Few Specific Traits & Characteristics

Prevailing Wants: Stability, Consistency, Peace, Tranquility

Motto: "I Do It The Easy Way."

Characteristics:	
Calm, Cool, Collected	Low Key
Consistent	Patient
Deliberate	Slow and Steady
Easy Going	Stable

Loves:	Hates:
Consistency	Big Decisions
Peace	Changes
Stability	Conflict
Tranquility	Risk

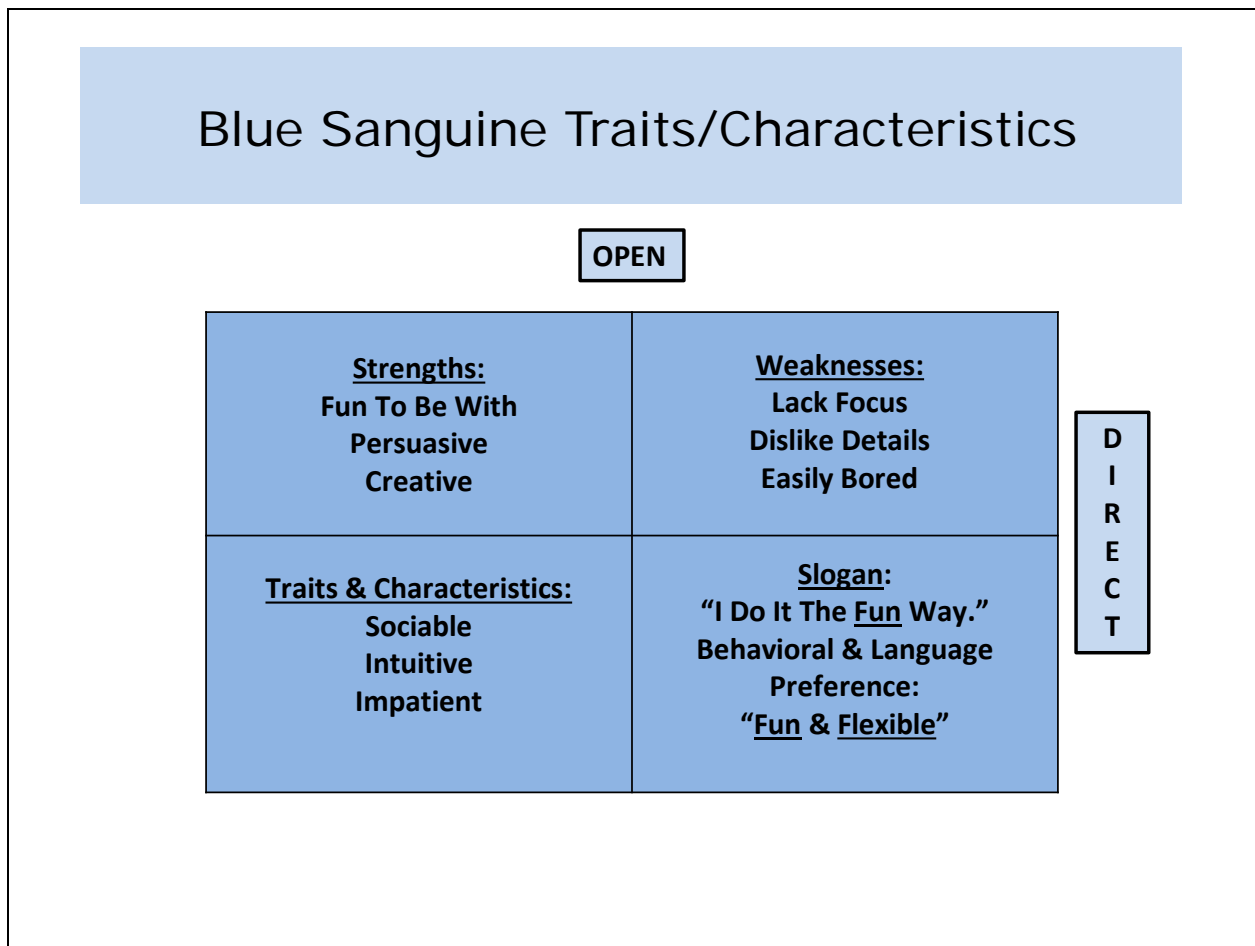
Strengths:	Areas For Improvement:
A Relentless Bulldog	Lack Of Motivation
Consistent	Non-Confrontational
Good Under Pressure	Resistant to Change
Patient	Risk Adverse

The Blue Sanguine Temperament Type

First, note that the Blue Sanguine Temperament Type is in the top left quadrant of the Dominant Temperament Chart.

