



## PERSONALITY PROFILE DEFINITIONS

*“We are each like notes in a symphony...when you play your true note, the music is magical. When you try to play someone else’s note...the music is flat.” ~ Patricia Judge*

We are spiritual beings within a physical body. Your body is temporary while your spirit is eternal. What you do while you are here has an impact on the development of your spirit, your environment and others. You came here with a purpose. Your job is to realize and fulfill your purpose.

You have everything you need to become who you are meant to be. Life offers many opportunities to follow your path. Obstacles let you know you are heading the wrong direction and feeling joy and a sense of purpose lets you know you are on track. Know yourself and you will discover that you have innate talents that contribute to the greater good. Your job is to discover who you are so you can be yourself and share your innate gifts with the world. When you do this you make the world a better place just by being you!

Workshops, readings and products offered by Bertaut Beauty are designed to give you a better understanding of who you are and how you operate in your environment so you can discover and play your true note. Listed below are the ways we help you to understand yourself and others:

**CHAKRA PERSONALITY TYPE** There are 9 personality types that provide your view and operating principles for life. Each window has a ‘balanced’ and ‘out of balance’ state with corresponding characteristics. Understanding the dynamics of energy, you will see that there is really no good vs. bad. Only balanced and out of balance. This system exposes other views and modes of operation, so you have a better understanding of how to work and be in relationship with yourself and others.

**CHAKRA OPERATING MODE** is the compliment to the Chakra Personality Type. Each person is born with a primary operating mode utilizing one of the first three Universal energies.

- 1<sup>st</sup> Chakra – physical, self-preserving
- 2<sup>nd</sup> Chakra – emotional, relationship preserving
- 3<sup>rd</sup> Chakra – mental, social preserving

Your Chakra Personality Type provides how you view life while your Operating Mode shows how you will reinforce your view on life.

**INTROVERT/EXTROVERT** represents how you associate with others and whether you are rejuvenated around others or by yourself.

**If you are an Introvert** you need alone time to restore your energy. This doesn't mean you cannot be social and enjoy the company of others. It means you will have a point where you have had enough of being around others and you need to find a safe place to be alone and replenish. Introverts are able to have fun alone, filling their time with interests they enjoy.

**If you are an Extrovert** you enjoy being with others and the variety that offers. You prefer the external excitement and stimulation of being in a group or crowd. Being alone can seem boring and monotonous as you prefer outside stimuli. Don't take it personally if your introverted friend would rather stay home when you are ready to go out and party.

**STRUCTURED/SPONTANEOUS** refers to whether you prefer *certainty* in your life or would *rather go with the flow*.

**Structured people** want to know what to expect. They work best when there is a plan and the plan is followed. It provides safety to know what is going to happen next.

**Spontaneous people** want to keep their options open. They like the freedom to move and change as they feel. Too much structure makes them feel boxed in or stifled.

**VAKO** represents how we access information through sensory perception. Visual, Auditory, Kinesthetic and Olfactory. We use all of our senses but tend to access more through one than the others. Visual people tend to understand more by "seeing", Auditory understand best by "hearing", Kinesthetic's use the sense of "touching or feeling", and Olfactory use the sense of "smell".

**REIKI** pronounced "Ray'-Key" is a hands-on healing modality that quiets the mind and calms the emotions to experience an inner peace and calm within. It is during these moments of peacefulness that you get a glimpse of who you are meant to be and what you are here to accomplish.

**LIFE PATH** is a numerology term determined by adding your month, day and year of birth together. This number shows what your natural talents are, explains who you are, and what you do naturally without training.

**CHAKRALICIOUS** represents feeding yourself with the color energy from nature and living a purposeful life. When you share your innate gifts and talents, you make the world a better place just by being you. Feeding your inner rainbow you feel more vibrant and have passion for life.

**ENERGYCEUTICALS** including the Flower Essences and Mood Mists, are energy medicines using spirit energy from nature to enhance personal life force as well as mental, emotional and physical aspects.

**RETREATS** focus on a specific area of personal development and growth where you are immersed into a supportive environment where A-Ha's and life altering realizations take place.

