

# *Journey of Your Soul*

## Chapter 24

### **BODY TYPES**

|                      | ORDINAL   | NEUTRAL                                    | CARDINAL                                       |
|----------------------|---|--|--|
| INSPIRATION          | <i>LUNAR</i><br>+ Luminous<br>– Pallid                                  |  | <i>SATURNIAN</i><br>+ Rugged<br>– Gaunt        |
| <i>Physical</i>      | Pale, “baby fat,”<br><del>round</del> -faced <sup>1</sup>               |  | Tall, strong bones,<br>high forehead           |
| <i>Psychological</i> | Calm, introspective,<br><del>mathematical</del>                         |  | <del>Enduring</del> , self-control, leadership |
| EXPRESSION           | <i>JOVIAL</i><br>+ Grand<br>– Extravagant                               |  | <i>MERCURIAL</i><br>+ Agile<br>– Frenetic      |
| <i>Physical</i>      | Large, short, male<br><del>baldfess</del> , wide-necked                 |  | Dark hair & eyes,<br>slender, compact          |
| <i>Psychological</i> | Magnanimous, knowledgeable,<br><del>able</del> , able to enjoy pleasure |  | Clever, quick,<br>extroverted                  |
| ACTION               | <i>VENUSIAN</i><br>+ Voluptuous<br>– Obese                              |  | <i>MARTIAL</i><br>+ Wiry<br>– Muscle-bound     |
| <i>Physical</i>      | Dark & thick hair,<br><del>olive</del> skin, wide hands                 |  | Reddish coloring,<br>sinewy, broad             |
| <i>Psychological</i> | Easygoing, sensual,<br><del>loyal</del> , nonjudgmental                 |  | Direct, decisive,<br>volatile                  |
| ASSIMILATION         |   | <i>SOLAR</i><br>+ Radiant<br>– Ethereal    |  |
| <i>Physical</i>      |   | Delicate, slight, <del>young-looking</del> |  |

Body types are sets of physical and psychological traits stemming from the influences of the celestial bodies on our physical bodies. Above are the seven major body types; there are also three minor body-type influences: uranian, neptunian, and plutonian.

Although the brief descriptions of the body types convey flavors, they are not absolutes. Not every lunar type has a round face, for instance. One reason is that each person has a combination of body-type influences.

Often our body-type influences relate to our astrological chart, although there are not necessarily direct correlations. In fact, astrologers have told me that a person's whole Michael chart fits well with her astrological chart, although the connections are clearest with body types. As in astrology, the energy of each celestial body is linked to mythological symbols. For example, Mars, the red planet, is named after the Roman god of war, and people with a martial body type tend to be feisty. Also, people with a martial body-type influence tend to have reddish coloring.

The planetary influences are used in general parlance to describe people. For instance, two dictionary definitions of *mercurial* are "having qualities of eloquence or ingenuity ... attributed to the god Mercury or to the influence of the planet Mercury" and "characterized by rapid and unpredictable changeableness of mood." These also describe the mercurial body type. Similarly, a saturnian (or saturnine) person is prudent, sober, and perhaps sluggish. A jovial person, influenced by Jupiter, is convivial and merry.

Body types are chosen before the lifetime begins, although there must be adequate genetic raw material from which to fashion them. There are people of all body types within each ethnic group, although different groups emphasize different types. For example, there are many lunar types in China, and martials in Ireland. Families have a still narrower palette; if no one in a person's family has had, say, a saturnian body type for a few generations, it would be difficult for his essence to develop a saturnian body.

Identical twins do not necessarily have identical body types. In a set whose charts I channeled, one was saturnian/mercurial, while the other was solar/mercurial. With another set of twins, one was mercurial/lunar, and the other was saturnian/jovial/mercurial. In a third, one was solar/mercurial/martial, whereas the other was solar/mercurial/venusian (and was notably more voluptuous even with the venusian influence being tertiary). Each of the twins had a mercurial influence. The planet Mercury rules Gemini, which is Latin for "twins."

