

# 8

## The White Knight

*"I am a rock" "Do it my way."*

### Basic Proposition

**True Nature:** Eights know everyone begins in innocence and can sense truth and justice.

**Great Loss:** At an early age, Eights experienced the world as a hard and unjust place where the powerful took advantage of the others.

**Core Belief:** As a result, Eights learned to become strong and powerful by imposing their own truth to protect themselves and others.

### Personality

Eights are strong and direct and action-oriented. They seek justice and will often side with the underdog. They are often unaware of their own strength – both physical and personality. They can be overly impactful, excessive and impulsive.

#### Where the Eight's energy/attention goes (fixation):

- Power and control
- All or nothing; "My way or the highway"
- The present; "amnesia for the past"
- Saving or defending others

#### Healthy Traits of the Eight (Gifts):

- Confidence and capacity to meet and overcome obstacles
- Quick to meet problems with workable solutions
- Gentle, big-hearted
- Inspire and encourage others to act with confidence
- Can deal with conflict in a healthy and assertive way

#### Average Traits of the Eight:

- Self-sufficient; doesn't think they need anyone
- Very direct
- Likes intensity; takes risks for the fun of it

- Sees conflict as just one more way of connecting
- Overwhelming energy

### **Unhealthy Traits of the Eight (Red Flags):**

- Seeking increased control and power over more areas of life
- Quick to anger
- Confrontational
- Sensitivity to others decreases

## **Stress and Coping**

### **What Causes the Eight stress:**

- Perceived injuries they can't correct
- Their own vulnerability and weakness
- Inaction
- Deceit and manipulation
- Boundaries or rules that are unjust or constraining

### **Coping Methods:**

- Taking charge
- Dominate the situation
- Take action – any action

## **Practices for Transformation for Eight**

- Observe your intensity. Watch how it affects others.
- Practice doing things someone else's way.
- Engage in regular physical activity to burn off energy and satisfy your physical drive.
- Practice kindness toward yourself and others.
- Investigate the difference between weakness and vulnerability.
- Learn to delay reaction; literally count to 10.
- Questions for daily reflection: Did I consider others' difference opinions and energy levels today? Did I take time to notice my impact on people? Where was I able to experience my tender, vulnerable side? How did that feel?
- Develop a mindfulness practice to build awareness of your mind, body and heart as they are in the moment.