# *Sensory Access Modes*

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Sometimes we switch access modes in order to fit in better to our environment. If this is the case it will be beneficial to revert back to the mode that is innate. See below for determining factors about how someone processes information and learns.

### **THE VISUAL PERSON:**

Understands best by seeing. Show them what you want and they will be able to understand. Speak in terms that are visual: painting a picture, envision this, I see, show me, seeing eye to eye, seeing is believing, keep an eye peeled. Use visually descriptive words such as: bright, clear, colorful, glimpse, imagine, perspective, picture, pretty, preview, see, show, vivid, watch, witness. Visual people have an elevated sense of aesthetics and like to view things that are pleasing to the eye.

### **THE AUDITORY PERSON:**

Understands best by hearing. Tell them what you want and they will be able to understand. Use words that are auditory in nature: let's talk things over, tell me, I hear you, listen to this. Use words such as: call, click, harmony, hear, hum, listen, loud, noisy, quiet, roar, scream, shout, silent, sing, talk, told. Auditory people need to talk things out. Once they hear something they can better make decisions. They have a keen sense of hearing and are irritated by loud noise.

### **THE KINESTHETIC PERSON:**

Understands by experiencing. They must feel it to understand it. Give them an experience of what you want them to understand. Listen for sayings like: get a hold of this, things are slipping, standing my ground, tackling new problems. Use words such as: feel, touch, bind, break, cold, cool, dig, firm, freeze, handle, grasp, hurt, pressure, push, rough, scratch, solid, squeeze, stretch, warm. Kinesthetic people are normally the most casual as they prefer comfort over appearance. They are normally more into touch and hugging than the other access modes as they understand through the sense of touch.

### **THE OLFACTORY PERSON:**

This is the rarest access mode for humans. Most of us have lost our true sense of smell. In tribal cultures the sense of smell is used to sniff out a person or situation. A person who operates through this mode can size up a person based on their "smell" or they can determine fear, and other emotional responses through the sense of smell. They will also be more sensitive to synthetic chemicals used in fragrance and offensive smells than others.

# EnergyCeuticals

EnergyCeuticals, also known as *Energy Medicines*, are a category of products that have been infused with *Nature's Spirit Energy also known as chi, ki, prana or life force energy*. Since humans are part of Nature, this energy feeds your subtle energy body with color energy for more health and vitality. When you feed your spirit with the energy of Nature, you help to improve the health of your physical body as well as experience more peace and calm both emotionally and mentally. Use daily for the best results.

Petal Potions Mood Mists are a fusion of “energy-attuned” Reiki energy with a combination of Aromatherapy and Flower Essences. Each Mood Mist formula addresses a specific issue related to a stressful lifestyle. The mists are named after the effect they create. A natural solubilizer was introduced to act as a freshness enhancer, binding oil and water together so that each mist has the same potency from beginning to end.

To use the Mood Mists, close your eyes and lightly mist above your head 3 – 4 times. Breathe in as the mist falls onto your face. Each mist has properties to balance the Chakras and may be used to clear the energy in your space as well. See below for the Chakras that are normally balanced with each blend.

## The Mood Mists include:

1. **Wake-Up Call** – to wake up and lift the spirits – Chakras 3, 4
2. **Brain Alert** – for more mental clarity and focus – Chakras 5, 6
3. **Calm & Collecting** – to calm down and be present – All Chakras
4. **Spirit Guides** – for more intuitive insights – Chakras 1, 2, 3, 6, 7

## *Bach Flower Essences – Remedies & Corresponding Chakras*

Not to be confused with essential oils, flower essences are considered to be the vibration or “spirit” of a plant. Flowers are picked at their peak of growth and placed in a bowl of water to capture the energy-essence of the plant. The shelf life of the solution is then preserved with the addition of alcohol.

Each plant has its own healing characteristics and issues it helps to resolve. Flower essences help to resolve mental and emotional issues on an energy level by helping to fill in the “energy gaps” in a depleted spirit. You infuse the plant energy with yours by taking it orally, placing it on the pulse points or spraying it in a mist. There are relatively no contra-indications unless you are pregnant or have allergies to alcohol. The numbers after the definition represent Chakra Personality Types who would benefit from each flower essence.