They're "Open and Direct."

They're more on the emotionally oriented and outgoing side of things. Their emotional orientation is like the Yellow Phlegmatics. Their outgoing characteristic orientation is in common with the Red Choleric.



In this chart, you can see that Blue Sanguines fall into the Direct and Open areas. I've included a few of their Big Picture Strengths, Weaknesses, Traits, and Characteristics. Everything about them is summed up in their Slogan, "I Do It The Fun Way," and their Behavioral and Language Preference, "Fun & Flexible."

People and Feeling Oriented, Fun Loving

Blue Sanguines are the entertainers in our ordinary, daily lives. They love the spotlight. They love being the center of attention. They're typically the life of the party.

They're emotionally oriented. They're engaging, outgoing, and high energy.

Blue Sanguines love to talk, love people, and love to socialize. They also love having fun and are fun to be around. Other people are naturally drawn to Blue Sanguines. They liven things up.

Fast-Paced & Unpredictable

Unlike Yellow Phlegmatics, who are slower-paced, Blue Sanguines zip through life at breakneck speed. They do everything fast. They're impatient.

They love variety and spontaneity and dislike routine. The minute something is "boring" (to them), they're itching to jump over to something new.

Creative and Intuitive

Blue Sanguines are creative, intuitive, and spontaneous. Their learning style is visual. Show them. Don't bother just telling them. Show them.

Facts and details bore them and clog up their creative and intuitive juices. They prefer action to analysis.

Enthusiastic, Optimistic, Fun

Blue Sanguines have great enthusiasm for life, fun, and new adventures. Unlike the Yellow Phlegmatics, who are content with the status quo, Blue Sanguines are risk-takers. And action-oriented. They make quick, emotionally based decisions. They love to go with their "gut feel."

A Few Specific Traits & Characteristics

Basic Prevailing Wants: Fun, Popularity, Recognition

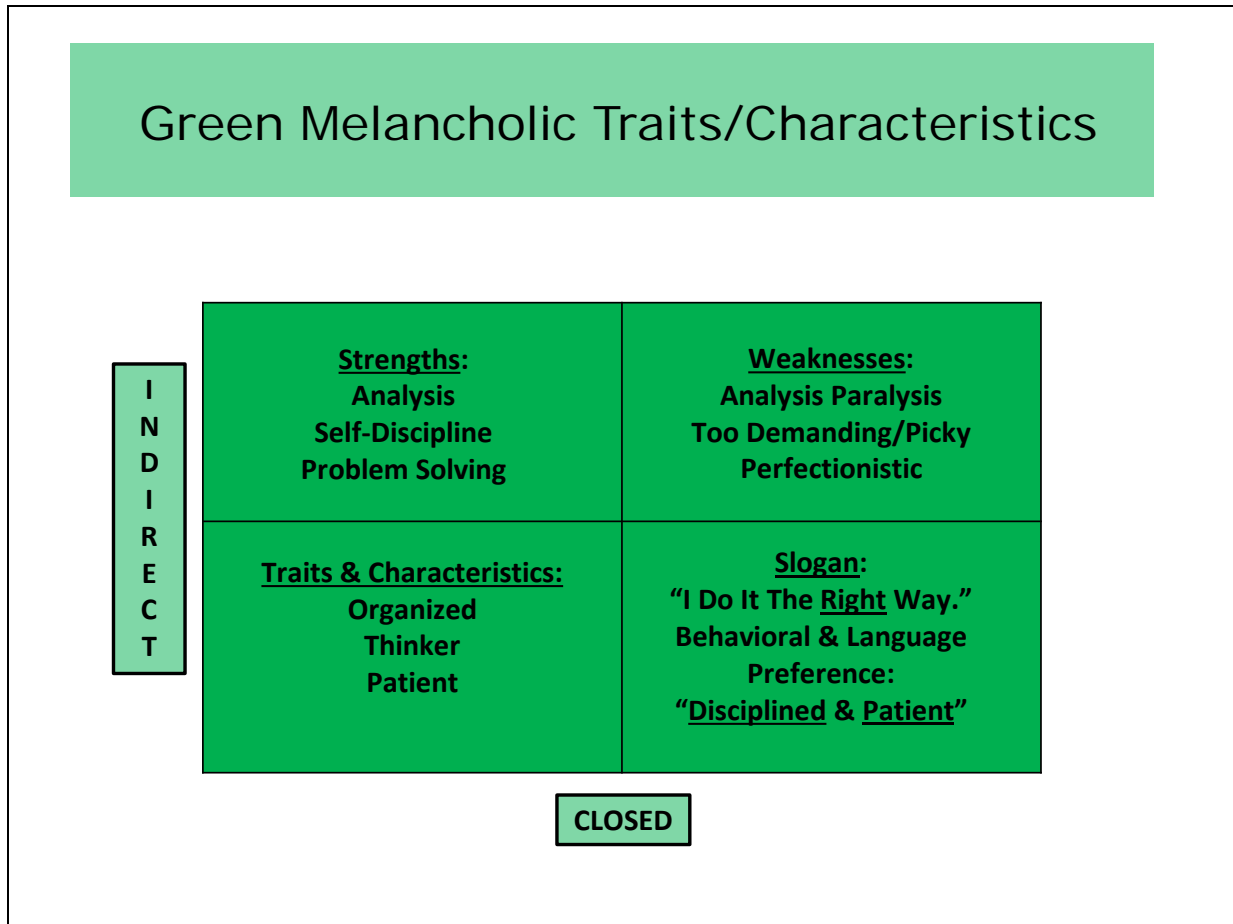
Motto: "I Do It The Fun Way"

