

discovering Your Life energy, part 1

by Gary Null & Natural Living Journal



Each person comes into the world with an essence, a unique constellation of attributes that make him or her different and special. This special life energy is, I believe, the determining factor in how a person addresses life. This property of the self is what I refer to as natural life energy (NLE.)

Each individual energy has its own resonance, its own note to play in this harmonious symphony called life. No one has too much, no one has too little to fulfill his or her place in the universe.

THE THREE MAIN ENERGY TYPES

As I see it, the two main types of people in terms of natural life energy are the Dynamics and the Adaptives. The basic difference between them is that charismatic quality, a personal magnetism that enables dynamic individuals to inspire and lead others. Adaptives are not charismatic, nor are they looking to change things.

There is a third type—the Creative.

concerned about other people's welfare. In a group, Supportives are not the natural leaders, and they're usually not the most eloquent speakers. But they are, ultimately, the people who make things happen.

THE SEVEN ENERGY TYPES

The three basic spiritual energies and the three basic qualities are like strands that form the warp and woof of personality. They weave together in certain patterns that produce the rich tapestry of seven NLE types. Each person is completely unique, yet everyone will fall into one of the categories in terms of their predominant energy type.

Dynamic Aggressives

Dynamic Aggressives are the charismatic natural leaders of society. Think of presidents, prime ministers, generals, corporate CEOs and authority figures. For these self-made men and women, being goal-oriented and entrepreneurial, as well as controlling

themselves, their ethics and their mission in the world. They have a tremendous potential for growth and thrive on change. More than any other energy type, Dynamic Assertives live in the moment, making them unpredictable. A disregard for limitations is one of their most distinctive qualities. Dynamic Assertives have tremendous raw energy and sometimes they do in a week what others might do in a year.

They can swing between cooperation and competitiveness, and idealism and hedonism. They can be highly critical of themselves and others. More than anything, they need to establish balance, as they often allow themselves to become perpetually busy.

The Dynamic Assertive's first relationship is with life—not relating to one other person on a daily basis. Despite their problems with romantic relationships, Dynamic Assertives can be terrific friends.

Creative Assertives, other Dynamic Assertives and Dynamic Supportives, provided they are working from the high side of their energy, work well with Dynamic Assertives. About one in 100 people is a Dynamic Assertive.

Dynamic Supportives

Charismatic, warmhearted, sincere, reliable, humorous, compassionate, strong yet gentle—all these words can describe Dynamic Supportives. They are well suited for careers that focus on helping others—therapists, doctors, conciliators, clergy, teachers and communicators. Dynamic Supportives are independent, intuitive and good at bringing people together, sometimes serving as bridges between Dynamics

and Adaptives, yet they generally have no interest in leading others.

Dynamic Supportives are sensitive to the emotional energies of their environment. They are energetically and intuitively attuned to other people, and they naturally engage on an emotional level. Empathetic, on their down side, they may absorb outside conflicts. Their concern for others can cause them to lose sight of their own plans.

Many Dynamic Supportives might be considered "unfocused dynamics." They may meander in life and in many cases, they can be unmotivated, lethargic and even lazy in realizing their full potential. "Laid back" sometimes seems custom-made for this group.

Their friendships last a lifetime. More than any other energy type, they are willing to overlook the flaws of their friends and partners and will reach out to relate to all types of people. Dynamic Supportives work well with Dynamic Assertives, Adaptive Supportives and Creative Assertives.

Part 2 of this excerpt from Gary Null's newest book, **Who Are You, Really?**, published by Carroll & Graf, will be continued in the next issue. ✱

Gary Null, PhD, radio host and respected authority on alternative health, is the best-selling author of over 50 books. For information on Gary Null's Natural Living Journal—nominated in 1996 for the "8th Annual Alternative Press Awards"—and the Natural Living Membership Card offering substantial discounts at health food stores and holistic practitioners, call (516) 755-5665, 24 hours. Hear Gary weekdays, Noon-1:00pm on WBAI, 99.5 FM.

personal rhythm, awareness and sensitivity, which allows them—and even makes it necessary for them—to bring their creations into the world.

Of course, adaptive people can be creative; dynamic people can adapt to certain things and creative people may be dynamic or adaptive, too. What we refer to as a person's natural life energy is that person's predominant energy type.