**Agrimony** – Gives relief from having to live up to others expectations and know who you are – 2, 4, 7, 9

**Aspen** – Washes away apprehension and anxiety and provides strength to weather the storm – 2, 7, 9

**Beech** – Gives the ability to lighten up and not judge harshly – 1, 3, 4, 8

**Centaury** – Gives a center to come from and the ability to stand up for yourself – 2, 9

**Cerato** – Gives you inner certainty to trust your intuition – 2, 4, 9

**Cherry Plum** – Allows you to acknowledge that you and your body are ‘okay’ – 1, 4, 6

**Chestnut Bud** – Brings awareness to wake up and see all of life’s opportunities – all Chakras

**Chicory** – Gives a sense of appreciation and caring for others – all Chakras

**Clematis** – Provides grounding and a ‘solid ground’ to stand on – 7, 9 and all Chakras

**Crab Apple** – Cleanses and heals emotional trauma on all levels – 4, 6, 9

**Elm** – Gives clarity of perspective and eliminates making mountains out of molehills – 1, 3, 4

**Gentian** – Provides courage and self-reliance to deal with life’s challenges – all Chakras

**Gorse** – Gives hope to persevere after suffering a difficult set-back – all Chakras

**Heather** – To listen with your inner, intuitive ear more in present time than the past – 3, 6, 9

**Holly** – To Love and be Loved; releases past hurts to feel lovable – 4, and all Chakras

**Honeysuckle** – Helps to let go of programming from the past that no longer serves you – 1, 4

**Hornbeam** – Gives the strength to overcome any obstacle; heals soul fatigue – 4, 6 and all Chakras

**Impatiens** – Brings energy into present, real-time so you can walk with others – 1, 6, 8

**Larch** – Provides confidence and the ability to find your own voice – 2, 5, 9

**Mimulus** – Eliminates fears and anxieties over everyday occurrences – 5, 6, 7, and all Chakras

**Mustard** – Provides the seed of faith to renew and give you the courage to be who you are – 4, 6, 8, 9

**Oak** – Rebalances after overdoing; exhaustion from being a workaholic or task master – 1, 3, 6, 8

**Olive** – Restores mental and physical vitality – all Chakras

**Pine** – Assists in letting go of guilt and self-blame for mistakes when things seemingly go wrong – 2, 6

**Red Chestnut** – To let go of over-concern for the welfare of others – 2, 4, 8

**Rock Rose** - Calms and stabilizes after shock, enabling you to live within the limits of life – all Chakras

**Rock Water** – Assists in letting go of perfectionist ideals to lighten up on yourself & others – 1, 8

**Scleranthus** – Soothes the nervous system so that you can focus and take decisive action – 9

**Star of Bethlehem** – Helps to neutralize shock and provides a guiding star to connect with – all Chakras

**Sweet Chestnut** – Helps to see that there is a light at the end of the tunnel – all Chakras

**Vervain** – Helps to find the middle ground rather than go to extremes – 1, 3, 4, 8

**Vine** – To own your leadership qualities and lead with a light hand – 1, 8

**Walnut** – Protects from unwanted, outside influences and helps to set boundaries – 2, 7, 9 all Chakras

**Water Violet** – Establishes connection and brings inner essence in relationships with others – 2, 3, 5, 6,

**White Chestnut** – Reduces mental chatter to provide peace and clarity of mind – all Chakras

**Wild Oat** – For clarity of goals; to be who you “are” rather than who you “should” be – all Chakras

**Wild Rose** – To Blossom!...gain autonomy and become your own person – 2, 3, 6, 7, 8, 9

**Willow** – Releases emotional wounds and traumas, allowing more creativity – all Chakras

**Rescue Remedy** – (includes 5-flowers: Clematis, Cherry Plum, Impatiens, Rock Rose & Star of Bethlehem) Rebalances the mental, emotional and physical; creating a healing and calming effect after any shock or trauma – all Chakras, as often as needed