Characteristics:	
Creative	Fast-Paced
Energetic	Fun Loving
Enthusiastic	Intuitive
Excitable	Social

Loves:	Hates:
Fun	Details
People	Plans
Spontaneity	Routine
Spotlight	Schedules

Strengths:	Areas For Improvement:
Creative	Easily Bored
Energetic	Erratic
Inspirational	Impulsive
Intuitive	Lacks Focus

The Green Melancholy Temperament Type



In this chart, you can see that Green Melancholies fall into the bottom left quadrant of the Core Dominant Temperament chart. They’re in the Closed and Indirect categories. I’ve included a few of their Big Picture Strengths, Weaknesses, Traits, and Characteristics above. Everything about them is summed up in their Slogan, “I Do It The Right Way,” and their Behavioral and Language Preference, “Disciplined & Patient.”

Like the Yellow Phlegmatics, they’re on the more Indirect side of the “how you deal with the world” spectrum. And, like the Red Choleric, they’re in the bottom half of the Open-Closed “emotion and feeling” spectrum. That makes them more logic, task, and fact-oriented than the Yellow Phlegmatics and Blue Sanguines.

Analytical, Task, and Detail Oriented

Green Melancholies love a good old-fashioned problem.

Problem-solving is their thing. It underscores their love to think, concentrate, focus on a task, dig into the details and minutiae, and analyze the situation. And, of course, come up with multiple possible solutions.

They exhibit untiring patience and self-discipline.

Reserved, Quiet, Shy

Green Melancholies tend to be more introverted than extroverted. It's how they're hardwired. They're generally self-contained. They don't crave company, chit-chat, or third-party approval. It can be difficult to get to know them. It's not that they're stuck up, as many people may think. They're just shy and not particularly motivated to be social or socialize.

When forced (or tricked) into a social event, Green Melancholies can be ill at ease. They may even seem rude if you don't understand the Temperaments. They'd rather have one, in-depth, intelligent conversation than circulate and engage in uncomfortable (for them) small talk with lots of people.

Dedicated, Loyal

Greens Melancholies hate to be wrong, make mistakes, be criticized, or be embarrassed. They hate to admit defeat or failure. Or, especially, to be called out by others for their mistakes.

Those traits carry over to their friendships and other relationships. They are dedicated and loyal. They don't make friends easily and certainly don't want to be wrong. Therefore, once they've analyzed you enough to become friends, lovers, spouses, or business associates, they'll be loyal, dedicated, and trustworthy for life.