THE THREE MAIN QUALITIES

Within the three broad types there are further divisions: Some people are characteristically aggressive, some assertive and some supportive.

Aggressives

The Aggressives have a driving, forceful energy and tend to lead or want to dominate others. They like to take charge of whatever they're engaged in, whether it's a business, a family or the PTA. There are Dynamic Aggressives and Adaptive Aggressives.

Assertives

While Assertives are willing to take an aggressive responsibility for their own actions and deeds, in a group, Assertives would be the ones who are comfortable expressing their views, but who are not particularly driven to take charge. There are Dynamic Assertives and Adaptive Assertives, and the Creative group consists of virtually all Creative Assertives.

Supportives

There are both Dynamic and Adaptive people who are at their best in a supportive role. Qualitatively, they are basically nurturing, happy to help, truly

Dynamic Aggressives are the people who will organize, and sometimes exploit, any environment. On the seamier side, they're the ones who take advantage of us as coin artists, religious charlatans and dictators.

These leadership "naturals" tend to be outgoing, intelligent, single-minded, self-reliant and politically aware. They can also be insensitive, manipulative, stubborn and arrogant. They are driven people who may be too heavily focused on amassing power and money. They tend to be more competitive than cooperative, and their first loyalty is to themselves.

Still, on their up side, when their natural charm and dynamic energies are put to use, they can be very beneficial to the world. After all, they're the ones taking the risks that no one else would. And that's the kind of activism that creates real progress.

Once they're in charge, Dynamic Aggressives tend to have Adaptive Aggressives working with them. These people have the drive and know-how to implement the Dynamic Aggressive's policies, since detail work is not the "Dynamics" forte. Fewer than one in 200 people is a Dynamic Aggressive.

Dynamic Assertives

Charismatic, nonconformists, creators of social change, Dynamic Assertives, while they may be trendsetters and revolutionaries, unlike Dynamic Aggressives, they are looking to control only their own lives, while serving as a catalyst of change for others.

The mind, and ideas, are very important to them. Introspective souls, they've spent hours pondering

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Discover your Life Energy

Part 2

by Gary Null

& Natural Living Journal

In Part 1, Gary Null outlined the 7 natural energy types of personality. The charismatic Dynamic group was discussed in depth. Dynamic Aggressives are the most aggressive and the leaders of society. Dynamic Assertives are the conceptual thinkers and visionaries. Dynamic Supportives are the helpers and nurturers. In Part 2, Gary outlines the "Adaptive" group and the "Creatives." At the end, test yourself and discover which of the 7 types is your predominant life energy.

Creative Assertives

Creatives seem to manifest only as Creative Assertives. They have a gentle and sensitive nature, and often extraordinary perceptual ability.

Creatives are absorbed in their work, reflective, self-sufficient, giving, supportive, idealistic, visionary and sometimes volatile. They're designers, artists, writers, dancers, musicians.

While Creatives are natural doers and creators, you're not likely to find them in positions of authority. They are motivated by the need to create and have

their work accepted, not by a desire for money or for control.

Creative Assertives can be so busy searching, analyzing and seeking themselves in the reactions of others that they miss the opportunity to live in the moment. They quest for life, and cling to negative experiences, more than any other type. Confusion stops them cold, and in some cases these super analytical people must learn to surrender their need to understand life.

Creatives swing between intense involvement with others and aloofness. They're intermittently motivated, periodically need time alone and tend to have a more erratic schedule than the rest of us. They worry about everything—probably a result of their highly developed imaginative abilities.

The Creative Assertive is not—to put it mildly—society's most highly rewarded type. Most aren't paid well, if at all, for their creative efforts. But, through their art, Creative Assertives interpret life for the rest of us, enriching our lives in the process. And they're not afraid to

stand up for their ideals, even when that means challenging authority.

Creative Assertives work well with Dynamic Assertives, Dynamic Supportives and often with Adaptive Supportives and other Creatives.

Adaptive Aggressives

While Adaptive Aggressives are not charismatic or creative themselves, their specialty is attaching themselves to powerful people and having the resourcefulness to work with them. They are shrewd socially, goal-oriented, sur-vivor types, expert at finding their niche within the power structure and using it.

