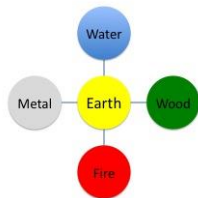


## The 5 Temperaments

“How do the 4 Temperaments fit into the five Chinese Elements?”

The 4 temperaments are the glue that connects the spiritual - eternal with the physical - ephemeral. Does this sound new to you? Then find out where Temperaments are coming from, what their task is and how this knowledge helps you to learn more about yourself and your fellow human beings. you will acquire a tool that will allow you to grow empathy and increase love and understanding in your daily life and work.

How do the 4 Temperaments fit in the 5 Chinese elements? To answer this question we need to look at the earlier diagram of the 5 Elements.



Originally the Earth was in the centre and the four other elements were positioned around it: Wood in the East, Metal in the West, Fire in the South and Water in the North.

The orientation of Earth is in the centre – always „The place where I am right now“ – from here I can move into any of the four directions. The centre is the most important direction in Chinese cosmology, the word China is pronounced “Zhong Guo”, where “Zhong” stands for “Middle” and “Guo” stands for “Nation”.

This is already the secret of the work with Temperaments. We all have the four Temperaments in us . when we are centred, we can choose in which direction/Temperament we would like to step into. And at the same time, we recognize the Temperament in the others, because they have the same four. Although the blend is individual, that is the fifth Temperament.

Only through this awareness does it become clear, why we can resonate with others. We can mirror all the Temperaments, recognize and name them. This will be the basis of this work.

Sometimes people show us temperaments that do not fit into our own current mood and we would like to avoid these people. How would it be if we could understand their Temperament and could have a key to understand them?

Think of a difficult situation with a partner, a child or a client we try to understand– we can now easily find a way to connect. More connection leads to more understanding, more appreciation and more value for the other individual.

### The four Temperaments are:

Choleric, Sanguine, Phlegmatic and Melancholic. They demonstrate the basic types, which appears in an individual and unique blend in each other.

A rough description:

### The Choleric (Li/Gb)



A Choleric has a lot of power to start things. A born leader. He can electrify people to go with his ideas. He is motivated and can give himself a boost. He has a lot of ideas and projects. His spirit is racing and he never actually slows down.

He loves to be the centre of attention and everything must be big, loud, harsh or at the very least dramatic. He needs people around him who work for him and do what he tells them to.

He has no problems. Well if he had any he would tackle them immediately and change the situation. Externally and internally he is very active.

### **The Sanguine (He/Si)**



A Sanguine type doesn't rate loyalty very highly. Today you're my friend, tomorrow you're not. He does this in such a nice way though that we can't really be upset with him. He loves to be on stage and entertain. He likes happiness and fun. He is not attached to punctuality.

He gets excited about things quickly and enjoys an active life. He lives for the moment and doesn't contemplate much. He just does it. Externally he is very active, but internally not so. Deep contemplation is not his "thing". He doesn't have a good overview, but still masters life with a light heart.

### **The Phlegmatic (Lu/Li)**



The Phlegmatic concerns himself mainly with the subject of letting go. He is not exact and not concrete. He has the tendency to water everything down and through this he can

absorb a lot of unhealthy stuff. Although a good working digesting system is very important for him. He can work well under pressure. The Phlegmatic is a specialist in the art of suppression. There is little excitement internally or externally. That is why not much happens.

### **The Melancholic (Ki/Bl)**



The Melancholic Type is defined by his feelings. He feels a lot and very precisely. He is especially receptive to painful feelings. He uses this to develop his suffering capabilities. He sees life as being difficult, but still worthwhile.

He finds his energy in his family. This is important to him. He only needs a small circle of people around him.

As his ability of suffering is internalised, it becomes the source of his thinking. From the outside we notice little activity, but on the inside there is a lot happening.

### **Earth – the 5th Temperament (St/Sp)**



This is the unique blend of every individual. If in balance this person is very deeply connected with his inner life and his spiritual world. If he

has found the work that he is meant to be doing, you will find qualities of the Choleric type. You have a goal in life and to reach this goal you will work like a horse. You stick to your goal like a Phlegmatic. Not much can disturb you. You have a good overview. Nothing can stop you working towards it. You are also capable of being flexible, as long as it serves your goal, a quality of the Sanguinic type. Your perseverance and your expanding knowledge are qualities of the Melancholic type.