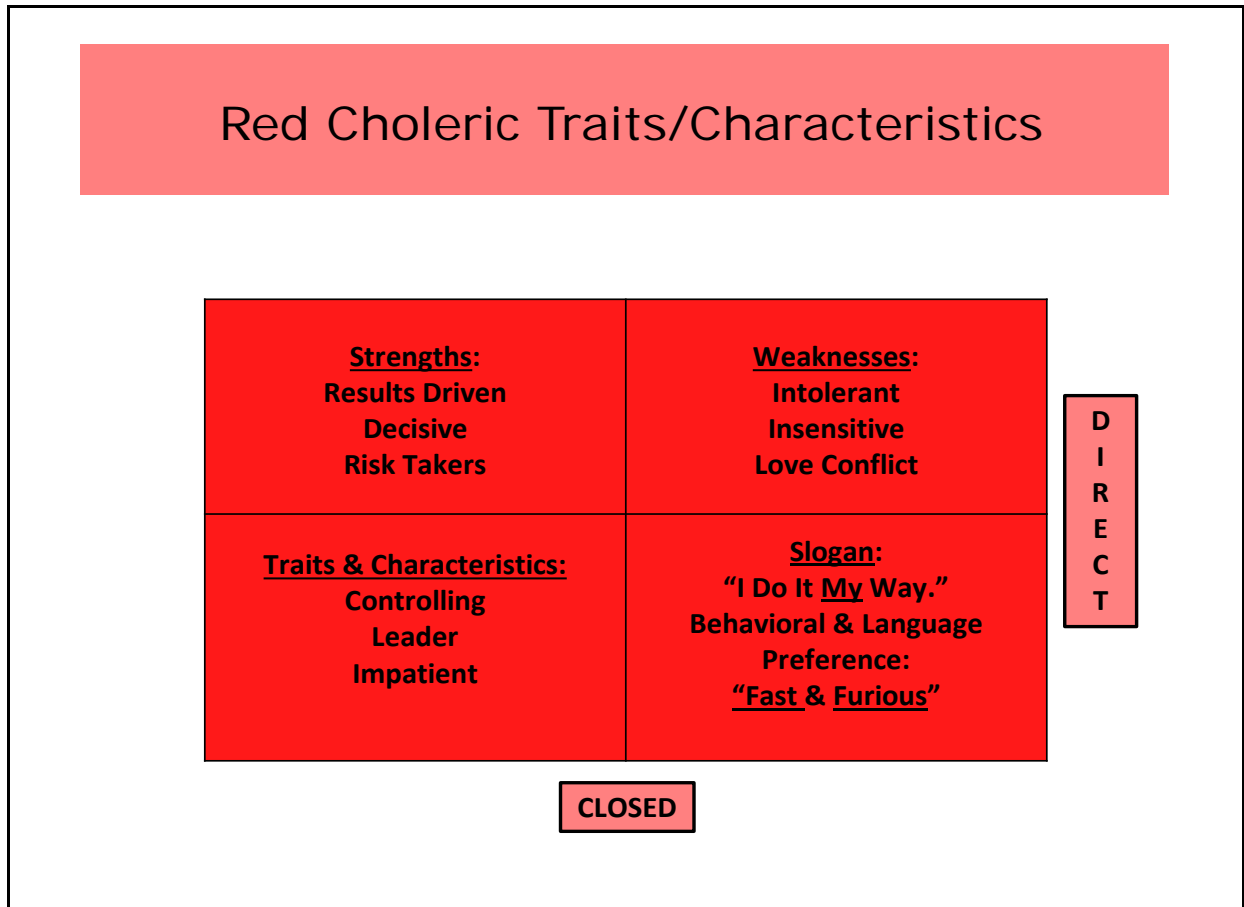
Basic Prevailing Wants: Order, Progress, Accuracy, Thoroughness
 Motto: "I Do It The Right Way"

Characteristics:	
Analytical	Must Be "Right"
Calm	Perfectionist
Disciplined	Problem Solver
Logical	Self-Disciplined

Loves:	Hates:
Independence	Criticism
Order	Disorganization
Plans	Embarrassment
Problem Solving	Unpredictability

Strengths:	Areas For Improvement:
Analyzing	Analysis Paralysis
Discipline	Overly Critical
Planning/Organizing	Private to A Fault
Problem Solving	Stubborn to a Fault

The Red Choleric Temperament Type



In this chart, you can see that Red Cholerics fall into the Direct and Closed quadrant of the Core Dominant Temperament chart. The above, more detailed chart, focuses on a few of their Big Picture Strengths, Weaknesses, Traits, and Characteristics. Everything about them is summed up in their Slogan, "I Do It My Way," and their Behavioral and Language Preference, "Fast & Furious."

Like the Blue Sanguines, they're on the more Direct side of the "how you deal with the world" spectrum. And, like the Green Melancholics, they're in the Closed end of the "emotion and feeling" spectrum.