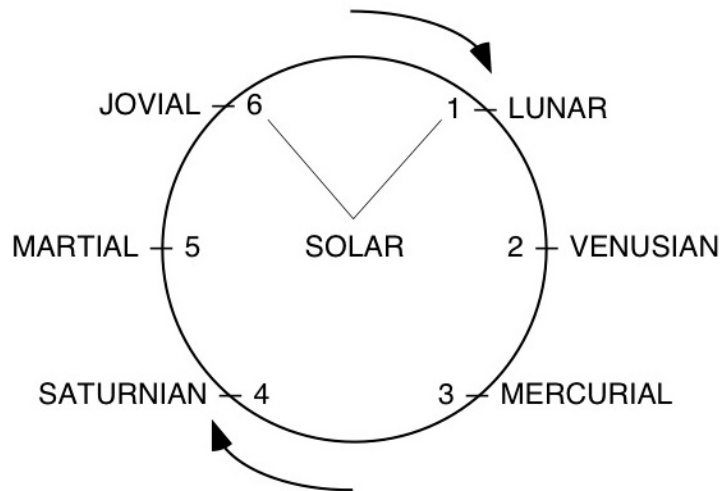
It would surprise me if twins did not have at least one body-type influence in common, but the soul builds the body it wants out of the raw material present, so there is flexibility. As the body ages, it can be increasingly imprinted by the soul, which is one reason why identical twins tend to look increasingly different as they get older.

The books *Body Types* by Joel Friedlander and *Human Types: Essence and the Enneagram* by Susan Zannos are two current references on this subject. In 1900, a book on palmistry, *The Laws of Scientific Hand Reading* by William Benham, set out the seven types. Benham learned the material from Gypsies. Russian philosopher George Gurdjieff, who traveled extensively in the East collecting esoteric teachings early in the twentieth century, discussed body types in general terms. His pupil Rodney Collin-Smith wrote about the types in *The Theory of Celestial Influence* in 1954. Gurdjieff teacher Robert Burton elaborated on these writings beginning in the late Sixties. Friedlander and Zannos were in Burton's group, Fellowship of Friends. Friedlander was a publisher of Gurdjieff books.

The Michael and Gurdjieff teachings are cousins of sorts. In addition to body types, Gurdjieff taught about centers and chief features (obstacles) using some terms that later became part of the Michael teachings. Sarah Chambers and others in her group were also members of Burton's group before she began channeling Michael. Therefore, she knew Gurdjieff terminology, although Michael used the material somewhat differently and only in part.

The diagram below illustrates that the body types move in a clockwise progression from least developed (lunar) to most developed (jovial). This progression constitutes a circle, with jovial connecting back to lunar. Solar is outside the progression, so it is not numbered. The progression moves incrementally from most passive to most active (saturnian) and back to highly passive. The types alternate between negative and positive charges. The right side has the three feminine types, and the left, the three masculine types. Solar is androgynous.

### *Body-Type Circular Progression*



Having a positive or negative charge is not the same as positive and negative poles. The positive types are more like the day: brighter, more optimistic, emphasizing the outer, and tending to overlook flaws. The negative types are more like the night: darker, more pessimistic, emphasizing the inner, and tending to notice what needs correction. Both kinds of charge are needed. Positive types are more likely to be happy, but they can fail to see and correct problems in a timely manner. Especially when coupled with overleaves such as spiritualist or idealist, they can be oblivious to the writing on the wall. They might not notice, for example, that they have offended someone.

The positive types are saturnian, jovial, venusian, and solar. The negative types are lunar, mercurial, and martial. It is easy to see why solar is positive, since the sun creates daylight, and lunar is negative, since the moon and the night are so closely connected. Solar types tend to be radiant and light-hearted, and lunar types tend to be sensitive and thoughtful. The traits of other positive types are, like solar, brighter—the jovial type is known for its mirth, and venusian, for its love of beauty. Saturnian is a can-do leader. The traits of negative types are darker—mercurial can be sarcastic, martial can be bad-tempered, and lunar, sullen.