With this little insight into the Temperaments it quickly becomes clear, that we all carry all of them in us. Depending on the situation or type, one or the other Temperament will come to the surface. In this lecture I would like to show both sides of the coin. The strength and the weakness of a Temperament and how we can use their power.

I would like to bring music, pictures and stories to the lecture, to make sure all senses are involved on this journey through the Temperament. There will also be time for a Temperament-Balance you can take with you and you can start right away with your clients.

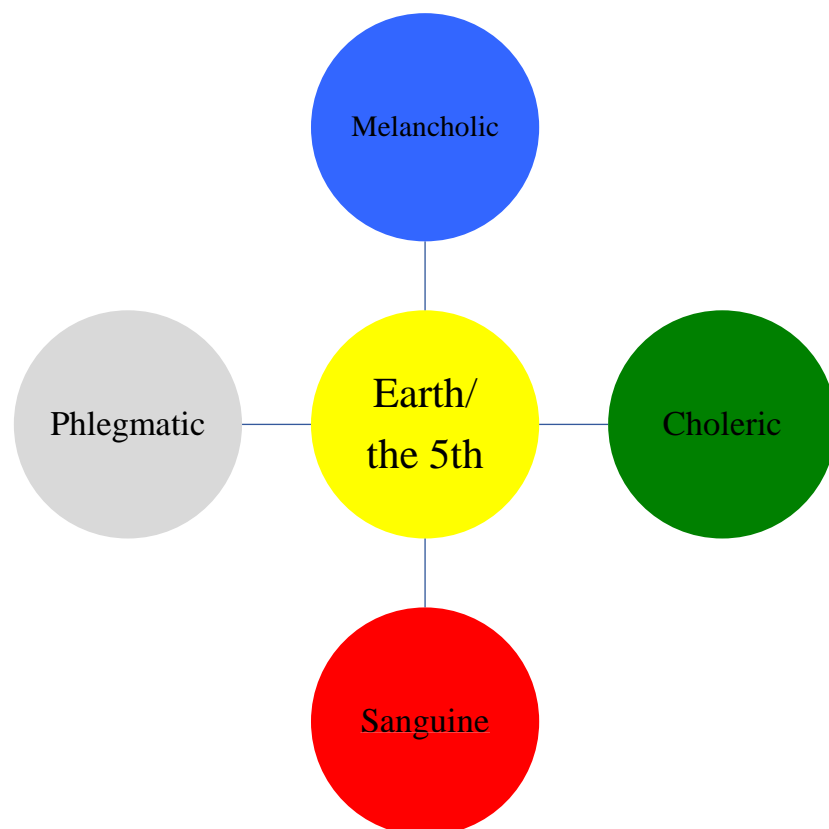
And finally I will introduce the Temperament playing cards and the Temperament Balance that comes along with the cards. After this lecture you will be able to start to make your own experiences!

You will find wonders and miracles in simplicity!

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## Protocol for a Temperament Balance

1. Identify a clear indicator muscle (IM)
2. Use Tfh clearing techniques – Hydration, Switching, CV zipping
3. Find a goal. (Best to start with relationship related issues)
4. Put the cards in the “old” style on the table. With the IM first find the card that represents the stress/person on the goal. Then go around again and pick the card that represents you in that situation (this can be the same card)
5. Turn the first card and find the key word or the earth-question with the IM. Turn the second card and do the same.
6. With the two word or questions you can start to tell the story related to the stress. What does these words mean when you think about your goal. Be creative, use humor and try to find a resonance with your client.
7. If all makes sense and you have more understanding of what’s going on, balance with any technique you like.
8. At the end test the goal, the words or question and the pictures on the card. If there is still some IM change take a new word and do more balancing. All should be strong at the end of the session.
9. Your client should now have a smile of insight on his face. Well done!



10. If you feel save, use the cards in any way you like to. Feel free and share your experiences with me. Send me an email when you have questions. [institut@de-wild.ch](mailto:institut@de-wild.ch)