

"The Phlegmatic Temperament: *Everything's in Order, and I Want to Keep it That Way!*

The phlegmatic temperament gives you the ability to think things through, to envision the future, and to create a plan for the fulfillment of goals. This is the part of you that loves order and finds safety in routine... As wonderful as all of these qualities are, when you're out of balance they can form a kind of prison. Life becomes ponderous, predictable, and flat with no excitement and little joy. You can become dull and boring... In other words, it's time to wake up. A lemon bath provides a therapeutic awakening of the nervous system and the senses. Lemon captures the warmth and energy of the sun... In addition to the lemon bath, eat more warming spices, such as garlic, cumin, coriander, pepper and roasted red pepper, all of which warm and awaken the heart. Minimize dairy products, which can reinforce the phlegmatic nature by creating stagnation. Listen to music that inspires your spirit, and opens your heart. Let yourself remember old ambitions and dreams. Do something entirely different each day. Dance... take up a new hobby... plan a trip..."



Pooh is so easygoing and pleasant to be around. Pooh is content to relax and let stronger personalities or circumstances lead him.

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Other Resources

type-wire.blogspot.com/

Expressing Your Truth

When you wear
who you are
YOU show up.

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▶ Expressing Your Truth

Four Humors



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The Four Humors or Temperaments can be moods or they can be more longstanding temperaments.

"Choleric Temperament: *Let's Get it Done - Now!*

When you are in the choleric temperament, you are a doer and a leader. You take on challenges and get things done... The ancient Greeks associated this temperament with the fire element -- and, indeed, when you are in choleric temperament, your emotions tend to fiery. But as stress builds, your determination can turn into stubbornness. Your attention to detail and insistence on making things right can become the basis for frustration and outbursts of anger... Whenever an imbalanced choleric nature arises, it's time to relax, back up, and exhale... When you find your choleric temperament out of control, take a warm lavender bath. Lavendar cools and relaxes the body. It reduces tension and inflammation. As the tension dissipates, circulation improves... Spend time in nature... Get a massage, listen to soft music, and talk about your inner conflicts and frustrations with someone who loves and supports you... Meanwhile, increase your consumption of cooked vegetables, avoid spicy foods, and reduce or eliminate alcohol."



Rabbit likes things done his own way, and trusts to his strong and stubborn will (sometimes, too much) above all else. He also has a melancholic perfectionist streak, as witnessed by his obsessive gardening and his at times reclusive attitude.

"Sanguine Temperament: *All Is Groovy*

The sanguine temperament is characterized by optimism, humor, and a generally upbeat nature. You're positive, happy, and bent on enjoying life. Little or nothing gets you down... Sanguines can actually carry the good life a little too far, partly due to an intense curiosity. You want to study everything. Life thoroughly fascinates you, and every subject seems to draw your attention... The more the sanguine becomes imbalanced, the less committed you are to any single endeavor or any individual person. You have trouble getting things done. You can't concentrate, discipline yourself or work hard. You become impractical, flighty, and -- like with element with which this temperament is associated -- a little too airy. You party too much, work too little, and make mistakes too easily... When Sanguine is out of balance, it's time to get real. The place to start is with a spruce bath. Spruce has a dense, resinous aroma that grounds the senses and restores our intimate connection with our body and nervous system... In addition to the spruce bath, try vigorous exercise... Eat more cooked whole grains... Whole grains strengthen the nervous system and ground us... Avoid sugar, alcohol and (needless to say) recreational drugs."



Roo displays a laughing streak and an absurd level of happiness which only a sanguine could possibly possess.

The energetic Tigger wreaks absolute havoc in the Hundred Acre Wood with his spontaneous antics. He is the classic sanguine: a lot of fun to be around, but little self-control and no attention span whatsoever. (Intense Sanguine)



"The Melancholic Temperament: *He Ain't Heavy, He's My Brother*

When you are in the melancholic nature, you are caring, compassionate, and openhearted. You think about life less from the practical perspective than from the philosophical. You are spiritually oriented. You see the big picture and the great sweep of history. Yet you connect to individuals, especially to their pain. You listen attentively to people who want to share their tale of woe. In the melancholic pole of your nature, you are introverted and extremely sensitive... You are intuitive and highly perceptive... In the melancholic character, you can be extremely moody, moving from elation to depression within minutes. You also tend to worry a lot, especially about your physical health... Melancholics wallow in deep existential questions, often finding pleasure in worry and dread... If the melancholic nature has gotten the better of you, it's time to get out of your head and back into your body. Start with a series of rosemary baths, which will warm your body, awaken your senses, and dramatically boost your circulation. Rosemary revitalizes the body and lights the fire of our physical powers and passions. It puts us back in touch with our choleric nature... Also, try soaking your feet in spruce baths... Eat cooked whole grains and root vegetables daily. Avoid raw vegetables and raw fruit, both of which cool the body and send the life forces upward. Keep the body warm, especially your feet."



The pessimistic and perpetually sorrowful Eeyore is the epitome of the reclusive, sorrowful melancholic, always expecting the worst from others and from life.