Each body type is also active or passive, but unlike positive and negative, it isn't either/or; there are degrees of activity and passivity. Body types wax and wane in this regard around the progression. The first, lunar, is the most passive. The second, venusian, is less passive. The third, mercurial, is active. The fourth, saturnian, is the most active. The fifth, martial, is again active, but less so than saturnian. The sixth, jovial, is passive, but less so than lunar,

the first, which begins the progression anew. Solar, not part of the progression, is also active but lightly or neutrally so. It is not wound-up (mercurial), stolid (saturnian), or explosive (martial). Solar is most like saturnian in that both are active and positive. However, if saturnian is like a lumberjack, solar is like a hummingbird.

Activity and passivity refer to whether the body's tendency is more to do or to be. For instance, if someone has a totally free day, he is likely to do something athletic or take on a project if he has an active type, whereas someone with a passive type might choose to read or watch a movie.

Active types easily muscle up with exercise; passive types don't. I knew a woman with a saturnian type, and martial and mercurial secondaries—all active types. She was afraid to exercise because she got so muscular. That would have been great had she been a body builder, but she was an actress, and too much muscle could have limited her ability to get the parts she wanted. Active types also tend to be thinner, even without exercise, whereas passive types tend to be larger, softer, and rounder. Any type can be fat or thin, but active bodies have a boxier, less round look even when they're fat. The passive types are meant to have a little more meat on their bones. A man I know with a jovial type is often perceived as being too thin. If he had a mercurial type with the same weight and frame, he would be perceived as being at his normal weight.

The current ideal of beauty is a thin, tall saturnian type with a martial secondary. Bodies that are naturally heavier are out of fashion. It is unfortunate that our society promotes the idea that everyone should look the same. Here we can see a negative example of the young-soul motto, "Do it my way." This attitude makes it more difficult to appreciate the beauty of each type.

Positive and active are both considered masculine traits—they are on the yang side of their respective polarities. Saturnian, both positive and the most active of types, is considered the most masculine body type. Astrologically, Saturn is the father figure, meting out discipline.

Negative and passive are both considered feminine, yin traits. Since lunar is both negative and the most passive of types, it is considered the most feminine body type. This is not surprising, since the moon is a symbol of femininity, and women's bodies are particularly affected by the lunar cycle. As a man with a lunar body type, I have always been unusually sensitive to

the full moon—I feel emotionally more full and often have the greatest sense of well-being then. Other Michael students have guessed me as having higher female energy than the fifty-three percent I do, and my body type is part of the reason.

Lunar men and saturnian women are more likely to be homosexual or bisexual than when the reverse is true, although body type is only one of many factors influencing sexuality. (The percentage of lunar or saturnian determines how strong a factor it is, along with secondary types.)

In addition to the masculine/feminine connotations of active/passive and positive/negative, masculine/feminine itself is a third trait of body types. Energy moves out from a masculine body type and into a feminine. The masculine body types, in this sense, are saturnian, jovial, and martial. The feminine types are lunar, mercurial, and venusian. Solar is androgynous.

Both mercurial and martial are characterized by the paradox of being active yet more internal (negative). They are differentiated by the fact that mercurial is feminine and martial is masculine. Mercurial receives, potentially becoming wound up, while martial can explode. The opposite is true of jovial and venusian: they are passive yet more external. Jovial is masculine and venusian is feminine. Jovial dissipates its energy outward while venusian absorbs energy. Jovial and martial look more masculine; mercurial and venusian look more feminine.

Their positions in the progression further shed light on their differences. Whereas mercurial is moving toward saturnian, which is more active, martial is moving toward jovial, which is passive. Venusian and jovial are likewise in different positions. Channeling from Michael:

Saturnian, being the apex of masculinity, is at a pivot point. Mercurial builds steam toward it, whereas martial is losing steam, or discharging energy. This makes mercurial more high-strung—it seeks opportunities to wind up—and martial more explosive—it seeks opportunities to wind down. Saturnian, having reached that apex, can afford to be still.

Similarly, lunar is at the apex of femininity. Jovial approaches that apex, so it is releasing itself into passivity, through the pleasures of company, among other things. (Mercurial absorbs what jovial dissipates.) Venusian, coming from passivity toward activity, is gearing up for it, taking in stimulation from martial, which releases it. Lunar is not in motion in either direction; like saturnian, it is still.

