

## You're Energy in Motion

Which of the *big 4* emotions do you lean toward, *Shame, Grief, Fear &/or Anger*. The temperaments amplify certain emotions to suppress other emotions. The aim is to know yourself in the fullest sense by connecting and empathizing with all 4 emotions evenly. The *big 4* must be experienced, harnessed and transmuted from lead into gold; Joy depends on this process. The wizard of Oz characters transmute these emotions to find joy by uniting together; Dorothy (*Stabilizer*), Tin Man (*Unifier*), Scarecrow (*Clarifier*) & Lion (*Activator*).

| Primary emotion   | Unresolved shame-persecution   | Unresolved fear-anxiety   | Unresolved grief-loss-abandonment                              | Unresolved anger-impatience  |
|-------------------|--|---|--|--|
| – Archetype       | Clarifier (insensitive) & Unifier (over-sensitive)                   | Stabilizer (depressive) & Activator (manic)                       | Unifier (over-sensitive) & Stabilizer (depressive)             | Activator (manic) & Clarifier (insensitive)  |
| Question          | Can I accept you?<br>Can you accept me?<br>Can we accept each-other? | Can you trust me?<br>Can I trust you?<br>Can we trust each-other? | Can you love me?<br>Can I love you?<br>Can we love each-other? | Can you give me freedom?<br>Can I give you freedom?<br>Can we give each-other freedom? |
| Transmute via     | Understanding, humility & loving-kindness.                           | Exploring courage, confidence and taking risks.                   | Feeling more connected and close.                              | Expressing passion, invigoration, distance & autonomy with care.                       |
| Secondary emotion | Unresolved shame & fear = guilt                                      |   | Unresolved grief & anger = betrayal                            |  |

**Exercise:** Take it in turns

1. Identify which emotion/s needs resolution.
2. Identify which question needs an answer.
3. Discuss a strategy to transmute an emotion and whether this involves your partners help.

