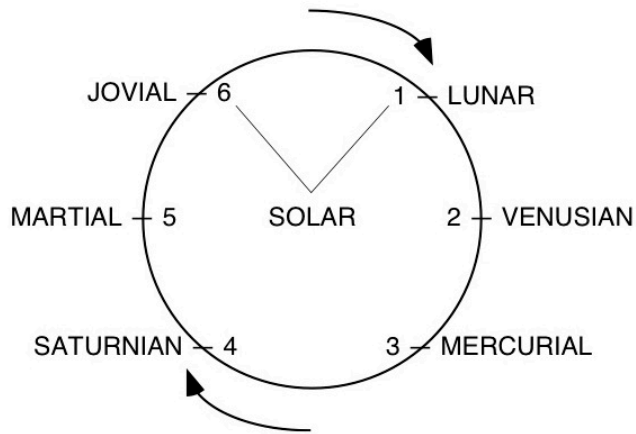


BODY TYPES

By Shepherd Hoodwin

| | ORDINAL | CARDINAL | NEUTRAL |
|----------------------|---|--|--|
| INSPIRATION | <i>LUNAR</i> + Luminous – Pallid | <i>SATURNIAN</i> + Rugged – Gaunt | |
| <i>Physical</i> | Pale, “baby fat,” round-faced | Tall, strong bones, high forehead | |
| <i>Psychological</i> | Calm, introspective, mathematical | Enduring, self- control, leadership | |
| <i>Energetic</i> | Passive Negative Feminine | Active Positive Masculine | |
| <i>Archetype</i> | Genius | Leader | |
| EXPRESSION | <i>JOVIAL</i> + Grand – Extravagant | <i>MERCURIAL</i> + Agile – Frenetic | |
| <i>Physical</i> | Large, short, male baldness, wide-necked | Dark hair & eyes, slender, compact, | |
| <i>Psychological</i> | Magnanimous, knowledge- able, able to enjoy pleasure | Clever, quick, extroverted | |
| <i>Energetic</i> | Passive Positive Masculine | Active Negative Feminine | |
| <i>Archetype</i> | Emperor | Perfectionist | |
| ACTION | <i>VENUSIAN</i> + Voluptuous – Obese | <i>MARTIAL</i> + Wiry – Muscle-bound | |
| <i>Physical</i> | Dark & thick hair, olive skin, wide hands | Reddish coloring, sinewy, broad | |
| <i>Psychological</i> | Easygoing, sensual, loyal, nonjudgmental | Direct, decisive, volatile | |
| <i>Energetic</i> | Passive Positive Feminine | Active Negative Masculine | |
| <i>Archetype</i> | Goddess | Athlete | |
| ASSIMILATION | | | <i>SOLAR</i> + Radiant – Ethereal Delicate, slight, young-looking Light-hearted, elegant, creative Active Positive Androgynous Child |
| <i>Physical</i> | | | |
| <i>Psychological</i> | | | |
| <i>Energetic</i> | | | |
| <i>Archetype</i> | | | |

CIRCULAR PROGRESSION



Lunar



Lunar-Venusian



Venusian



Venusian-Mercury



Mercury



Mercury-Saturn



Saturn



Saturn-Mars



Mars



Mars-Jovial



Jovial



Jovial-Lunar



Solar

Body types are the influences of the celestial bodies on our physical bodies. The diagram above shows the progression of the types from least to most developed.

Virtually no person has just one body type. Most people have two, and some have three or even four. The types blend together, so we have some traits deriving from each of them.

Two people having opposites make for body-type attraction: their bodies form a sort of electrical circuit. (A couple that doesn't have body-type attraction can still have many other elements of attraction.) Same body types make for comfort, as opposed to the excitement of opposites.

Body types have three attributes:

1. Positive- or negative-charged. People with mostly positive body type influences emphasize the good things and ignore the negative, sometimes leading to failing to read the handwriting on the wall and ramming into it! People with mostly negative body type influences can notice every flaw and be overly sensitive.
2. Masculine or feminine. Energy moves out from a masculine body type, and into a feminine one.
3. Active or passive. Passive bodies are still, and active bodies want to move. Active bodies have faster metabolisms; passive bodies put on weight more easily.

LUNAR (Ordinal Inspiration)

Lunar (+ *luminous*, – *pallid*), the most feminine and passive body type, is pale with a moon-shaped face and soft body. It can show up as the “nerd” type: people who are less physical and more in their head. Lunar bodies are especially affected by the moon, which fosters contemplation and dreaming.

Lunar is negative-charged, feminine, and, passive. Its opposite is ...

SATURNIAN (Cardinal Inspiration)

Many models today, both female and male, have strong saturnian influences. Saturnian (+ *rugged*, – *gaunt*), the most masculine and active body type, is tall or looks taller than it is, with a prominent forehead and bone structure, and tends to be lean, although any body type can put on weight, depending on diet and health.

Saturnian is positive-charged, masculine, and active.

JOVIAL (Ordinal Expression)

Jovial (+ *grand*, – *extravagant*), named for our largest planet, Jupiter, is the type most prone to weight gain. It is round and can become very large. Its personality is also jovial in the sense of being fun-loving and able to enjoy life. A thin jovial might seem too thin—it benefits from some “meat on the bones.”

Jovial is positive-charged, masculine, and passive. Its opposite is ...

MERCURIAL (Cardinal Expression)

Mercurial (+ *agile*, – *frenetic*) is compact and lithe, with an oval face. Mercurials can be nervous and high-strung, just like the word *mercurial* suggests.

Mercurial is negative-charged, feminine, and active.

VENUSIAN (Ordinal Action)

Venusians (+ *voluptuous*, – *obese*) tend to have lush, voluptuous, or teddy bear features. They easily put on weight, but like jovials, need to have some padding to avoid looking too thin.

Venusian is positive-charged, feminine, and passive. Its opposite is ...

MARTIAL (Cardinal Action)

Martials (+ *wiry*, – *muscle-bound*) are squat, ruddy, muscular, and feisty; they can be explosive.

Martial is negative-charged, masculine, and active.

SOLAR (Neutral Assimilation)

Solar (+ *radiant*, – *ethereal*) is delicate, fragile, and radiant. It shows up in the face as a pixie-ish quality.

Solar is positive-charged, androgynous, and active.