As a result of this stillness, both lunar and saturnian types tend to be calm and slow-moving, even though saturnian is the supremely active type—it is calmly active. Both mercurials and martials are more obviously active and energetic, in different ways. Martials express their active energy in being feisty and strong; their masculine nature manifests in their negative pole being *muscle-bound*. They are attracted to traditionally masculine sports such as boxing and bodybuilding.

Mercurials, on the other hand, are feminine, and their positive pole is *agile*. They are attracted to traditionally feminine sports such as gymnastics and yoga. They tend to be zippy, lively people with fast metabolisms; they are often the kind of people who can eat anything and burn it up. However, that is not always true; it depends on many factors, such as health and secondary body-type influences. One mercurial I know has the nervousness of the negative pole, but not the liveliness and agility of the positive. He tends to be sluggish and put on weight because of a glandular dysfunction. In addition, he has a secondary body type of venusian, which is passive.

We each have a primary and secondary body type. People fairly often have a tertiary and sometimes even a quaternary type as well. Virtually no one has only one body-type influence, although single body-type influences show up in cartoons and archetypes. For example, Uncle Sam of U.S. Army recruitment posters is saturnian, and Disney's Snow White is solar.

The proportion of a person's body-type influences can slightly shift during his or her lifetime. For example, lunar accounts for fifty-three percent of my body's energy. My secondary is thirty-six percent martial, and my tertiary is eleven percent venusian. My lunar influence is decreasing, and my martial and venusian are increasing. Several years ago, lunar accounted for fifty-six percent of my body's energy, martial was thirty-four percent, and venusian was ten percent.

Each body-type moves toward the next one in the progression. For example, lunar moves toward venusian. That movement is slow and gradual. Bodies, being dense, do not change quickly.

Body types occupy a band of frequencies, like a color of the rainbow that spans the space between one frequency and another. We have our own location on that band. A person can be lunar more toward jovial (which precedes it on the progression), or more toward venusian (which follows it),

just as green can be more toward yellow or more toward blue. The fact that I have both lunar and venusian, and that my lunar has decreased while my venusian has increased, illustrates that my band of lunar/venusian has moved slightly more into venusian territory.

We are usually most comfortable with types adjacent to our own on the progression (many married couples exemplify this) if the span is not too great. We are pleasantly drawn to what is coming up for us and enjoy fostering those who are where we have recently been. However, those significantly behind us on the progression may feel like a drag on us. It is similar to school children studying well with those close to their level. People can also be comfortable with others who have the same body type if they like it in themselves.

We are most excited by the type opposite our own (common in flings). That is what is meant by *body-type attraction*.

With opposite types, one is positive and the other negative, one is active and the other passive, and one is masculine and the other feminine. The principle of body-type attraction applies to all relationships, not just sexual ones. The chart at the beginning of the chapter shows the pairs of opposites as ordinal and cardinal, with passive types being ordinal. They also appear opposite one another on the “Body-Type Circular Progression” diagram.

Joel Friedlander writes that solar, being outside the progression, “lacks the tensions of attraction and repulsion that inflame the other types.” That sounds like the neutral assimilation axis, upon which the solar type sits on the Michael chart, and the neutral role, scholar.

Solar is androgynous rather than masculine, despite its being both positive and active, like saturnian. The sun itself is a masculine symbol. However, it is also suggestive of the neutral assimilation axis in that its light and heat interpenetrate everything in the solar system. The sun is the resource for the planets, just as the role of scholar is the resource of knowledge for the other roles.

The type most opposite solar is lunar, the only one that is both passive and negative. That might give lunar a slight edge with solar—it’s easy to think of the sun and moon together—but solar, being neutral, is attracted to all the other types. Those who say that they don’t care what body type someone has often have a significant solar influence. Friedlander writes that if someone’s



type is solar, his secondary type(s) determines his dominant attractions. However, body-type attraction probably won't be as important for him or her as it is for others.

Body-type attraction is not the same as thinking that someone is beautiful or handsome, or even that someone is our type. Our image of beauty may relate to what advertising and the media in general promote; our type may be someone who reminds us of one of our parents or an earlier lover. Also, we are genetically programmed to find healthy bodies attractive for reproductive purposes.

