

# Chakra Personality Types

by Linda Bertaut

## Match Clients' Vibrational Blueprint with Select Spa Services

Laverne Benjamin opened Facial Bliss day spa in La Mesa, California, earlier this year. She transformed an office space into a magical setting: While her clients enjoy a body wrap or reiki treatment, she projects scenes and sounds from nature onto an entire wall of the treatment room. Her clients are transported by her Virtual Paradise treatment and feel rejuvenated by the experience. Benjamin represents the eighth chakra personality type, the transformer.

If you are familiar with astrology, numerology and the Enneagram, you'll recognize a common thread in all of them: They are all systems based on the dynamics of energy archetypes, the blueprints of life. Each chakra represents an archetypal pattern or vibrational blueprint of energy present within each of us.

The eighth chakra mentioned above, for example, resides beyond the body and is a connection to universal energy. Transformers are natural leaders. They are intuitive, self-reliant and great facilitators for change.



SHUTTERSTOCK

## Source of health and vitality

The chakras fuel the physical body, providing health and vitality. Twelve major chakras are known to us at this time, nine of which relate to a personality type. Seven reside within the body and are the same colors as nature's rainbow. They represent personal life-force energy. The remaining five reside beyond the body. These are our network connection to the cosmos and universal energy. Higher consciousness filters through the upper chakras, providing us with insights.

Aligned in the center of the body near the spinal column, each chakra is associated with a color, sense, sound, endocrine gland and organs. The first chakra has the densest energy, allowing you to connect physically with

so you have a clear vision to see how you fit into the big picture (sixth). You can then communicate (fifth) your vision clearly from the heart (fourth). You have the will (third) to bring your vision into the physical world by trusting your feelings, so you feel passion (second) to take action and walk your unique path in life (first).

## The types explained

Now, imagine you are sitting in a room with nine windows. You can see out of each window; however, one window has the view you are most comfortable with, so you pull up your chair and gaze out at the view.

These windows and their corresponding viewpoints translate into nine chakra personality types. See if you recognize yourself and others in this chakra personality overview:

### • *First chakra: the initiator*

The first chakra has the most physical energy, which provides the drive to survive, thrive and take action to walk one's unique path in life.

The initiator is physical, self-assertive, innovative and a pathfinder. Their driving force is to be the first and the only. Initiators tend to be competitive and push themselves to the limit physically, so they will usually want more pressure during their massage. They like to experience the latest techniques and gadgets. If you have a bold and direct client who reminds you of Donald Trump, she is probably an initiator.

### • *Second chakra: the healer*

The second chakra is the emotional center of personal values and desire, allowing you to feel, relate to others and create your life with passion.

The healer is supportive, caring and nurturing. They desire to be indispensable and of help to others. Invite them in to get a treatment with a friend or family member, as they often think of taking care of the other person first. You will know if you are dealing with healers if they try helping you to help them.

### • *Third chakra: the storyteller*


The third chakra is mental and allows us to learn, communicate and project our external image to the world.

The storyteller is motivating, a high achiever and image conscious. Being a natural salesperson, the storyteller's goal is to succeed and look good. Offer them a slimming body wrap and stay on time so they can get on with their busy schedule. Third-chakra people are engaging. You want to buy whatever they are selling.

# The chakra system can help you see how you fit into the grand scheme of things.

Mother Earth, while the seventh is the most etheric, providing you with "a-ha" moments. As you work your way up the chakra system, you have more conscious awareness about who you are and how you fit into the grand scheme of things.

David, a reiki practitioner in Los Angeles, California, has worked in the bodywork profession for 30 years. His clients appreciate him and even call him on the holidays to say hello and wish him well. He has an innate talent of listening and watching body language to know what a person needs, often before they know. He is a natural helper. Friends and family know of his reiki healing

 Read "The Vibrations of the Chakras," by Asoma Music's Schroeder Nordholt, at [www.massagemag.com/chakravibrations](http://www.massagemag.com/chakravibrations).

abilities and come to him to relieve their pain. A truly warm soul, he makes clients feel comfortable and healthier in his presence.

David represents the second chakra personality type, also known as the healer. Second-chakra people are caring and nurturing helpers who are great at building relationships. People who were born into this vibration desire to be indispensable and will usually receive their benefits through helping others.

When you use the energy available to you through the chakras, you experience your unique vibrational blueprint. You receive information from a conscious source (seventh),

• **Fourth chakra: the artist**

The fourth chakra connects you to your inner self. It allows you to connect to nature's rhythm, experience unconditional love and have conscious awareness.

The artist is empathetic, creative, dramatic and emotionally sensitive. Angelina Jolie is an example, expressing herself through her artistic and creative outlets. Artists have a unique personal style and dramatic sense of flair. They want special treatment. Pamper them and make them feel like royalty.

• **Fifth chakra: the sage**

The fifth chakra is your communication center of authentic self-expression and allows you to accept the many facets that make you unique.

The sage is a very perceptive and insightful person who collects knowledge. Their driving force is to develop a skill or talent and be the expert in that field. A prime example of this is the founder of Microsoft, Bill Gates. Cater to their interest in collecting information by providing them with a few insider secrets about massage.

• **Sixth chakra: the visionary**

The sixth chakra is your third eye and allows you to have clear vision to see the big picture, how you fit into the picture and take the steps necessary to actualize your vision.

The visionary is imaginative, loyal, orderly and systematic. Their goal in life is to organize and be of service on a large scale. Walt Disney, the ultimate sixth personality, created Disneyland and Disney World using his innate talents.

Entice a visionary with a holistic system—such as Ayurveda or acupressure, something that works on the part and affects the whole—and natural, organic products.