Successful sales and public relations people, lawyers, top advisors, as well as behind-the-scenes "operators," are often Adaptive Aggressives. Many actors are too.

Adaptive Aggressives are bright people who bring vitality, joy and a sense of openness to life. They know what they want and go out and get it. The Adaptive Aggressive is restless and the wildest and most exciting energy type. They are more willing than other types to try new things. Strategy and planning are key to these expert facilitators. Nobody is more attentive to details; nobody organizes better. They get things done.

If things do not go well, more than any other type the Adaptive Aggressive will run—out of a marriage, a relationship, a job. This group tends to job-hop like crazy.

You can call them opportunists, climbers, who often seek power and status. On the down side, they can be



exploitive and manipulative. As Adaptive Aggressives use relationships as tools, they pair best with Dynamic Aggressives or Dynamic Assertives.

Adaptive Assertives

The Adaptive Assertive is a small subgroup of the Adaptive Supportive energy type and shares their strong need to fit in with the majority. However, the Adaptive Assertives differ in that they will take on limited leadership roles.

Adaptive Assertives are not charismatic, but they do have the kind of practical leadership skills that make them good foremen, supervisors, office managers and teachers; they're solid, dependable, hard workers and highly responsible. All of these occupations require organizational ability, which is generally an Adaptive Assertive forte.

Adaptive Assertives are some of the most fulfilled, least dysfunctional members of society. They are family-oriented and civic-minded people who do something constructive within the boundaries society has set. We'd have no PTAs, Elks Lodges or Scouts without this group. On the down side, Adaptive Assertives are not particularly tolerant. Because they are a highly functional group, they often can't understand why others aren't too.

They have a strong desire to do things right; their homes tend to be sensibly decorated, sparkling clean and organized to the hilt. What's more, everything works.

Since family life is very important, they tend to socialize frequently with family. Adaptive Assertives work well with their own type and Adaptive Supportives.

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Adaptive Supportives

The group comprises the "mainstream" or great majority of the population, perhaps 90 out of 100 people. They are the unglamorous supporters of the status quo and society runs because of them. This loyal, generous and easygoing group, which has the gift of helping others, include workers, secretaries, "support staff," "the troops." They're often good citizens, compassionate, charitable, even selfless. Despite being hard workers, they know how to grasp happiness in everyday things.

Adaptive Supportives are the followers in life. They relinquish control, giving more power to authority figures than to themselves, thus they can be easily manipulated and degenerate into a mob mentality. It's not surprising then that Adaptive Supportives often live with a feeling of powerlessness. Their whole lifestyle is supportive of the status quo and is motivated in large part by the need for approval by others. They place great value in security, so resist change.

Adaptive Supportives tend to have more health problems than any other type and tend to suppress pain by escaping into addictions.

Adaptive Supportives are unsurpassed in their capacity to be extremely loyal to a friend or mate. They work well with other Adaptive Supportives, Dynamic Supportives and Adaptive Assertives.

Living in Harmony with Your NLE

Your Natural Life Energy is the mode you're operating in when you're in your happiest and most relaxed state. When we are living in harmony with our NLE,

we are living a balanced, healthy life on the *high* side of our energy. We are fulfilled and able to make our special contribution to our world. But, a staggering number of people are living on the *low* side of their energies due to conditioning that often stunts or distorts their true natures.

What type are you?

Profiles of each of the 7 NLE types have 8 statements associated with them. In general, answering *true* to 6 or more statements in that group means that's your type. Whichever type yields the *highest number of trues* is your *predominant energy*.

Are You a Dynamic Aggressive?

1. Ever since childhood, I've always seemed to want more out of life than my peers did.

2. I can work harder than most people, and I enjoy doing so.

3. I spend much less time than others on what I consider pointless leisure pursuits: TV and movie watching; novel-reading; and card, computer or board game playing.

4. I find myself getting frustrated because most people operate at a slower pace.

5. I could never be really happy working for someone else.

6. I don't have much time or patience for long family gatherings, such as a whole afternoon spent celebrating Thanksgiving.

7. Managing a big job and having underlings carry out the detail work is my ideal kind of endeavor.

8. I'm more intelligent than most people, and others almost always recognize this.

Are You a Dynamic Assertive?