Competitive, Results Driven, Task-Oriented

Red Cholerics are the "let's get it done right now" go-getters of our world.

They love a challenge. They love competition.

They're active and impatient. They're on the prowl looking for another project to complete, mountain to climb, or competitor to pummel into submission.

They want to be the best at whatever they're doing. They dig in and get it done. They love to do it bigger, better, and faster than anyone else. They like to prove to the world that they're successful...and the best.

Give a Red Choleric a task or job and they'll see that it gets done quickly. But don't dare tell them how to do it. They think they know how...the best way...their way...the only way...and that's how they'll do it.

That's how they're hardwired to go through life.

Extrovert, Controlling

Red Cholerics are born to manage everything. They look confident and act authoritatively. They will quickly assess what needs to be done and, because they're outgoing, outspoken, and confident, they don't sit back and wait. They jump right in (or delegate someone else to jump right in), control the whole process, and make things happen.

Purposeful, Productive

Red Cholerics have immediate and clear goals. They'll work extremely hard and amazingly fast to accomplish those goals.

They're productive and purposeful. They don't waste time on trivial matters, including (to them) feelings or emotions. To Red Cholerics, feelings and emotions have little to do with accomplishing the job or task at hand.

They deal in facts, tasks, reality, and results.

Basic Prevailing Wants: Achievement, Competition, Control, Winning
 Motto: "I Do It My Way"

Characteristics:	
Competitive	Impatient
Confident	Multi-Tasker
Controlling	Results-Oriented
Focused	Risk Taker

Loves:	Hates:
Challenges	Idleness
Competition	Indecision
Control	Laziness
Winning	Losing

Strengths:	Areas For Improvement:
Confidence	Difficult to Coach
Determination	Temper Can Boil Over
Fearlessness	Too Demanding
Self-Determined	Too Impatient

Altogether Now – The Bottom Line

Enlightenment

At the beginning of the book, we talked a bit about Enlightenment.

We started with the premise that you're born "Enlightened."

You may recall the Buddhist saying: "If there were no illusion, there would be no Enlightenment."

I'd guess that the Buddha was thinking more in spiritual terms and the freedom from desire or suffering when talking about "Enlightenment."

For our purposes, we're using a more humble, down to Earth, practical, everyday way of looking at it.

For our purposes, Enlightenment is your awakening from and finding freedom from ignorance and misinformation. Specifically, ignorance and misinformation from being domesticated. Domesticated, that is, in ways that obscured your True Self. That buried your True Selves with beliefs that were out of integrity, alignment, and harmony with your DNA, hardwiring, True Self, and Temperament.



It's not that the way you were domesticated was in any way "bad" or "wrong." I'm not suggesting there was any malice intended. It's just that the domesticators didn't know about Temperaments or your Temperament.

They didn't understand they were making everything about every aspect and circumstance of your life a bit harder than it could or should have been. They unintentionally set you up for the Fight of Your Life.

When you're were born, you were already Enlightened. You were pure. You were natural. You didn't have any mental or emotional baggage. You weren't polluted by the world. You were completely innocent. You were your True Self. You were already your Enlightened Self.

If you could have taken our Temperament Test on the day you were born, you'd have come out with the same results as you do now. All your innate natural traits, characteristics, preferences, and predispositions were already hardwired into you. They don't change throughout your life. They haven't changed since you were born.

Your True Self – your Enlightened Self – is for life.

How Do You Lose Touch With Your True Self?

After talking a little bit about the concept (for our purposes) of Enlightenment, we had a look at how your Enlightenment gets buried under piles and piles of domestication.

From birth throughout your childhood, you were “domesticated” (just like the family dog).

None of it, though, changes your DNA. Your thoughts, feelings, behaviors, and habits from domestication, were and are, merely superimposed on top of your hardwiring. On top of your True Self. On top of your Temperament.

The problem arises because you were almost certainly domesticated in ways that were inconsistent with your DNA/fundamental hardwiring/True Self/Temperament.

Do you think the dog in this picture was born to perform like it's doing? Of course not. It's doing it simply to please its master/trainer/domesticator. And be rewarded rather than punished.



For example, let's say you're a Yellow Phlegmatic Temperament type. You're naturally on the shy side, soft-spoken, slow-paced, and don't like confrontation. When you were growing up, you likely heard things like, “Come on – hurry up slowpoke. Get a move on. Speak up. Don't be so shy. Don't let him/her/them push you around so much. Stand up for yourself!” And on and on...