• **Seventh chakra: the enthusiast**

The seventh chakra is the most energetic and allows you to intuit and receive conscious information to guide you on your path.

The enthusiast is adventurous by nature; often well read, accomplished and impulsive. Their driving force is to experience life to the fullest and keep their options open. Cameron Diaz in *There's Something About Mary* depicted the upbeat character of an enthusiast. Offer this client your most fun and imaginative service to pique his interest.

• **Eighth chakra: the transformer**

The eighth chakra is located beyond the physical body and represents the power of transformation and rejuvenation, giving you the ability to create.

Transformers, such as Oprah Winfrey, are natural leaders. They see the larger picture and know how to organize the

# Sacred Lomi™



## Hawaiian Temple Bodywork

Sign up for our Newsletter: [www.sacredlomi.com](http://www.sacredlomi.com)  
Receive Valuable Discounts & Calendar Updates

Tom Cochran



Donna Jason



DVD \$49.95



### Lomi Lomi Workshops

Earn 32 CE's

Santa Fe, NM • Sept. 20-23, '10  
Wilmington, NC • Nov. 11-14, '10  
Tampa, FL • Jan. 14-16, '11  
Anaheim, CA • Feb. 3-6, '11

### Couples Massage

Earn 16 CE's

Sedona, AZ, • Dec. 3-5, '10  
Santa Barbara, CA • Dec. 31-Jan 2

### Hawaii Lomi Lomi Retreat

Earn 48 CE's

Feb. 20-27, '11 • 8 Days, 7 Nights


### Sacred Lomi® Workshops

Teach all of the fundamentals of Lomi Lomi - Hawaiian Temple Bodywork

Sacred Lomi is approved by the National Certification Board for Therapeutic Massage & Bodywork as a continuing education Approved Provider.

**Sacred Lomi®**  
(818) 865-8813 • [aloha@sacredlomi.com](mailto:aloha@sacredlomi.com)  
[www.SacredLomi.com](http://www.SacredLomi.com) [www.youtube.com/sacredlomi](http://www.youtube.com/sacredlomi)  Find us on Facebook

## Creating Peace with Your Hands...




### Personal Body Maintenance for the Bodyworker™

Simple techniques to help you create endurance and resilience for your body.

**FREE 1 hour Download E-booklet**  
at [www.igetintouch.com](http://www.igetintouch.com)  
or by calling **702-576-3288**

Karina Braun, LMT, RYT

[www.igetintouch.com](http://www.igetintouch.com)  
**702-576-3288**



Get In Touch LLC

## Being seen for their chakra traits will keep clients coming back.

people and pieces needed to create something new. They desire to lead the way to higher consciousness. Create a sanctuary that caters to all the senses for a transformative experience. You will recognize an eighth-chakra person because she will have an air of authority.

### • Ninth chakra: the shape-shifter

The ninth chakra is in the ethers and is the most nonphysical. It resonates with the essence of pure love, allowing you to relate to all things.

Shape-shifters are the chameleon of chakra personality types. They understand and can become any of the previous eight personalities. Nines love to be loved and want to have fun. They are able to merge and change based on their environment. Offer nines treatments that sound fun and upbeat.


Gloria Nelson, a licensed massage therapist and esthetician at Blush Salon in Las Vegas, Nevada, uses chakra personality types to provide heightened service to clients.

“Massage clients are more uptight than facial clients initially because they usually have pain,” Nelson says. “Knowing about the chakra personalities, I can recognize the differences and know how to interact with them.”

### Personalized service

Understanding what motivates people allows you to interact with them in a way that is comfortable to them. It also gives you perspective to not take certain behaviors personally if it doesn't match the way you would do things.

Stay conscious and aware. Look for the chakra personality traits of your clients so you can personalize their service and watch them light up in your presence. Being acknowledged by you in this way will keep them coming back for more and your appointment book full.

Author, esthetician and reiki master teacher Linda Bertaut designs wellness programs, retreats and products to discover and recreate oneself. Her Chakra Personality Types system is based on her 20-plus years of experience working with individual clients, teaching and leading wellness seminars. She offers Chakralicious workshops and products. For more information, visit [www.bertautbeauty.com](http://www.bertautbeauty.com). 



# CE Hours - At Home!

Call **866-784-5940** or visit us at **[www.massagetherapyceu.com](http://www.massagetherapyceu.com)**

- Instant Certificates
- Test Online or On Paper
- Save Time and Money
- NCBTMB and State Approved

#### More Than 35 Courses Available Including:

CE hours	Tuition	CE hours	Tuition
22	Modalities for Massage \$229	11	Treating Low Back Pain \$124
18	Trigger Point Therapy \$190	9	Treating Headaches \$106
16	Pregnancy Massage \$174	9	Acupressure \$95
15	Deep Tissue Massage \$164	6	Professional Ethics \$72
15	Hot Stone Massage \$176	5	Carpal Tunnel \$55
14	Reflexology \$149	4	Ethics for Therapists \$44
12	Lymphatic Drainage \$129	3	HIV and Hepatitis \$30
12	Shiatsu Therapy \$132	2	Medical Errors \$25
12	Thai Yoga Massage \$132	2	Ethics (Standard V) \$25

**FREE 1 CE hour online HIV/AIDS course!**

Add the online course to your cart and enter the code FREEHIV upon checkout. It's that easy!

The Center for Massage Therapy CE is approved by the NCBTMB (409296-00) and the boards of FL, LA, NE, MS. Courses are accepted by the AMTA, ABMP and most state boards. All courses come with a satisfaction guarantee.

**866-784-5940**  
**[massagetherapyceu.com](http://massagetherapyceu.com)**

