

9

The Peacemaker

“Let’s all get along.”

Basic Proposition

True Nature: Nines know that everyone is loved unconditionally and everyone belongs.

Great Loss: At an early age, Nines were made to feel unimportant and that they and their needs did not matter.

Core Belief: As a result, Nines learned to blend in and find comfort by attending to and merging with others. They lost awareness of their own desires and priorities. They feel that by raising themselves up, they will push someone else down.

Personality

Nines are calm and steady. They seek – and often radiate – harmony and comfort. They are supportive of others, but sometimes at the expense of what they need or want themselves.

Where the Nine’s energy/attention goes (fixation):

- Other people’s agendas
- Forgetting their own desires and wants
- Avoiding conflict or discomfort
- “Shiny things” in the environment

Healthy Traits of the Nine (Gifts):

- Receptive and open to others
- A bridge builder; can hear and value multiple views
- Genuine; what you see is what you get
- Puts others at ease
- Values their own priorities as well as others’

Average Traits of the Nine:

- Goes along with others to get along
- Self-effacing; downplays their value
- Avoids being the center of attention

Unhealthy Traits of the Nine (Red Flags):

- Tune out or deny anything that might cause discomfort
- Become immovable; stubborn
- Feel powerless and unimportant
- Have rare bursts of violent and powerful anger

Stress and Coping

What Causes the Nine stress:

- Conflict of any kind
- Making decisions when they don't know what they want
- Seeing too many sides to an issue
- Setting priorities
- Carrying through on saying "yes" when they didn't want to

Coping Methods:

- Withdrawing
- Numbing out; turning off mentally
- Avoiding inserting energy into their own lives

Practices for Transformation for Nine

- Develop a "both/and" attitude with energy for yourself and others.
- Make taking care of yourself, even in little ways, a priority.
- Make peace with conflict and discomfort; see them as steps to your goal.
- Check in several times a day to see what you want and what you are feeling.
- When you catch yourself numbing out (TV watching, computer games, stress eating, etc.) think back to the feelings that came before.
- Questions for daily reflection: How did I take care of myself today? Did I set and honor my own priorities? How did that feel? Did I treat myself as being as important as others
- Develop a mindfulness practice to build awareness of your mind, body and heart as they are in the moment.