Or, if you're a Blue Sanguine on the outgoing, talkative, fast-paced, impatient side, it's likely your heard things like, “Just sit down and relax a minute. Do you ever stop talking? You wear me out. Focus more. You flit

around too much. Be patient. You can't have everything at once. You can't wear THAT to school. It doesn't match." And on and on...

Whatever parent, caregiver, or friend was giving you that advice, clearly didn't understand your Temperament Type. They didn't realize you were just being your True Self. You were behaving in complete integrity, alignment, and harmony with your hardwired DNA based Temperament. You were behaving perfectly naturally for you. Just like the dog barking when the doorbell rings.

They were domesticating you to be more like them and less like you. Or more like the image they had in their minds of how you "should" be. Or how society thought you should be. They were domesticating you to be some ideal version of you that fit with how they wanted you to be.

They thought they were doing the best things for you. Make no mistake about that.

You can't blame, judge, or be mad at them. They weren't malicious. They were simply ignorant of your Temperament. They didn't "get" that they were putting you in conflict with your True Self. They didn't know they were starting the "Fight Of Your Life."

From the moment you're born until you're about seven years old, your brain is, for lack of a clearer description, like a huge sponge. It absorbs and accepts everything. It's non-discriminating. It doesn't judge. It doesn't inherently know right from wrong or good from bad.

In the words of [Dr. Bruce Lipton](#), "...the first six years of a child's life are spent in a hypnotic trance!"

Most of your Life Habits are formed and ingrained in your subconscious brain by age seven. The way you were domesticated becomes your beliefs, habits, and way of life. You believe your Domesticated Self is your True Self and act accordingly.

The result? Completely unnecessary stress, strain, struggle, ambiguity, uncertainty, conflict, and often crises. Usually, you don't even know why.

Unfortunately, most of those old, ingrained Life Habits cause you to spend the rest of your life (seriously, the rest of your life) being in constant conflict with your True Self.

This is how you lose touch with your True Self. This is what can cause you untold stress, strain, and struggle over big and little things. It's what

results, or at least contributes, to most of your big and small Life Issues. It is “The Fight of Your Life.”

I guess we could say it’s also, on many levels, the “The Fight **For** Your Life.”

Your Temperament

To review, the first part of the book showed you how you were innocent and Enlightened right from birth. And, your Temperament was also complete at birth since it’s part of your DNA/genetics.

Next, you discovered the problem. You lost touch with and forgot about your Enlightened, True Self. And your Temperament. The trouble maker? Domestication. Your True Self and innate Temperament were domesticated out of your reality.

Then, last, the solution was unveiled to you. Getting into integrity, alignment, and harmony with your True Self/Temperament.

We looked at all 4-Temperaments. Including yours in a bit of detail.

Why? To reignite, rediscover, recover, and restart living your life in integrity, alignment, and harmony with your True Self.

All this to **Relight Your Enlightenment**.

Now you know your Temperament Type and some of your individual, unique Temperament traits and characteristics.

You can use that knowledge to remove the broad illusion caused by your domestication. The illusion is a veil of uncertainty, internal conflict, and emotional confusion.

When the illusion is removed, you’ve rediscovered your Enlightenment.

You’ve moved back into integrity, alignment, and harmony with your True Self.

You’ve won the Fight of Your Life.

You’ll feel immediate relief. It’s like a 1,000 lb. weight is magically lifted off your head and shoulders.

Here’s why.

Remember the Yellow Phlegmatic child who is kind, slower-paced, non-confrontational, rather quiet, and gentle? But she’s been domesticated to

get out there and be more active, aggressive, and not let people push her around?

The second she understands her True Self and that it's OK to be, behave, think, feel, and live as her True Self, she's free of domestication. It can happen in an instant.

All the habits, beliefs, actions, thoughts, and feelings she's been unknowingly faking since childhood are gone in a heartbeat.

She discovers, for the first time, that it's not just OK to be her True Self. She also realizes it's necessary for true joy, peace, and happiness.

The Fake Self disappears. It doesn't take years of therapy. It doesn't take hours of discussion. It doesn't take any work, time, or effort.

When the illusion of the Fake Self vanishes and the True Self is re-discovered, re-awakened, revealed, and reenergized, her life of living as her domesticated self disappears.

All the stress, strain, and struggle of the Fight of Her Life is gone in an instant.

Hopefully, for you, that instant is right now.

Which Temperament Type are you? Love that and live that!

