

Falling into the Mystery of Your Heart – 4s

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The 4 in each of us is a fundamental yearning to experience ourselves as exactly who we are.

When we are occupying the Four Essence, we feel a deep, unbroken, and intimate connection with the source of our true identity. We feel the astonishing beauty of everything — including ourselves — as a unique, flowing expression of that source. Our hearts can be vulnerable and available, with endless capacity to be touched by the wide-ranging flavors of our humanity and our divinity. We willingly dive into the paradox and mystery of our hearts: following its truths down to the depths, not turning away from anything that we discover, and uncovering richer layers of meaning that open us again and again.

When our hearts feel severed from this Essential Depth, everything seems reduced to empty surfaces that feel torturous, grotesque, and artificial. In our desperate attempt to get beneath the surface, our ego searches for the essential self by investing in highly-charged emotions. We identify with a specific set of emotions, and the states and stories that they evoke for us, rather than knowing ourselves as a sensitive and spacious vehicle for the breadth and depth of feeling.

The Four personality in all of us can collapse into a pervasive sense of inadequacy. Yet, something in us recognizes the fundamental inability of our ego to affirm the unbroken connection to the Source and the Beloved. The journey back to presence involves a radical surrender of the way we try to shape and control our sense of who we are, and a willingness to trust our essential capacity to fall into the unfolding of the mystery.

Come explore the gifts and challenges of the Type Four in you through:

- Deeply grounding your physical self in the here and now
- Connecting to the depth of your own heart
- Creatively expressing the mystery of who you are

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