

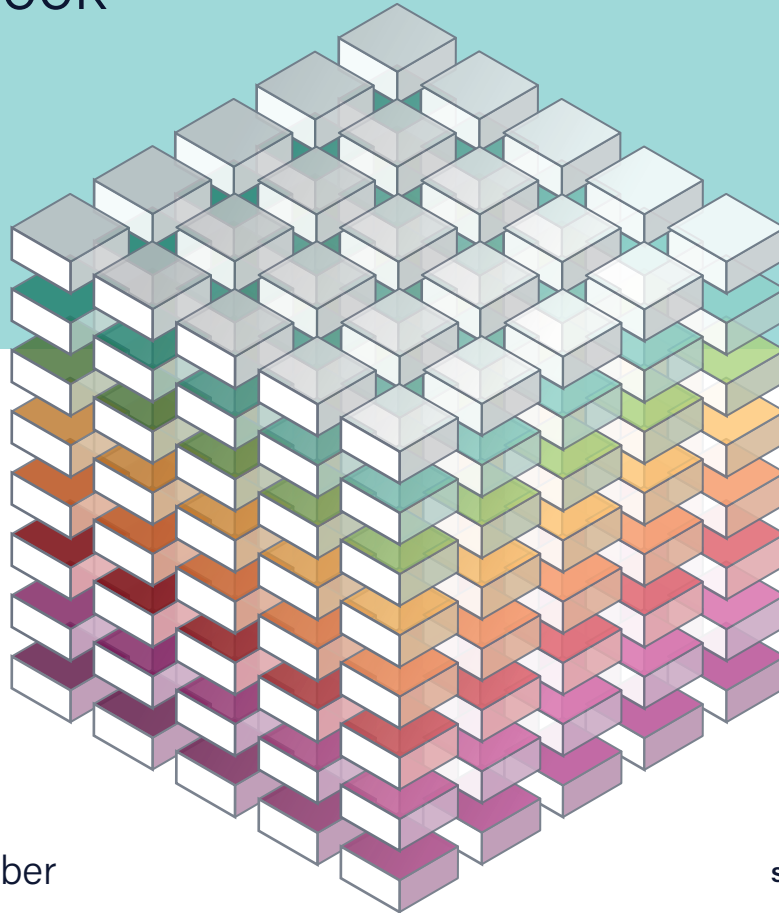


Evolutionary Dynamics PRIMER

Lesson IV
Typologies

Module
Introduction

Workbook



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Understanding our personality type can help make us more aware of our limitations and our strengths, and aid us in balancing them optimally.

WHAT ARE PERSONALITY TYPES?

Introduction of ‘types’—why they are important and how do they relate to levels, lines, and states?

In Volume 4: Types and Drives, we’ll be exploring “personality types” and why understanding them are important for reaching our highest potential.

According to the Myers–Briggs classification, an extensively researched and widely used description of basic personality types, there are 16 fundamental ‘types’ of personalities, and although many of our human characteristics go through significant changes throughout our lives, our type of personality tends to remain consistent, with our core characteristics remaining essentially unchanging over time.

So, knowing your personality type will help you understand and optimize what your particular needs, drives, defenses, and characteristics are as you navigate life. Knowing that there are parts to you that will basically remain constant, no matter what you do, will offer you unique insight about yourself when engaging in a practice, relationship or particular job.

Also, understanding the personality types of others, knowing that they will see and react to situations and differently can be illuminating and practical.

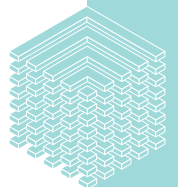
How do personality types relate to levels, lines, and states?

Types are a subset of structures of consciousness, and as such they are part of the lens through which we see, interpret and experience reality, including: levels of development, lines of development, and states of consciousness.

Considering the structure, state and line of development we’re experiencing along with our personality type can help us to manage some of life’s more challenging moments.

There are an enormous number of typologies that are concerned with personality, but one or two fairly sophisticated typologies we do recommend learning about, are Myers-Briggs and the Enneagram. (If you are interested in learning about the Enneagram, Helen Palmer’s work is especially recommended).

Knowing you have a baseline tendency to objectify your experience, can help you develop the self-awareness and foresight to anticipate and not just stumble into, such potentially obvious pitfalls.





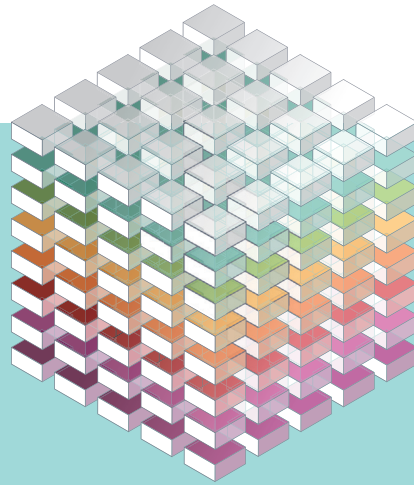
INTEGRATION QUESTIONS

The Enneagram personality system has nine types: the Perfectionist, the Giver, the Performer, the Romantic, the Observer, the Questioner, the Epicure, the Boss, and the Peacemaker.

1. Imagine how differently each of those types of personalities might experience and interpret:
 - a) the stage levels of the emotional intelligence line
 - b) the moral line, or the spiritual line
 - c) the gross, subtle, or causal states of consciousness

2. Whatever your own particular “type” of personality may be, it will always color — in ways that are both predictable and unique — all of your experiences. Reflecting on your personal history, do you believe this to be true? Write down some examples that support your answer.

3. We tend to be born one type, and for the most part remain that type throughout our lives. Consider one or two examples of how this self-knowledge can help you to attain your fullest potential.



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