1. I enjoy thinking about large issues, such as how society is organized politically.

2. The idea of a lifelong and exclusive intimate partner doesn't seem desirable or realistic for me.

3. Being alone does not scare me; in fact, I do some of my best thinking when I'm alone.

4. I get frustrated because most people's world view is so limited.

5. I have a drive to express my ideas and influence the thinking of others.

6. I have no trouble getting people to listen to me and grasp what I'm saying.

7. The make-up of my social circle is constantly changing.

8. I can't fathom the idea of holding one job for decades.

Are You a Dynamic Supportive?

1. I get asked for help a lot, and have a hard time saying no.

2. When I meet a person I'll give that individual the benefit of the doubt; in other words, I'll like him until he gives me a reason not to.

3. I procrastinate a lot.

4. People usually like me.

5. I'm happiest interacting with people and aiding them in some way.

6. It sometimes takes an outside force to get me motivated because I tend to be satisfied with what I have.

7. People tell me I have a great sense of humor.

8. I'm good at smoothing over others' conflicts and helping to mediate them.

Are You a Creative Assertive?

1. When I'm in a new situation, such as a new job setting or relationship, I spend a lot of time comparing it to

Are You an Adaptive Assertive?

1. I feel I'm good at supervising a small group of people and I enjoy doing so.

2. I strongly believe that divorce is to be avoided whenever possible.

3. When it comes to spending and saving habits, I take pride in being more thrifty and less foolish than most people.

4. I generally believe that if individuals behave outside the norms of society, they should be prepared to pay the price.

5. My home is more organized and cleaner than most people's in my neighborhood.

6. I enjoy the feeling of my life going along at an even pace like a well-oiled machine; too many stops and starts would really upset me.

7. I understand that detail work is what ultimately gets a job done and I have the gumption and know-how to tackle details.

8. I would never dress in a flashy, bohemian or otherwise attention-getting way.

Are You an Adaptive Supportive?

1. I believe that respect for authority is one of the cornerstones of good character.

2. A lifelong relationship with a romantic partner is one of my goals.

3. My extended family is the most important part of my social life.

4. Directing a big job and supervising a lot of underlings is a big headache.

5. Holding one job for decades would be okay with me if the conditions were good and the boss was nice.

6. Trying to lengthen your life by eating the "right" foods doesn't make much sense to me because when your time's up, your time's up.

7. I believe blood is thicker than water and that it's more important to be loyal to

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Each Type Contributes

to the Whole

After reading about the 7 NLEs and answering the 8 statements associated with them, you probably have an idea where you fit in.

Besides working with the natural strengths of your own energy type, there are lessons to be learned from the other energies, too. For instance, all energy types could emulate the **Dynamic Aggressive's** affinity for hard work.

Dynamic Assertives teach us that no one person can fill all one's relationship, emotional and intellectual needs. We can all try to emulate the **Dynamic Supportive's** warmth and friendliness.

Try exercises to develop the associative thinking that makes **Creative Assertives** creative. **Adaptive Aggressives** teach us to be open to opportunities. The virtue of being well organized is the **Adaptive Assertive's** forte. And the **Adaptive Supportives** teach us that family values are much more than a political slogan.

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Are You an Adaptive Aggressive?

1. When I first enter a new environment, such as a workplace or a school, I make it a point to become acquainted with as many people as possible.

2. I rarely seek quiet.

3. My vacations are always highly structured; several days of sitting in one place & vegetating would drive me crazy.

4. Networking as a career and life tool is something that comes naturally to me.

5. When tackling a problem or task, I'm usually less defeatist than others.

6. I like associating with influential people and am not intimidated by them.

7. I'm happiest moving and doing, as opposed to sitting and thinking.

8. I thrive on setting goals for myself and then figuring out how to reach them; I can't imagine just drifting through life without a plan.

notice the passage of time.

3. I'll periodically go through extremely low-energy periods during which I have to remind myself that it's only a phase.

4. I find myself getting frustrated because most people are not on my mental wavelength.

5. Working by myself is no problem; in fact, I prefer it.

6. At times, ideas just "come to me," and if I can't put them down then and there—on paper, canvas, etc.—I'll be uncomfortable until I can.

7. Throughout my life there's been a pattern of people calling me one or more of the following: temperamental, moody, sad, flighty, different; and I never really felt like I was "one of the boys or girls."

8. I find competition distasteful.