Body-type attraction is subtler. It is our body's fascination with its opposite, a magnetic attraction between positive and negative, active and passive, and masculine and feminine. Simply sitting next to someone with an opposite body type can excite or stimulate our bodies, even if he or she is not of interest as a sexual partner.

Body-type attraction can also account for being sexually drawn to someone who isn't our type or doesn't conform to our image of beauty. (Essence connections such as agreements and karma can also cause us to be attracted to people in surprising packages.) In addition, it can account for some of those odd couple relationships, such as a thin, compact mercurial with a large jovial.

Body-type attraction is exciting to have in a romantic relationship, but not essential. If there is not some body-type attraction or at least body-type compatibility from being adjacent on the progression, there are probably other elements of attraction, such as opposite male/female energy ratios, compatible overleaves, or close essence bonds. Certain roles commonly mate, such as server and king, artisan and sage, warrior and scholar, and priest and server.

Body-type repulsion is not a term we use in the teachings, but there are tendencies. The two active/negative types, mercurial and martial, have friction between them. Someone who has both types internally has internal friction—such a person is both wound-up *and* explosive. The late Steve Jobs had a mercurial/martial type. That friction makes for a restlessness that can be both uncomfortable and galvanizing.

The two passive/positive types, venusian and jovial, don't demonstrate overt friction (being passive) but can rub each other the wrong way.

Someone lunar more toward venusian is moving away from jovial and is repelled by it, whereas someone just entering lunar may continue to feel connected to jovial and be comfortable with it. The same is true with other adjacent types.

It is useful to consider how all the types in a person add up. My types are sixty-four percent passive and feminine, and eighty-nine percent negative, which influence me to be highly sensitive and internal.

If someone is fifty-two percent mercurial and forty-eight percent jovial, it might be difficult to read his type; he won't stand out as being either passive or active, positive or negative, or masculine or feminine. Jovial might look dominant because it's an extreme type, the most developed, and a little goes a long way. (Lunar, the least developed, is the other extreme in this regard.) If someone has a strong saturnian secondary and is quite tall, we might guess saturnian as his main type, since his height is what first strikes us about him. Incidentally, although saturnians tend to be tall, a person can be tall with no saturnian influence; jovial and venusian influences in particular can also make for tallness. Also, not all saturnians are tall—genetics still play a part—although shorter saturnians tend to look taller than they are because of their lanky build and prominent bone structure.

According to Yarbro, task companions, when incarnate together, tend to choose the same body type, and essence twins tend to have opposite types. When I'm channeling a person's body type and two types have almost equal influence, sometimes Michael pauses to discern which is greater. That one is given as the body type, and the one that is slightly less in influence is given as the secondary. If the types shift in influence, this could be reversed. Most other Michael chart traits are constant for the lifetime.

## BODY TYPES ON THE MICHAEL CHART

The chart at the beginning of this chapter uses the same arrangement as the one in *The Michael Handbook*, also used by one of the Yarbro channels. On it, cardinality and ordinality are assigned to the seven types according to whether they are active or passive. This fits with the fact that the Yarbro books gave the negative poles of cardinality and ordinality as *activity* and *passivity*. (The positive poles are *lucidity* and *responsiveness*.) It places opposite types, those that most attract each other, on the same axis. Lunar and saturnian, on the inspiration axis, are the quietest and most internal types.

Jovial and mercurial, on the expression axis, are the most lively and communicative types. Venusian and martial, on the action axis, are the most sexual.

In *Michael—The Basic Teachings*, the authors use the same arrangement except that they switch jovial and mercurial, making jovial (which tends to be large) cardinal. I've also seen an arrangement that does not keep the pairs of opposites together. It places venusian on the inspiration axis since Venus is the goddess of love in mythology, and venusian types tend to be nurturing. It might seem contradictory to put any passive body type on the action axis, as in the other arrangements. However, Michael pointed out to me that, like the action-axis roles, venusians enjoy the "fruits of the flesh." *Active*, as in active and passive, refers to something different from *action*, as in the action axis.